

# Trust

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**Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths. Proverbs 3:5-6**

## Day One

This study is designed to help you to develop a stronger trust in the Lord. Nothing could be more profitable or helpful to you in your life. To do this study, you will need a Bible, a pen and notebook, a quiet place, a hungry heart and mind, a willingness to think and work, and some time. Take your Bible and look up the Bible verses listed in this study.

Each day write out the verses in the space provided, and in the following space write out what the verse says about trust, keep in mind the following questions as you describe what the verse says about trust.

In whom or what should we trust? What is involved in trusting? What does trusting mean? In whom or what shouldn't we trust? Why should we or can we trust? Why shouldn't we or can't we trust? When should we or can we trust? What are the results or effects of trust? What are the results or effects of a lack of trust? Evaluate your life in the light of what you have learned from this passage. What does this passage indicate about your trust or confidence level? What can you do to increase your confidence or trust quotient? What will you do?

Do the "Questions and Assignments" numbered 11-15 found in Day Six to make the study personal and practical.

Keep a daily record of times you are tempted to not trust. On a separate piece of paper write out answers to the questions:

- a. What is happening? \_\_\_\_\_
- b. What am I tempted to do? \_\_\_\_\_
- c. What is the proper Biblical response? \_\_\_\_\_
- d. What did I do? \_\_\_\_\_

Each day select a verse or verses which speak to you in a particular way, or touches you. Write it out in the space provided at the end of each day.

Scripture passages:

**2<sup>nd</sup> Samuel 22:3** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**2<sup>nd</sup> Samuel 22:31** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalms 2:11** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalms 4:5** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalms 17:7** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalms 18:2** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalms 20:7-8** \_\_\_\_\_

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**Trust** \_\_\_\_\_

**Psalm 21:7** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 22:4-5** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 26:1** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 31:14-15** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 31:19** \_\_\_\_\_

**Trust** \_\_\_\_\_

Name a verse that has spoken to you today. \_\_\_\_\_

**Memory verse:** "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."

**Proverbs 3:5-6 NKJV**

Each day review the verse several times with prayer. If your Bible is different than the New King James, memorize according to your Bible.

## Day Two

Pray, write out the following verse, and describe what is happening regarding trust in the space provided.

**Psalm 32:10** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 34:8** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 34:22** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 44:6** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 49:6-7** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Psalm 56:3-4** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalm 41:9** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalm 52:5-7** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalm 57:1** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalm 62:8** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Psalm 62:10** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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Name a verse that has spoken to you today. \_\_\_\_\_

**Memory verse:** Fill in the blanks from memory. "\_\_\_\_\_ in the \_\_\_\_\_ with all your heart, and \_\_\_\_\_ not on your own understanding; in \_\_\_\_\_ your ways acknowledge Him, and He \_\_\_\_\_ direct your \_\_\_\_\_."

**Proverbs 3:5-6 NKJV**

## Day Three

Pray, write out the following verse, and describe what is happening regarding trust in the space provided.

**Psalm 78:21-22** \_\_\_\_\_  
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**Trust** \_\_\_\_\_  
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**Psalm 112:7** \_\_\_\_\_  
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**Trust** \_\_\_\_\_  
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**Psalm 118:8-9** \_\_\_\_\_  
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**Trust** \_\_\_\_\_  
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**Psalm 125:1** \_\_\_\_\_  
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**Trust** \_\_\_\_\_  
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**Psalm 143:8** \_\_\_\_\_  
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**Trust** \_\_\_\_\_  
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**Psalm 146:3** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Proverbs 3:5-6** \_\_\_\_\_

**Proverbs 3:26** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Proverbs 14:26** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Proverbs 16:20** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Proverbs 20:18-19** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Proverbs 25:19** \_\_\_\_\_

**Trust** \_\_\_\_\_

Name a verse that has spoken to you today. \_\_\_\_\_

**Memory verse:** " \_\_\_\_\_ in the \_\_\_\_\_ with \_\_\_\_\_ your heart, and \_\_\_\_\_ not \_\_\_\_\_ your own \_\_\_\_\_; in \_\_\_\_\_ your \_\_\_\_\_ acknowledge Him, \_\_\_\_\_ He \_\_\_\_\_ direct your \_\_\_\_\_."

**Proverbs 3:5-6 NKJV**

## Day Four

Pray, write out the following verse, and describe what is happening regarding trust in the space provided.

**Proverbs 29:25** \_\_\_\_\_

\_\_\_\_\_

**Trust** \_\_\_\_\_

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**Isaiah 26:3-4** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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Read **Isaiah 30:1-15**

**Trust** \_\_\_\_\_

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**Isaiah 41:9-10** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Isaiah 42:17** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**Isaiah 50:10**

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**Trust**

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**Jeremiah 17:5**

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**Trust**

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**Jeremiah 39:18**

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**Trust**

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**Jeremiah 48:7**

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**Trust**

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Read **Ezekiel 33:13**

**Trust**

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**Hosea 10:13**

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**Trust**

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**Luke 11:21-22** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**2nd Corinthians 1:9-10** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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Name a verse that has spoken to you today. \_\_\_\_\_

**Memory verse:** " \_\_\_\_\_ in \_\_\_\_\_ with \_\_\_\_\_ your \_\_\_\_\_, and \_\_\_\_\_ not  
\_\_\_\_\_ your \_\_\_\_\_; \_\_\_\_\_ your \_\_\_\_\_ acknowledge \_\_\_\_\_, \_\_\_\_\_  
He \_\_\_\_\_ direct \_\_\_\_\_." **Proverbs 3:5-6 NKJV**

## Day Five

Pray, write out the following verse, and describe what is happening regarding trust in the space provided.

**Ephesians 1:12-13** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**1<sup>st</sup> Timothy 5:5** \_\_\_\_\_

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**Trust** \_\_\_\_\_

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**1<sup>st</sup> Timothy 6:17** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Philippians 1:6** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Philippians 1:14** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Philippians 3:3** \_\_\_\_\_

**Trust** \_\_\_\_\_

**2<sup>nd</sup> Thessalonians 3:4** \_\_\_\_\_

**Trust** \_\_\_\_\_

**Philemon 21** \_\_\_\_\_

**Trust** \_\_\_\_\_

Read **Hebrews 3:6-14**

**Trust** \_\_\_\_\_

**Hebrews 10:35** \_\_\_\_\_

**Trust** \_\_\_\_\_

**1st John 2:28** \_\_\_\_\_

**Trust** \_\_\_\_\_

**1st John 5:14** \_\_\_\_\_

**Trust** \_\_\_\_\_

Name a verse that has spoken to you today. \_\_\_\_\_

Questions and Assignments:

1. In whom or what should we trust? \_\_\_\_\_

2. What is involved in trusting? What does trusting mean? \_\_\_\_\_

3. In whom or what shouldn't we trust? \_\_\_\_\_

4. Why should we or can we trust? \_\_\_\_\_

5. Why shouldn't we or can't we trust? \_\_\_\_\_

**Memory verse:** " \_\_\_\_\_ with \_\_\_\_\_, and \_\_\_\_\_  
not \_\_\_\_\_; \_\_\_\_\_ your \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_ direct \_\_\_\_\_." **Proverbs 3:5-6 NKJV**

## Day Six

1. When should we or can we trust? \_\_\_\_\_

\_\_\_\_\_

2. What are the results or effects of trust? \_\_\_\_\_

\_\_\_\_\_

3. What are the results or effects of a lack of trust? \_\_\_\_\_

\_\_\_\_\_

4. Evaluate your life in the light of what you have learned from this study. Write down what this study indicates about your trust or confidence level?

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\_\_\_\_\_

5. What can you do to increase your confidence or trust quotient? What will you do? \_\_\_\_\_

\_\_\_\_\_

6. Identify the specific area's in which you have difficulty trusting God? (When, for, to, about, because). \_\_\_\_\_

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7. Write out a specific plan for increasing your trust in God in these area's.

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\_\_\_\_\_

8. Select several verses about trusting God; memorize them; repeat them and meditate on them several times a day.

Use the graph on the next page and the Scriptures above and the answers to the Questions and Assignments above to help you grow in Biblical trust. Examples: worry over health, worry about what friends think of me, concern for the future, what if God calls me to Africa?, worry about finances, ect.

Problem	Unbiblical	Biblical	Scripture used
James 4:3	James 3:14 - 16	James 4:17 - 18	James 4:7

Question: How, specifically, does this Bible study help you to overcome sin in your life? Write out your answer on a separate piece of paper or write out your answer to the above question below:

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**Memory verse:** " \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ ; \_\_\_\_\_  
 \_\_\_\_\_ ."

**Proverbs** \_\_: \_\_ - \_\_ NKJV

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