

January 11th – Trust in the Lord

*“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”
(Prov. 3:5-6)*

Trust is defined as “firm belief in the reliability, truth, ability, or strength of someone or something.” A popular team-building exercise of the 80s and 90s was the “trust fall.” Typically, a group of people would stand in two lines, facing one another, with their hands extended outward. It was their job to catch a colleague who was standing on a table or platform as he/she fell into the arms of friends standing below. The exercise was designed to create more trust between co-workers.

In today’s verse, God commands us to trust Him with all our hearts. Is the Lord talking about some sort of blind trust, similar to falling into the arms of those we can’t see? Not quite – instead, the Word tells us that trusting the Lord means “lean not on your own understanding.” Just because God has commanded you to do something that doesn’t make sense doesn’t mean that you should cease to trust Him. Trusting God means leaning on His Word, and not on our own ideas.

Solomon also tells us that trusting the Lord means acknowledging Him in all our ways. So then, trusting God means I surrender my life to Him at all times – not just when it’s convenient, easy, inexpensive, comfortable, etc. Trusting God means vowing to seek and serve Him at all times. And how does God reward our trust? “He shall direct your paths.” In other words, God will bless your child-like trust by navigating you through life’s turbulent waters and providing all your needs.