

Trusting God: 3 things to do when it's hard



We all know we're supposed to trust God. It's foundational to our relationship with Him, yet why is it so hard? Why is it hard to trust God for our future, our kids, our marriages, our money, our relationships, our pain, our loss, our brokenness, our disappointment, and our unmet expectations? We could list off a thousand reasons why it's so hard, yet in order to trust, we need to overcome the obstacles that keep us from trusting. Here are a few questions to ask yourself:

1. Am I disappointed with God, therefore I don't find Him trustworthy? Has God told you "no" or has He not answered your prayers the way you wanted? Do you feel forsaken, forgotten, and overlooked by God? Are you a little mad about waiting?

Start here and surely it will give you a clue to your lack of trust. God sees the big picture; you're whole life story is already written. He has good plans for you, plans to give you a hope and a future. His ways are so much higher than ours, so you need to learn to trust Him as He is working out His good plan for your life.

Look for the ways God has been faithful. Focus on that instead of the disappointment. Bring the disappointment to Him and pour it out so you can get past it. Then attempt to see His goodness each day. It's all around you, but you've let disappointment cloud your view of Him.

2. Do you have the correct view of God? How we view God is directly related to our trust of Him. Do you see Him as distant, aloof, or uninterested? Perhaps you see Him as a harsh, unforgiving taskmaster? Do you make Him small? Are you afraid He'll let you down the way people have let you down?

Our view of God often is formed based on our relationship with our earthly father. If you had a healthy father, then your view of God is pretty good. But if you had a flawed father, you will view God through that lens. You need to be diligent to study God's character, so you can retrain your mind. It automatically defaults to your wounded perspective until you allow God to reveal His true identity in your heart.

3. Do you focus more on your circumstances than on God? Are you so overwhelmed, consumed, and zeroed in on your difficult situation that you've lost all eternal perspective?

It takes training and persistence to learn to shift your gaze to God in the middle of difficult circumstances, but it's the only way you'll survive. The Bible is filled with stories of people who faced insurmountable obstacles, yet they remained faithful to God. God left us these stories, so we could learn how to do the same. Start by trusting God with little things and eventually you'll learn to trust Him with all the things.

