Singles Viewpoint by Lynda Stein TRUST

How many times has someone told you in the midst of a trial to trust in God and He will see

you through it? You know the words were meant for encouragement, but due to your attitude they didn't fall on fertile ground. How can we trust God to have the best for us when everything seems to be falling apart around us? Is He really there when life is testing all our strengths and weaknesses at the same time? Is it possible to have peace in the midst of stormy waters?

Trusting is an acquired skill, usually based on past experiences. If those experiences were good, our ability to trust is healthy. If those experiences were bad, our trust skills are not as developed. When learning to trust God, we begin with the skills we've acquired up to that point. The important thing to remember is He doesn't care where we are when we begin — just that we begin.

The Hebrew word for trust is *batah*, which means "to confide in." Let's try applying this to a few scriptures. Proverbs 3:5 says, "Trust (Confide) in the Lord with all your heart and lean not on your own understanding." Or, Psalms 34:8,"... blessed is the man that trusts (confides) in Him." If we teach ourselves to trust God, we'll learn to put our confidence in Him, not man, diluting opportunities for people to let us down.

Is trust easy? Sometimes it is, sometimes it isn't. Since we are a society that expects instant answers, most will put trust in God and expect an immediate, pain-free resolution within a few days. Unfortunately, problems don't always get solved that quickly and when God moves, His timing rarely matches with the timing we think He should operate in. However, if we can teach ourselves to wait patiently and turn our innate desire to do His work over to Him, we'll begin to understand the ways of God and how they are intricately put together to create the best for all parties involved.

In the sea of trials, it is not easy to trust God, especially when every situation seems to be directed toward the painful issues of your life and nothing makes sense. Usually at that point all the old crutches have fallen apart. In your mind you're thinking, "Where is God and why isn't He helping me to my feet, tending to my wounds and comforting me?" When He doesn't meet our need the way we think He should, often we get angry and rebellious, putting ourselves in the position to say, "I don't need God, I don't need anybody and I can take care of myself." In this place a young Christian's walk with God becomes volatile and an older Christian's walk becomes more difficult.

How do we trust in the Lord when everything happening in life is painful?

Trust is a choice we make to believe — no matter how hurtful and confusing a situation seems. When King Saul's jealousy drove him and his chariots, horses and men to insanely chase David and his followers throughout the wilderness, David made a choice to trust in God no matter what Saul tried to do. You may be thinking that because David was special, it was easier for him. He was a human being like you and I. Read through some of the Psalms. David's trials were not easy, but during that time he *chose* to trust God and not lean upon his own understanding.

Joseph's brothers threw him into a pit an sold him into slavery. Do you think Joseph had a divine ability to trust God? He loved God and chose to trust Him. I'm sure there were times when Joseph experienced discouragement. After all, he was a real person. As Joseph endured trial after trial, attempting to make the best out of every situation, like David, he became stronger in his character, more able to discern and make wise

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choices for himself and a better judge of personal situations. As he put his trust in God, the Egyptians learned he could be trusted and gave him a responsible position in Egypt.

What do you think would have happened had Joseph, David or Jesus chose to give up completely? Our Bible says David became king of the Hebrew people; Joseph, because of his favor in Egypt, saved his family from the famine of Canaan — a family that went on to make up the twelve tribes of Israel. Jesus brought us an opportunity to be saved, healed and renewed.

Before you give up and turn from God in the midst of your trials, take a few minutes to meditate on the possibility of challenging yourself to put your trust in Jesus. If you feel you have put your trust in Him and He's let you down, *don't* let go of your choice ... He is there . ... carrying you. God always has our best interests in mind.

As hard as waiting and trusting is, His plan for our life is not meant to hurt us but help us. More often than not, trusting in God means waiting for circumstances to change. While the they're changing, we're growing. We hurt because growing hurts, but it doesn't mean God has left, forgotten or forsaken us. Psalm 27:14 confirms this by saying, "Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord."

Trusting in God is a choice. If you are going through impossible struggles, put your trust in Him. If life has handed you bad situations . . . let your heart trust in Him. If your past haunts you night and day . . . make the Lord your trust and God will see you through it.

"Trust in the Lord with all thine heart; and lean not on your own understanding. In all thy ways acknowledge him, and He shall direct thy paths." Proverbs 3:5,6

Ms. Stein is a single adult serving the Lord through the Christian and secular market as an actress director and teacher.



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