

Lesson 1: Confident Trust in Jesus

Understanding Trust

You're in a relationship with Jesus—but here's a key question: do you actually trust Him?

MENTOR/DISCIPLER: Share what confident trust in Jesus has looked like in your life. How do you trust Him daily, moment by moment? What does that practically look like?

The Foundation of Trust

Read together: Hebrews 11:1 *"Now faith is confidence in what we hope for and assurance about what we do not see."*

Discussion: What does this verse tell us about the nature of faith? How is confidence in what we hope for different from wishful thinking?

A Story About Trust (OPTIONAL ILLUSTRATION)

Two hikers get trapped on a mountain ledge in a dangerous storm. They hear a voice from below: "There's a ledge and cave six feet below you. Step off where you are and you'll find shelter." It's pitch black—they can't see anything. But if they stay, they'll freeze. The voice identifies himself as a park ranger who's worked the area for decades. The hikers decide to trust the voice and step off the ledge. They survive.

Questions:

- How is trusting Jesus like what happened in this story?
- How willing are you to trust Jesus like these hikers trusted the ranger—doing what He asks no matter what? What in your life illustrates your answer?

Reviewing Your Commitment

Let's establish where you are in your relationship with Jesus:

Share together:

- **When did you first receive Jesus as your Lord and Savior?** (*John 1:12 - "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God"*)
 - *If you haven't yet, this is an opportunity to discuss what that means*
- **Jesus says He's "the way, the truth, and the life, and no one comes to the Father except through Him"** (John 14:6). **What's your response to that?**
 - Jesus is the only way for us to be saved! That is why He alone is our hope!
 - Our faith is in the finished work of Jesus on the cross (not in our works, our religious practice, or being a good person)! We are saved by GRACE ALONE, through FAITH ALONE, in CHRIST ALONE!
- **What's your confidence level that you've been forgiven and have hope for eternal life? (1-10) Why?**
 - *Here's the great news...If you have surrendered your life to Jesus, and have placed your faith in Him, your confidence level is a 10!*
 - *1 John 5:13 says - "I write these things to you who believe in the name of the Son of God so that you **may know** that you have eternal life"*
 - *Our hope is not in our effort or faithfulness, but in His finished work on our behalf!*

Understanding What Jesus Has Done

Salvation is a Gift

Read: Ephesians 2:8-9 *"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast."*

- Your relationship with Jesus isn't between equals. Jesus is God—eternal, Creator, holy. If you're saved from your sin, it's because of Jesus, not your good works. Salvation is a

gift. Grace means "unmerited favor"—you can't earn it, negotiate for it, or buy it. You don't deserve it. Your only decision is whether to accept or reject it.

- **Discussion:** Why is it important to understand that salvation is a gift and not something we earn? How does this change the way we approach our relationship with God?

Faith is Essential

Read: Hebrews 11:6 *"Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."*

- Your confident trust in Jesus is based on Scripture and your relationship with Him, not blind hope. God chose you and saved you, and now you're responding in faith and obedience. Faith isn't just intellectual agreement—it's trusting Jesus with your whole life.
- **Discussion:** What's the difference between believing facts about Jesus and actually trusting Him with your life? Where do you see that difference playing out in your own experience?

When Doubt Comes

Most Christians experience ups and downs in their walk with Jesus. New believers often face a "moment of discouragement"—when following Jesus feels too hard, when prayers seem unanswered, when problems persist.

Doubt can spring from:

- Lack of trust (Can God really forgive my sins?)
- Lack of understanding (How can I be sure God exists?)
- Lack of experience (I haven't known Jesus long enough)
- Lack of biblical knowledge (I don't feel like a Christian)
- Spiritual attack (The devil uses deceit and confusion)

But God can use doubt. It points out weaknesses in our walk with Jesus and prompts us to deepen our understanding and pray for God's help. Don't be afraid of doubt—it's a signal to dig deeper. But do address it, because unresolved doubt can lead to discouragement.

Discussion: When you consider where doubts come from, which one best describes the source of any doubts you have? What's a doubt you have now that we can talk about?

What You Can Trust Jesus to Do

Read through these passages together and discuss which one(s) speak most to where you are right now:

Forgiveness: *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness"* (1 John 1:9)

Security in salvation: *"We know that we have come to know him if we keep his commands"* (1 John 2:3)

Strength against temptation: *"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear"* (1 Corinthians 10:13)

Belonging: *"You are no longer foreigners and strangers, but fellow citizens with God's people and members of his household"* (Ephesians 2:19)

Eternal security: *"I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord"* (Romans 8:38-39)

Joy through trials: *"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance"* (James 1:2-3)

Discuss: Which passage speaks to you most? Why?

Memory verse to consider

"Now faith is confidence in what we hope for and assurance about what we do not see"
(Hebrews 11:1)

This Week's Reflection

Before our next conversation, think about:

- Where is your trust in Jesus strongest?
- Where is it weakest?
- What would it look like to trust Him more fully in one specific area of your life?

Final Prayer

How can I pray for you?