

## Worry vs. Trust Part VII

- Worry and Trust is mutually exclusive.
  - It is impossible to trust and worry at the same time. Choose one
  - Worry reveals a distrust in God.
- What does it mean to trust in God?
  - Psalm 37:1-3
    - **Don't worry** about the wicked or envy those who do wrong. **Trust** in the Lord and do good;
    - Make a choice not to **worry** so that you can **trust**
  - **We can often find out how what we trust God with the least by what we worry about the most. What we worry about reveals where we trust God the least**
    - Trust- Lean, Rely, Depend, Be Confident In
  - Trust in the Lord and Do Good!
    - The prerequisite to Doing Good is trusting God
    - To DO Good is to do what is right in the eyesight of God.
      - Obey God
        - It is impossible to obey God if you don't trust God
      - How do we know what is good?
    - Good- Hebrew Word Towb
      - Means pleasant, agreeable, beneficial
      - How do we do good?
        - Genesis 1:4, 6, 8, 10, 12, 18, 21, 25, 31
        - Malachi 6:6-8
          - God has to define what is good! Who do you trust more? Yourself or God?
  - Psalm 37:3- dwell in the land and enjoy safe pasture.
    - Dwell- Hebrew Word; shakan
      - Means to lay, to rest
- Trusting God means
  - **Allowing** God to take Control
    - Worry can often give you the illusion of control. You may think you are in control but you are really not.
  - **Acknowledge** God's ability
    - When things happen that are out of your control, we must rely on God's Ability.
  - **Accept** What God is doing
    - **Proverbs 3:5-6**
      - We can Trust God even though we may not understand God. We have to accept what God is doing even when we don't understand.
      - Understanding is not a prerequisite to Acceptance.