

# **Bible Study Guide: Commit and Trust – Living a Life Surrendered to God**

 Source Transcript:

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## **Big Idea**

**When we fully commit our lives to God and trust Him completely, we open the door for Him to work in ways far beyond our own plans and understanding.**

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## **Theme**

**This study explores the powerful connection between commitment and trust, showing that when we surrender control and rely on God, we unlock His divine movement in our lives.**

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## **Core Scripture**

### **Psalm 37:5**

**“Commit your way to the Lord; trust in Him and He will do this.”**

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## **Introduction: The Tension Between Control and Trust**

We often live in tension between:

- Wanting control
- Being called to trust

Trusting God requires:

- Letting go
- Waiting
- Surrendering outcomes

### **Key Insight:**

“Trust is not about testing God—it’s about surrendering to Him.”

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### **The Reality**

- We want quick results
  - We struggle to wait
  - We default to our own plans
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### **Main Point 1: Commitment Is a Choice to Surrender**

#### **Explanation**

To “commit your way” means:

- Handing your plans over to God

## **Spiritual Truth**

Commitment is:

- Intentional surrender

“Commit your way to the Lord.”

## **Application**

- What areas of my life am I still controlling?
- What do I need to release to God?

## **Sticky Quote:**

“Commitment is surrender in action.”

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## **Main Point 2: Trust Activates God’s Work**

### **Explanation**

Trust is:

- The bridge between surrender and action

## **Spiritual Truth**

When we trust:

- God moves

“Trust unlocks divine movement.”

## **Application**

- Do I trust God fully?
- Where am I hesitant?

## **Sticky Quote:**

“Trust is the key that unlocks God’s work.”

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## **Main Point 3: God Honors Free Will**

### **Explanation**

God allows us to:

- Choose our path

### **Spiritual Truth**

If we resist Him:

- He lets us go

“God will let you run your course.”

## **Application**

- Am I choosing my way over God’s?
- What direction am I heading?

**Sticky Quote:**

“God leads—but never forces.”

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**Main Point 4: Without Trust, We Block God’s Will****Explanation**

When we:

- Don’t trust

We:

- Limit God’s involvement

**Spiritual Truth**

Trust allows God to:

- Fulfill His plans

“Without trust, we never realize His will.”

**Application**

- Where am I limiting God?
- What needs to change?

**Sticky Quote:**

“Distrust blocks destiny.”

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## **Main Point 5: Waiting Is Part of Trust**

### **Explanation**

Trust involves:

- Patience

### **Spiritual Truth**

Waiting:

- Strengthens faith

“Wait and trust—watch what happens.”

### **Application**

- What am I waiting on?
- Can I wait faithfully?

### **Sticky Quote:**

“Waiting grows trust.”

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## **Main Point 6: God’s Plans Are Always Better**

### **Explanation**

Our plans:

- Are limited

## **Spiritual Truth**

God's plans:

- Are perfect

“God's way is better than ours.”

## **Application**

- Do I believe God's plan is better?
- Where am I settling for less?

## **Sticky Quote:**

“God's best beats your best.”

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## **Main Point 7: David's Life Shows the Power of Trust**

### **Explanation**

David:

- Failed often
- Returned to God

### **Spiritual Truth**

Trust is:

- Always available

“David knew both failure and trust.”

## **Application**

- How can I return to trust today?
- What can I learn from David?

## **Sticky Quote:**

“Failure doesn’t cancel trust.”

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## **Main Point 8: Anxiety Is the Opposite of Trust**

### **Explanation**

We often:

- Worry about outcomes

### **Spiritual Truth**

Trust replaces:

- Anxiety

“David contrasts anxiety with trust.”

### **Application**

- What is causing anxiety in my life?
- Can I trust God with it?

### **Sticky Quote:**

“Trust silences anxiety.”

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## **Main Point 9: Trust Is a Daily Practice**

### **Explanation**

Trust is not:

- One-time

### **Spiritual Truth**

It must be:

- Practiced daily

“Trust is something we live out.”

### **Application**

- What does trusting God look like today?
- What step can I take?

### **Sticky Quote:**

“Trust is built daily.”

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## **Main Point 10: Surrender Leads to Transformation**

### **Explanation**

When we surrender:

- God changes us

## **Spiritual Truth**

Transformation happens:

- Through trust

“Let God work in your life.”

## **Application**

- What needs transformation?
- Am I allowing God to work?

## **Sticky Quote:**

“Surrender invites change.”

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## **Main Point 11: God Is Always Working**

### **Explanation**

Even when unseen:

- God is active

### **Spiritual Truth**

God is:

- Constantly moving

“God is always trying to do something.”

### **Application**

- Do I believe God is working?
- How can I trust Him more?

### **Sticky Quote:**

“God is working behind the scenes.”

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## **Main Point 12: This Is a Call to a New Life**

### **Explanation**

A new season invites:

- New trust

### **Spiritual Truth**

God calls us to:

- Live surrendered

“Let this year be about trusting God.”

### **Application**

- What will I commit this year?
- How will I trust differently?

## **Sticky Quote:**

“Trust defines your future.”

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## **Discussion Questions**

1. What does it mean to truly commit your way to God?
  2. Where are you struggling to trust Him?
  3. What are you trying to control?
  4. How does waiting strengthen your faith?
  5. What step of surrender can you take today?
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## **Practical Application Steps**

### **1. Surrender Your Plans**

- Release control to God

### **2. Choose Trust Daily**

- Make intentional decisions

### **3. Replace Anxiety with Faith**

- Focus on God’s promises

### **4. Wait Patiently**

- Trust His timing

## **5. Expect God to Move**

- Watch for His work
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### **Closing Prayer**

Father,  
We commit our lives to You.

Teach us to trust You fully,  
to surrender control,  
and to walk in Your will.

Help us to wait patiently  
and believe faithfully.

Move in our lives  
in ways only You can.

In Jesus' name, Amen.

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### **Final Takeaway**

**When you commit your life to God and trust Him fully, you unlock His ability to move in powerful ways—bringing purpose, peace, and transformation beyond what you could ever achieve on your own.**

