

Spiritual Reflection for August 2019

Trust

Many times, I hear people say they do not trust anyone or anything. I am guilty of losing my sense of trust, finding it again, losing it and finding it again. One little word, trust. Why is it so hard to hold onto the promise of this word? Let's reflect on what it means to trust.

My family and I had the opportunity to travel to Kentucky and view the Ark Encounter. This is the most powerful physical example of trust I have ever seen. It took Noah 120 years to build the ark in the desert! He followed God's directions for 120 years knowing God would not lead him to a place where he would not be supported. Regardless of the mocking from the crowd, he built an enormous boat and fashioned it exactly as the Lord told him. If you get the chance to see it you will be amazed (go early as it gets crowded and of course it has been commercialized with gift, coffee and ice cream shops so you will have to look past that part).

Back from our vacation, retired from my life work, redirecting life and waiting for direction I can only marvel at the amazing trust Noah held for years. I feel I am at risk of becoming impatient and running head on trying to unfold my life more quickly than what God may have planned. There are several verses about trust in the bible and one of my favorites has always been, "Be still and know that I am God" found in the book of Psalms, 46:10. It has been a reminder for me over the years and has eased my dis-ease many times.

We lose our sense of trust when people have wronged us. We lose our sense of trust when we are abandoned. We lose our sense of trust when promises are broken. We even lose our sense of trust when a loved one dies and we question why God didn't intervene to save them. In Proverbs 3:5-6 we are called to trust God with all our heart and told not to try to understand from our human perspective. We are encouraged that by trusting God's guidance he will ease the rough roads in our life.

I do feel the love of God guiding me at this time of life in the same way I have felt his guidance throughout my life, but it is frustrating when I fumble with trusting and yet know I need not worry about what lies ahead. God has called me to a new direction and I must trust him to provide me with the blueprints for building a business. Clearly, my trip to the Ark was timed perfectly as a reminder of God's promise to be with me during times of questioning, times when I lack full on trust. I have discovered a new verse to hold onto in times of restless waiting and it is found in Psalm 37:7, "Be still before the Lord and wait patiently for him". I think over the years I have gotten the "be still" part down, but the "and wait patiently for him" is a welcomed reminder of what it means to trust.

Trust! T=talk to God. R=Rest in his presence. U=understanding is not necessary. S=stay with the Lord while he prepares your next step. T=trusting your life to the Lord removes the need to worry. One little word! Such amazing power! Not always easy to do, but when it comes to God it is the best thing to do. Trust.

Questions to ponder:

When have I lacked trust in my life?
How has God revealed the power of trusting him?
Who can I trust to be honest with about my concerns in life?
Am I trustworthy? How do I know this?

Peace,

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TRUST

With all your heart!