

# Trust God

*even if you don't trust yourself*

**Weekly Message - January 8<sup>th</sup>, 2018.**



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Starting over could be daunting especially where we have to do something in a different way that seems and feels strange... outside our comfort zone. Yet until we learn to venture into the unknown, walk out of the status quo, we cannot break through to the next level.

The strongest hold backs tend to be the negative feelings (doubt, fear, shame) that arise out of a perceived risk that may or may not be real. Feeling is the language of the body and most times it speaks so loud, it literally stops us in our tracks: obstructing clear thinking and demobilizing productive activity.

## What is the answer to this logjam?

*The smartest way to become unstoppable is to recognize the absence of trust and or presence of fear when confronting an issue and immediately turn to someone willing to back one up upon whom one can bestow one's trust.*

Trust God even if you don't trust yourself. Trust means having confidence in someone or something. Where one is venturing into not just new ways, but something unknown and feeling strange, the lack of confidence is understandable. However, while it's ok, to lack trust in oneself in such circumstances, one must learn to look for help outside oneself to forge ahead. Trust in this sense is defined as allowing or permitting without fear. Fear, the Bible says has torment and also an inbuilt ability to obstruct progress. Fear usually arises in the absence of trust.

*The smartest way to become unstoppable is to recognize the absence of trust and or presence of fear when confronting an issue and immediately turn to someone willing to back one up upon whom one can bestow one's trust. I know of no other one including things that fits that description other than the Almighty God. Trust God, if you don't trust yourself.*



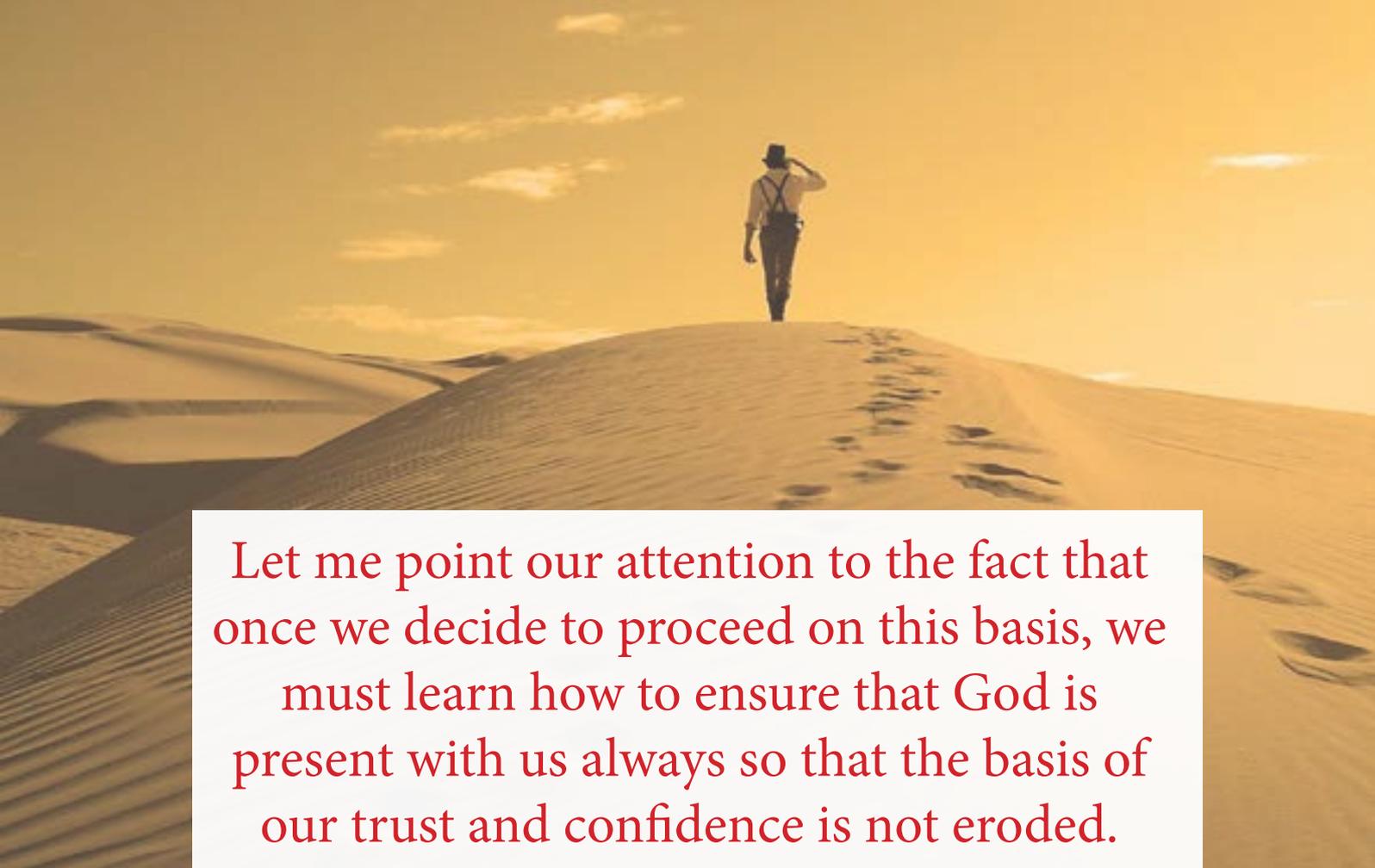
# God is our refuge and strength, a present help in trouble

*Psalm 46:1 KJV*



God created the heaven and earth, everything seen and unseen. God is great and magnificent, yet He is lovingly available to all who call upon Him.

The beauty of turning to God is both an acknowledgement of our self-insufficiency and the supremacy of God. **Secondly, trusting God and looking up to God as our ultimate confidence means that we can proceed with everything we plan without any limit despite the presence of personal fear. Denying the presence of fear in fearful circumstances is self-deception, but determining to proceed despite the presence of fear on the basis of our trust in God is courage.**



Let me point our attention to the fact that once we decide to proceed on this basis, we must learn how to ensure that God is present with us always so that the basis of our trust and confidence is not eroded.

It is in the nature of God to keep his Word. God wants to remain present for the rest of our lives but we must learn how to remain in his presence.





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