

TRUSTING GOD

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.” (Matthew 7:7-8)

- How do those words of Jesus make you feel?
- Can you believe them?
- If we ask Jesus to help us be well, will He help us? Will He give us what we seek? What has your experience been?
- What helps you trust God?

Trust comes from knowing God: knowing his character, knowing that he loves you, knowing that his word is true.

- How has trust in God helped you withstand the symptoms of your depression, anxiety, and bipolar disorders?

Read Jesus’s words in Matthew 6:25-30 from the Message:

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

“And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

From Roger Shinn, Reinhold Niebuhr Professor Emeritus of Social Ethics at Union Theological Seminary in New York City:

“[Jesus] is not saying we should ignore food. He has bidden us pray for daily bread and he has never criticized honest work. He is not saying that the lilies and the grass will live happily ever after. As he spoke those words, he probably thought of one of his favourite Old Testament books, which said: *‘The grass withers, the flower fades; but the word of our God will stand forever.’* (Isaiah 40:8)

“Now we can see what Jesus does say. He tells us that our destinies are controlled by the God who stands forever. That we, who determine neither our births nor our deaths, are helpless; but that if we trust God, we tie our feebleness to an eternal power and purpose. That if the goal of life is to keep the heart beating and the stomach expanding, we all fail before long. But if we seek first God’s kingdom and his righteousness, we’ll be given all else that we need – not immunity to hunger, pain and death, but confidence in spite of them.

“Jesus’ words are positive. Trust overcomes anxiety . . . Empty men have been overwhelmed with anxiety, trusting men have been confident.”