



MEMORY VERSE: “Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.” Proverbs 3:5 (NLT)

*****Remember to listen to this week’s sermon, review the Sermon Notes Sheet and complete the discussion questions before attending your Connection Group.**

INTRODUCTION:

As human beings, we are constantly bombarded with physical signs and evidence that what we want, feel, or know is impossible. Yet when it comes to trusting God, there may be no physical evidence, and what you are choosing may fly in the face of reason, logic, or practicality. Trusting God may also mean that we dispel or dismiss everything being offered to us by the experts and the human beings we know and trust.

In this sermon series and Connexion Group Lessons we will discover that trust is a demonstration of hope, courage, and perseverance that moves the mind, heart, and body beyond what is known into the realm of what is possible.

OPENING DISCUSSION QUESTIONS

What does it mean to trust God?

GROUP LESSON DISCUSSION

1. What was most helpful, encouraging, or challenging from this week’s sermon?
2. Describe a time when you received clear instructions from a deep place within your being, from God, and failed to be obedient to that guidance in response to fear, doubt, or disbelief.

Have you ever asked God for help, yet when the help showed up, it was not what you expected, or what you wanted?

3. Many of us have adopted a concept of God based on what we were taught and what we heard about God as children. Trust in God must grow from your personal, internal experience rather than what you have been taught or told.

So take a moment to ask yourself these questions: What is the nature or character of the God you were raised with? What is the picture of God that you received? Is that picture accurate?

How has that picture of God influenced your ability to trust him?

4. A distorted perspective of God never allow us to trust God. Yet the irony is that we trust people when they're good and when they're bad. Why do we trust people, but don't give God that kind of break?
5. "When you are building or rebuilding trust in God, you must build from a place of desire rather than obligation or duty or fear." Do you agree or disagree with Iyanla Vanzant? Why or why not?

Iyanla Vanzant says, "When you are learning to trust God, you must use spiritual tools to support yourself." What spiritual tools or practices do you use to support you in learning to trust God?

next steps

This week, explore trust by completing the following three writing assignments in a journal:

1. Why is trusting God a spiritual experience more than it is a religious act or intellectual pursuit?
2. How is learning to trust God a function of unlearning or restructuring what we have been taught by other well-meaning adults based on their experience of God?
3. Why might guilt, shame, unworthiness, and inadequacy, make trusting God difficult, if not impossible?