

# Why don't we fully trust God?

## Objective:

"Life can be going along smoothly for a season. Your job is satisfying. Your friends and family are enjoyable. Your goals, finances, health and outlook seem bright. Then, suddenly, life throws a curveball. Someone you know gets sick. You lose your job. A friend or family member betrays you. The things you felt secure in suddenly feel shaky and uncertain. How do you trust that God is good in these circumstances?"

Reflect on ways to increase your trust in God, especially in difficult times..

**Song Suggestion:** How can I keep from Singing G598 (red)

## Bible and Catechism Readings

### Jeremiah 17:7-8

Blessed are those who trust in the Lord; the Lord will be their trust. They are like a tree planted beside the waters that stretches out its roots to the stream: It does not fear heat when it comes, its leaves stay green, in the year of drought it shows no distress, but still produces fruit.

### Matthew 6:25-34

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?

### Proverbs 3:5

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he shall direct your paths"

### Catechism 322

Christ invites us to filial trust in the providence of our heavenly Father (cf. *Mt* 6:26-34), and St. Peter the apostle repeats: "Cast all your anxieties on him, for he cares about you" (1 *Pt* 5:7; cf. *Ps* 55:23).

### Catechism 305

Jesus asks for childlike abandonment to the providence of our heavenly Father who takes care of his children's smallest needs: "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?'. . . Your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."

**Saint:** St. Thomas

**Vignette:** – Joe sat in his car shell shocked. Cancer? How could he have cancer? He lived a fairly active healthy life, how could this be? He took some consolation in the words of the doctor, assuring him that this form of cancer was known to be very treatable, but still... He wondered if God was still there for him. Knowing he needed to calm himself, and not cause undue panic when he went home to tell his family, Joe slowly lowered his head, breathed deeply, and repeated the words of St. Faustina: "Jesus, I trust in you".

## Questions for Large and Small Group Discussion:

One of the most beautiful prayers you can pray comes from the Divine Mercy devotion: Jesus, I trust in You. So do you? And if you do, what effect does this have on your life?

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Recall a time in your life when you handled a crisis well, trusting that God had things under control. How did this play out for you, and those around you?

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Sometimes in seeking God's will for our lives we are brought low, so that we can learn to be more trusting of God. How important is the virtue of humility? How has it brought you wisdom?

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As a grown man, are you capable of child-like faith in God, as Jesus has commanded? Or does this seem unrealistic? How can you nurture a childlike faith in yourself and your family?

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Who in your life is the best example of trusting in God and his goodness? What is it about then that inspires you?

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## Resources:

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/trust-god.html>

<https://mycatholic.life/books/the-path-to-holiness/ch-3-the-virtue-of-trust>

<https://www.catholic.com/qa/how-do-i-learn-to-fully-trust-god>

## Action Plan:

1. Develop a habit of saying "Jesus I trust in you", or a similar short prayer, even when faced with small setbacks.
2. Print out a couple scripture passages that provide encouragement, and post them where you will see them
3. Look for opportunities this week to remind your wife, or a son or daughter, that God is always present in their lives and can be trusted.

**Author:** Jeff Farmer