

# Five Steps to Increase Trust

## 1. **Don't Depend on You** - Proverbs 3:5; Romans 11:33

Most of us have faced disappointments, which have taught us that we can only depend upon ourselves. But living the life God has called us to means unlearning that lesson. Instead, we're meant to rest in God's understanding. So, each day we must consciously lay aside our own plans and expectations—and surrender to His plans.

- **What if we're not ready to trust Him like that?**

## 2. **Run from Evil** - 1 John 2:16; 2 Timothy 2:22; Proverbs 3:7-8

Sometimes, the only way to live the life God wants us to live is by separating ourselves from the bad influences that keep dragging us down. That works the best when we start pursuing something else in their place.

- **What sort of life-giving things can we pursue instead?**

## 3. **Put God First in Your Life** - Proverbs 3:9-10

It's easiest to put ourselves first. When something good happens, we want to congratulate ourselves with a reward. When something bad happens, we want to console ourselves or find someone to blame. In other words, we often have a "me-centric" starting place.

- **What are some practical ways in which we can put God first in our lives?**

## 4. **Listen to the Holy Spirit** - John 14:26; 2 Timothy 1:14

When Jesus promised to send the Holy Spirit to the Church, He told His disciples that this Counselor would be their spiritual compass, guiding them through life's ups and downs.

- **How can we make sure we're listening when the Holy Spirit is speaking to us?**

## 5. **Rest in God's Love** - Proverbs 3:12; Matthew 16:24; and Matthew 28:20b

Even in the midst of turmoil, God sticks with us and uses those challenges to shape us. When we understand that, our perspective completely flips. No longer do we see our setbacks as failures; we see them as moments when God, as our loving Father, works on us.

- **How can we begin to see our setbacks as opportunities for God to take us to the next level?**