

Audacious Trust

Five Days of Placing What You Cannot Control in God's Hands

Church, most of us know how to ask God for the outcome we want. Trust begins when we can name what we want and still place the outcome in his hands.

Bring one real situation with you through these five days. Name the diagnosis, relationship, grief, decision, fear, or future that keeps tightening your hands. Do not study trust in the abstract. Let the Word of God meet you where you are actually afraid.

Read slowly. Answer honestly. Take the next faithful step.

Trust is placing what I cannot control in God's hands.

Pastor Daniel

When You Do Not Understand

READ SLOWLY

Psalm 131 and Proverbs 3:5 through 6

Some questions do not leave quickly. You prayed. You obeyed. You tried to do what was right. The outcome still hurt, and now you want to know why. There is nothing wrong with wanting an answer. But an unanswered question can slowly become a condition we place on God. I will trust you when you explain yourself.

Psalm 131 gives us a different picture. David says he has calmed and quieted his soul like a weaned child with its mother. A nursing child comes because it wants milk. A weaned child can rest beside its mother without receiving anything in that moment. The child is safe because the mother is near.

David is not saying mature believers stop asking questions. He asks hard questions throughout the Psalms. A quieted soul is not a soul with no pain, no curiosity, and no confusion. It is a soul that has stopped making an explanation the price of staying close to God.

Proverbs 3 tells us to trust the Lord with all our heart and not lean on our own understanding. Proverbs values wisdom, so this is not a command to stop thinking. It is a warning about where we place the weight of our lives. What you lean on has to be strong enough to carry you. Your understanding is limited to what you know today, what you can see from where you stand, and what fear tells you might happen next. God sees the road beyond the bend.

Maybe you are waiting for God to explain why the relationship ended, why the opportunity closed, why the diagnosis came, or why the prayer still seems unanswered. Tell him what you want to know. Then ask a harder question. Have I decided I cannot stay close to God unless he gives me an answer?

Trust may not settle every question today. It can settle where you will rest while the question remains.

You do not have to understand every turn to know who is leading you.

ASK YOURSELF

- What unanswered question has become a condition of my trust?
- Where am I refusing to rest until God explains himself?
- What do I know about God that my present confusion cannot erase?
- What would staying close to God look like today?

YOUR NEXT STEP

Divide a page into two parts. On one side write What I know about God. On the other write What I cannot know or control. Be specific. Then open your hands and sit quietly for two minutes. You do not have to solve the second list. Let God hold it.

PRAY

Father, I want answers, and you know why. I bring you the questions that have made my soul restless. Keep me from treating my limited understanding as the final authority. Quiet my heart in your presence. Help me stay close to you before I know how the story turns out. Amen.

DAY 2

God Can Handle the Truth

READ SLOWLY

Psalm 62:5 through 8 and Mark 9:21 through 24

Psalm 62 puts two sentences beside each other that we often separate. David tells God's people to trust him at all times. Then he tells them to pour out their hearts to him. In the Bible, trust is not emotional silence. Trust tells God the truth.

To pour something out is to stop managing it and let the contents come. That is what God invites you to do with grief, anger, fear, disappointment, and doubt. He does not need the cleaned up version. He already knows what is in you. Prayer is where you stop carrying it alone.

In Mark 9, a father brings his suffering son to Jesus. He wants to believe Jesus can help, but disappointment has worn him down. His prayer is one of the most honest prayers in Scripture: I do believe. Help me overcome my unbelief. Belief and doubt are in the same sentence, and Jesus does not turn him away.

Some longtime believers know how a faithful prayer is supposed to sound. We know the phrases. We know when to say God is good. But underneath the correct words, there may be anger we have never named or fear we are ashamed to admit. We can become more honest with people than we are with God.

If you are still unsure what you believe, you do not need to manufacture certainty before you approach Jesus. Bring him the faith you have and the doubt you have. Start with the truth. Jesus is not threatened by your questions.

Trust does not call the wound good. It does not pretend you are calm when you are not. It decides where to take what is not okay. David says God is our refuge. A refuge is where you run with the danger still behind you.

Faith is not the absence of questions. It is knowing where to take them.

ASK YOURSELF

- What emotion have I been hiding behind spiritual language?
- What would I say if I stopped trying to sound faithful?
- Where do belief and unbelief live beside each other in me?
- Do I treat God as a refuge or as someone I must impress?

YOUR NEXT STEP

Write an unedited prayer using four sentences. God, what I do not understand is. What I am afraid will happen is. What I want you to do is. What I need from you today is. Do not correct the prayer. Bring God what is actually in you.

PRAY

God, you already know the part of me that believes and the part that is afraid. I will not hide either one. Receive what I pour out today. Meet me in the confusion, and help my unbelief. Be my refuge while the situation is still unresolved. Amen.

Grace for Today

READ SLOWLY

Exodus 16:13 through 21 and Matthew 6:25 through 34

Israel had left Egypt, but Egypt had trained them to think like slaves. In the wilderness there were no storehouses, crops, or backup plans. Every morning they had to walk outside and receive bread they could not produce for themselves.

God told them to gather enough manna for that day. Some kept extra against his instruction, and by morning it had spoiled. The problem was not wise planning. Later in the chapter, God specifically told them when to gather enough for the Sabbath. The issue was fear taking over and deciding that God's word was not enough.

Fear always wants tomorrow's portion today. It wants proof that the next month will be covered, the conversation will go well, the treatment will work, the relationship will heal, and the children will be okay. When it cannot get proof, it tries to live every possible future before any of them arrive.

Jesus teaches us to ask for daily bread. Then he tells us not to worry about tomorrow because tomorrow has enough trouble of its own. He is not telling us to ignore responsibilities. He is telling us that we were not created to carry today's obedience and tomorrow's imagined pain at the same time.

You keep asking God for Tuesday's strength on Monday. He keeps giving you Monday's grace.

What has God actually given you to do today? Make the appointment. Ask for help. Tell the truth. Eat. Rest. Pray. Show up for the people in front of you. You may not have enough strength for every possibility your mind can create. You do not need it yet.

The God who is with you today will not be absent tomorrow. When tomorrow becomes today, his mercy will already be there.

You do not have to carry the whole future. You have to be faithful today.

ASK YOURSELF

- What future am I repeatedly trying to live before it arrives?
- What has anxiety added to today that God did not?
- What grace or help has God already placed in front of me?
- What responsibility actually belongs to me today?

YOUR NEXT STEP

Make two short lists. Title the first Mine Today and list the decisions and responsibilities that belong to this day. Title the second God's Tomorrow and list everything you keep trying to solve before it arrives. Act on the first list. Pray over the second.

PRAY

Father, give me today's bread, today's courage, and today's wisdom. Forgive me for trying to live a future that has not arrived. Show me what faithfulness requires now. I place tomorrow back in your care, trusting that you will already be there when I arrive. Amen.

DAY 4

More Than You Can Handle

READ SLOWLY

2 Corinthians 1:8 through 10 and 2 Corinthians 12:8 through 10

People sometimes say God will never give you more than you can handle. That sentence may be meant to encourage, but it is not what Paul says about his own suffering. He writes that the pressure was far beyond his ability to endure. He even despaired of life.

The Bible does not shame Paul for admitting that. Scripture preserves his words so exhausted people will know they are not failing because the weight feels too heavy. Dependence is not the failure of faith. It is often where faith becomes real.

Paul says the suffering taught him not to rely on himself but on God, who raises the dead. He is not claiming that God directly causes every trauma to teach a lesson. He is telling us where he learned to place his weight when his own strength ran out. His confidence moved from I can handle this to God can hold me.

Later, Paul asks God three times to remove what he calls a thorn. God does not give Paul the answer he requested. He promises grace that will be sufficient and power that will meet Paul in weakness. Paul does not have to become stronger than the burden before God can work in him.

Maybe you are exhausted from trying to look strong. You keep showing up, answering I am fine, and managing everything because you think needing help would expose weak faith. But God never asked you to prove you can carry what is crushing you.

Trust may look like calling a counselor, telling your group what is actually happening, accepting a meal, letting someone sit with you, or asking for prayer without adding a quick sentence about how everything will be fine. Galatians 6 tells believers to carry one another's burdens. Sometimes the help God provides comes through the people he has placed near you.

You can be overwhelmed and still held. You can be weak and still faithful. You can run out of strength without running out of God.

God never asked you to prove that you can carry what is crushing you.

ASK YOURSELF

- Where am I exhausting myself trying to appear strong?
- What burden is beyond my ability to carry alone?
- Who has God placed near me that I need to let in?
- What would relying on God look like in practical terms today?

YOUR NEXT STEP

Tell one trusted person the truth about what you are carrying. Do not minimize it or rush to reassure them. Ask for one specific kind of support. It may be prayer, a conversation, a ride, a meal, professional help, or someone to sit with you.

PRAY

God who raises the dead, I have reached the edge of my strength. I cannot carry this alone. Meet me with sufficient grace. Give me humility to receive help and courage to tell the truth. Let your power hold me where I am weak. Amen.

Entrust It and Keep Going

READ SLOWLY

1 Peter 4:12 through 19 and Romans 8:35 through 39

Peter writes to believers who are suffering because they follow Jesus. He does not give them an explanation for everything they are facing. He gives them a way to live inside it. Entrust yourself to your faithful Creator and continue to do good.

There are two movements in that sentence. Place yourself in God's care. Then keep doing the next faithful thing. The New Testament uses the same verb when Jesus prays from the cross, Father, into your hands I commit my spirit. Jesus does not deny the pain of the cross. He places himself in the Father's hands. Peter now gives suffering believers that same posture.

Surrender is not passivity. Trusting God does not mean refusing treatment, avoiding a hard conversation, hiding abuse, or pretending another person's sin does not matter. The next faithful step may be a doctor, a counselor, a boundary, a report, or a call for help. God is not honored by denial.

You cannot control another person's heart. You can tell the truth. You cannot guarantee a medical outcome. You can seek wise treatment and receive prayer. You cannot force a door to open. You can prepare and act with integrity. You cannot decide when grief will become lighter. You can stop hiding and let people love you.

Peter calls God our faithful Creator. The One who made you is not careless with you. Romans 8 does not promise that trouble, hardship, danger, or death will stay away. Paul names those realities and then says none of them can separate us from the love of God in Christ Jesus.

That is the hope beneath surrender. The promise is not that nothing painful can touch you. The promise is that nothing can make Jesus let go of you.

The outcome is not in your hands. You are in his.

ASK YOURSELF

- What outcome do I need to entrust to God?
- What good have I stopped doing because I became discouraged?
- What next faithful step still belongs to me?
- What would change if I believed nothing could separate me from Jesus?

YOUR NEXT STEP

Complete four lines in writing. Jesus, what I deeply want is. What I cannot control is. Today I entrust this to you. The next faithful thing I will do is. Tell one trusted person your next step and ask that person to pray with you.

PRAY

Jesus, I place myself and this outcome into your scarred hands. Keep me from giving up or pretending I am in control. Show me the good that is still mine to do. Hold me in the love from which nothing can separate me. Give me courage for the next faithful step. Amen.