

God, You are the One who began a good work in me (Philippians 1:6) and I know You will not walk away from me now. You will help me to grow in Your grace...until I learn to trust You absolutely.



Lord, I do trust You.
But help me trust You more.



Prayers for Difficult Times
Barbour Publishing

Distrust



I will trust and not be afraid.

Isaiah 12:2 NIV

God, my trust has been shattered, My distrust is a wound that lurks in the very basement of my heart. On the outside, I look like I am okay. I can laugh and have a good time. I can even love. But I cannot trust. Lord, clean out the basement of my heart. Help me to trust.



I want to trust You, God. But I can't. I want to give You control over my life. But no matter how many times I say the words, I cannot follow through on them. I feel stuck. I am helpless to change. Lord, I know You can do the impossible. Work a miracle in my heart, I pray.

Trust is essential to our psychological well-being. We first learned to trust as babies cared for by loving parents. That most basic level of trust was the foundation on which all our human relationships were built. It is also what makes us able to trust God.

But sometimes parents fail to teach their children how to trust. If our parents hurt us, we may not be able to trust others, including God. Or maybe a close friend or spouse damaged our trust later in life. When someone important to us lets us down, we learn to distrust others. We find it hard to trust even God. We are constantly on guard, trying to protect ourselves against hurt. God wants us to heal our distrust. He knows we can never be whole until we can trust Him. We will never have intimacy-even with God-until we can learn to trust once more.

I keep saying that I love You, Lord. But I realize now that love and trust go together. I cannot truly love You until I trust You. And without trust, I will never truly experience Your love for me.



When I read the Bible, I see, dear God, that I am not the only one who had this problem. Trust was just as hard for many of the great Bible heroes. Jonah, for example, ended up inside a big fish because he could not trust Your commands. Father, thank You that You never abandon me, even when I fail to trust You. Even when I find myself inside life's "big fish," You are there with me. And just as You did with Jonah, You give me another chance.