

A banner image showing a person's hand on the left and a green plant on the right, with text overlaid.

spiritual infant

DISCIPLE ME

THE ONE ABOUT TRUST

ICEBREAKER: THE TRUST LIST

Let's kick things off today by making a list together. We're going to brainstorm all the different places people put their trust. Sure, some of those will be relationships - but don't stop there. Think about the everyday things we rely on without even realizing it, and the bigger systems that shape how we live. Have one person in your group keep a running list and see how many you can come up with. (We're betting you can hit at least 50!)

READ & DISCUSS: THE STATE OF TRUST

Trust is in short supply these days. Recent studies show that only **33% of Americans** believe that most people can be trusted. That's down from nearly 50% just a few decades ago. Confidence in key institutions like the government, media, and big business has dropped to historic lows, with less than 25% of Americans saying they trust national leaders "most of the time." Even globally, surveys show that only about **30% of people** believe others can be trusted. In a world where trust keeps breaking down, it's no wonder so many of us end up mainly depending on ourselves.

- When you look at your daily life, who or what do you find yourself trusting the most?
- Have you ever "gotten burned" by trusting someone in the past who let you down in a significant way? How has that impacted you?
- Are there any areas of your life when you feel the need to stay totally in control? Why?
- What do you think keeps you from being more open or dependent on others?
- If someone observed your choices and priorities, what would they say your trust is built on?

STUDY: PROVERBS 3:5-6

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

- What stands out to you from these verses?
- According to these verses, in what areas of your life should you trust and submit to God?
- What do you think the author means by “straight paths”? Are straight paths always easy paths?

READ & DISCUSS: STRAIGHT PATHS

These verses remind us how easy it is to depend on ourselves. We like to think we can figure things out, but our understanding is limited. Trusting God means letting Him into every part of our life - not just the moments we feel stuck. It's choosing to believe that His perspective is bigger and better than ours. When we let go of control and follow His lead, the promise isn't that life gets easy - it's that our path becomes clear and purposeful.

When we choose to trust God in all our ways and submit to what He says is best, He promises us clarity. The reality is that we already know life is hard. But what can make life extra difficult is the not knowing if we are making the right decisions. This proverb promises that if we trust God totally, then we can have confidence in the clarity that will come through that trust.

Trusting God with everything isn't easy; it goes against our instinct to stay in control. But trust grows over time. We can start small, choosing to hand Him one area at a time, and as we see His faithfulness in that area, it becomes easier to let Him lead in more.

- What is most difficult about trusting God with every area of your life?
- What's one area of your life right now where you sense God inviting you to trust Him more fully?

CHALLENGE: PUT IT ON PAPER

- Take some time this week to write a personal letter to God. Be honest and vulnerable about the areas where you struggle to trust Him. Tell Him what feels hard to let go of, what fears or past experiences make it difficult, and what you want to believe about His goodness. Don't worry about sounding polished - just be real. End your letter by asking Him to meet you in that place and help you take one small step toward deeper trust.