

A rolled-up purple yoga mat with a textured surface lies diagonally across a light-colored wooden floor. The mat is tightly rolled, showing the concentric layers of the material. The wooden floor consists of wide planks with visible grain and some minor wear. Overlaid on the image is the text 'STRENGTHENING TRUST' in large, white, sans-serif capital letters. The word 'TRUST' is significantly larger than 'STRENGTHENING'. The word 'YOUR' is written in a smaller, white, sans-serif font and is positioned between the 'R' and 'U' of 'TRUST'.

# STRENGTHENING TRUST

YOUR



# Having a strong core is crucial

for athletes to achieve  
their peak  
performance

for a child's healthy  
development

to protect against  
injury







The Importance of Good Posture

True Alignment begins with God our Father



# Core Passage

Proverbs 3:5-6 NIV

<sup>5</sup> Trust in the Lord with all your heart and lean not on your own understanding;  
<sup>6</sup> in all your ways submit to him and he will make your paths straight.

This passage is **prophetic** because it is **descriptive**, describing two ways of living

Therefore, it offers us a **prophetic description** of our futures



# Core Passage

Proverbs 3:5-6 NIV

<sup>5</sup> Trust in the Lord with all your heart and lean not on your own understanding;  
<sup>6</sup> in all your ways submit to him and he will make your paths straight.

## Core beliefs:

God knows me, loves me and has the best for me  
His ways are higher than my ways and His thoughts than my thoughts  
His ways for me are specific and knowable  
When I follow, things will go well for me



# Proverbs 3:5-6

The Passion Translation

<sup>5</sup> Trust in the Lord completely,  
and do not rely on your own opinions.  
With all your heart rely on him to guide you,  
and he will lead you in every decision you make.

<sup>6</sup> Become intimate with him in whatever you do,  
and he will lead you wherever you go.  
Don't think for a moment that you know it all,

<sup>7</sup> for wisdom comes when you adore him with  
undivided devotion  
and avoid everything that's wrong.

<sup>8</sup> Then you will find the healing refreshment  
your body and spirit long for.

<sup>9</sup> Glorify God with all your wealth,  
honoring him with your very best,  
with every increase that comes to you.

<sup>10</sup> Then every dimension of your life will  
overflow with blessings  
from an uncontainable source of inner joy!



# Core Passage

Proverbs 3:5-6 NIV

<sup>5</sup> **Trust** in the Lord with all your heart and lean not on your own understanding;  
<sup>6</sup> in all your ways submit to him and he will make your paths straight.

## Core beliefs:

God knows me, loves me and has the best for me  
His ways are higher than my ways and His thoughts are enough  
His ways for me are specific and knowable  
So when I follow, things will go well for me

## Core Posture:

Trust which leads to obedience

A strong-  
enough belief  
in God's goodness  
to help me  
place my life in His  
hands





TRUST



MISTRUST



















A photograph of a crowd of people, mostly men, looking upwards with expressions of anticipation or hope. The image is slightly blurred, focusing on the man in the foreground. Overlaid on the heads of several people are small bar charts, referred to as 'trust meters'. Each chart has five bars of varying heights, with the first bar being green and the others being grey. The heights of the bars vary across the different individuals, suggesting different levels of trust. The text 'What's your trust meter showing?' is written in a bold, green, sans-serif font across the middle of the image.

**What's your trust meter showing?**



# Growing our Trust

John 1:12-13

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God – children born not of natural descent, nor of human decision or a husband's will, but born of God.

While this verse talks about our **justification** (standing before God), it is also about our **sanctification** (our growth with God)

It is also **prophetically descriptive** of our future



# Growing our Trust

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God – children born not of natural descent, nor of human decision or a husband's will, but born of God.

John 1:12-13

the degree to which I receive Him on a personal basis

the degree to which I believe in Him and trust Him in my daily life

*Trust is the the core of being a Christian because it is the core of being a disciple*

the degree that I am able to walk in my sonhood or daughterhood

the degree to which I am accurately able to represent the Father's character to this world

*my trust in and abandonment to God is crucial for my development but its also crucial for our world*



# Exercising Your Trust

ever-increasing  
abundance

ever-increasing  
fruit of and ministry  
through the Holy Spirit

ever-increasing  
degree of God's  
presence and blessing

ever-increasing  
abandonment to God

ever-increasing  
trust in God

we **choose and act** our way into trust



# Exercising Your Trust

abundance

Holy Spirit in us

God's blessing

abandonment

trust

abundance

Holy Spirit in us

God's blessing

abandonment

trust

we ***choose and act*** our way into trust





Do you need to meet Jesus?

How is your trust meter?

What is God asking you to trust Him in, and what is He asking you to do as a result?

I need prayer about trust issues stemming from my relationship with my parents

I have disappointments I need to bring to God