

## A BIBLICAL STUDY ON FEAR

### LESSON FIFTEEN: TRUST IN THE LORD

by Sandy Harner

**"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**

Putting your trust in God will diminish or eliminate fear. It will give you peace in the midst of a storm. You will grow more like Jesus when you exercise your trust-muscles. There are many Bible verses that command, advise, or remind us that trusting in the Lord has many benefits. Proverbs 3:5-6 is a well-known verse set that is often memorized and quoted. It complements Psalm 56:3 from lesson 14.

In Proverbs 3:5-6 we are given three commands: trust, lean not, and acknowledge. Trust comes first. The Hebrew word translated "trust" means "to have confidence in; be sure of." Put simply, this is something that you believe in, rely on, and have faith in." The object of your trust/belief/faith is the Lord. How strong is that trust supposed to be? It is "with all your heart." That is, one hundred percent. It is complete, nothing lacking, nothing held back. The "heart" refers to the real you. Your core, which includes your intellect, emotions, and will. In other words, your soul.

God created man in His image (Genesis 1:26-27). Man is a combination of three things: body, soul, and spirit. With the body man interacts with his physical surroundings. That is, the earth, which God created, prepared, and populated with a variety of shapes, colors, odors, textures, and sounds with which our senses experience God's handiwork. It is with his spirit that man is able to communicate with God Himself, Who is spirit. And, finally, man's soul, which houses characteristics that reflect the image of God: intellect, emotion, and will. Each of us is unique in our make-up of these elements. Here, in the soul, resides our personality, desires, and drive. It is what makes each of us who we are. Proverbs says to give your whole self (that is, your soul/heart) up to trusting in God. It's not a suggestion. It's a command.

At the same time, we are commanded to lean not on our own understanding. Specifically, don't rely on yourself. If we are trusting in the Lord with all our heart, then there is nothing left for us to trust in ourselves. Notice that we are told to trust God, but it doesn't say in what. There is no laundry list of things to trust God for. It's open-ended. Trust Him for/in everything. However, trust in ourselves is specific to our "understanding." "Understanding" is a combination of knowledge and wisdom. "Knowledge" being the accumulation of and grasp of facts. "Wisdom" is the ability to apply that knowledge to life. The point is: don't depend on your own understanding of the world. Why? Your knowledge and experience are limited. Your wisdom is flawed.

The final command is to acknowledge God in everything you do. "Acknowledge" means "to admit knowledge of; make public the connection." This step is important because it can help others as well as yourself. When you make it known to other people that you are putting your trust in God to handle whatever situation you are facing they may be encouraged to do the same. You are showing that God is number one in your life.

When you put God in the driver's seat of your life, and take your own hand off of the steering wheel, He will lead you down the right path. Proverbs says that He will "direct" your path. "Direct" means "to be straight or even; to make right; prosperous." God will lead you in the paths of righteousness (Psalm 23:3). He will never steer you wrong. Trust Him and acknowledge that He is working in your life. Give Him the glory.

*"O taste and see that the Lord is good; blessed is the man that trusteth in Him." Psalm 34:8*