

Let's Pray

Theme: Trust

Verses:

"But in the day that I am afraid, I lay all my fears before you and trust in you with all my heart." - Psalm 56:3

"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. Become intimate with him in whatever you do, and he will lead you wherever you go." - Proverbs 3: 5-6

Prayer:

Heavenly Father, Yahweh, Almighty guide and protector,

You and I both know that I have a hard time with giving my trust completely. I hold back. I keep a little bit of doubt, of cynicism and self-reliance to myself when it comes to both my relationship with you and with others. People aren't trustworthy, as I have been hurt and let down too many times to count. I have learned this from my childhood. Yet you are different. You say that you ARE worthy of my complete trust. You challenge me to trust and NOT doubt, lest I be like a person on the waves of the ocean, up and down and unstable in all I do, at the mercy of events I cannot control and emotions that do what they want. And still, I struggle to trust with all my heart.

Yet you speak to my worried soul - "Peace, be still. I am."

You are: everything that I need.

You are: surrounding me at this very moment.

You are: more loving and constant and true than any force in the universe, and there is nothing in all of creation that can separate me from your love - from you.

You are: TRUSTWORTHY to the uttermost, and you stopped at nothing to demonstrate your full devotion through the act and gift of Jesus Christ, coming and dying to reconcile me to you and prove the extent of your love and commitment.

I choose to believe you when you say that you will protect me, be a shield about me, a reliable and steadfast rock where I can stand, beyond the churning waves. You are my fortress of peace and you do not change - and because of that you are trustworthy.

You never leave. You never lie. You never abandon your own - and you have called me your very own and made me yours through Jesus Christ, who made himself ours. He is mine and I am his and through this act of trust, I am brought into the eternal covenant you have made with humans, with your creation.

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When I am afraid, and prone to doubt you, and I remove my trust for fear of being disappointed or abandoned, I ask your Holy Spirit to remind me that you are trustworthy. I am not on my own. I belong to the most steadfast, loving Father who has my back every second of my life. You hold me in the palm of your hand. I am never out of your sight. No matter where I go, you are there. Forgive my unbelief Yahweh! Fill me with faith and help me to make the decision, minute by minute, to trust in you and to rest in the fact that you are forever trustworthy.

In Jesus name, my trustworthy Savior and faithful Friend - Amen

Claim it! Truths to help me trust:

I need not fear for He is with me wherever I go

He is a stronghold and refuge for me when I am oppressed

God is my deliverer, refuge, stronghold, rock, protector against the evil one.

He is my Shepherd, shield and strength

God is: good, kind, loving, patient, caring, strong, all-powerful, wise, considerate, compassionate, forgiving, active, present, gentle, fair, righteous, just, holy, gracious, giving, generous, sovereign, approachable, omniscient, majestic, orderly, all-knowing, perfect, great and TRUSTWORTHY

Breathing Meditation:

We encourage you to sit and take deep belly breaths, in and out through the nose. You can also do walking meditation. Quiet your mind and focus on one sentence at a time. Use one sentence per breath, usually to the count of 4 if possible. You can speak the sentence out loud or say it in your head. Smile as you breathe out.

Loving Father (Breathe in)/ Almighty King (Breathe out)/ I trust you / I believe you / You are steadfast / You are my comfort / You are my strength / You never disappoint / You never abandon me / You provide every time / You rescue me / You fight for me / I trust you with all my heart / I believe you / Thank you that I am safe / Thank you for removing my doubts / Thank you for removing my fears / Thank you that you are everything I need / Thank you that you never change / I trust you completely

"Behold, I have engraved your name upon the palms of my hands."

