Trust God
Psalm 37:3-7

Longer passages are not quoted in the study sheet, but they can be read in the accompanying transcript.

In a world filled with ________, it’s comforting to know there is Someone we can trust. My friend, you can trust God. God’s way is always the _______ way to live.

A college girl once talked with her ________ and said, “I have never trusted anyone in my life. How can I trust the Lord Jesus Christ with my __________?” It was spring, and the girl was going home for a break. The preacher asked her how she was traveling. She said, “I am going to ______.” “Do you have a ticket?” he asked. “No,” she said, “I have to find out when I can get a plane.” “How are you going to do that?” he inquired. She said, “I’m calling the airline to find out the time and reserve a seat on that plane. Then my friend will take me to the airport and I’ll board the plane.” He said, “Do you know the reservation _______ at the airline?” “No, I don’t.” “And your friend is going to take you to the airport, trusting the information of this unknown clerk?” “Yes.” “Do you know the ________ of the plane?” “No, I don’t.” “Then you’re going to trust your friend to drive you to the airport. You’re going to trust some unknown clerk at the airline office to reserve your seat on that plane. Then you’re going to take your seat in an airliner flown by a pilot that you don’t know, trusting him to get you home. My dear, that’s a lot of trust.” When you put your life, your soul, and your problems in the hand of the Lord, you put them into the hand of someone who knows and loves you very much. You can trust the Lord, who died and rose again on your behalf.

Our reading today comes from Psalm 37:3-7. David tells of his faith in God and how he could wait patiently and trust in Him.

To trust means to _______ on the integrity, power, or ability of someone or something to do what He or it promises. We buy products with a guarantee or a warranty so we may have the assurance the product will do what we need or desire. We place our trust in people, believing that person has the ability and the integrity to _______ his word.

God expects His people to trust Him. The Lord told Noah to build an ark, but Noah had never seen ______. Noah _________ God and saved his family. God called Abraham “to go out to a ________ that he was to receive as an inheritance. And he went out, not knowing _______ he was going” (Hebrews 11:8). Abraham trusted God, and God trusted Abraham. God asked Joshua and the Israelites to ______ around the city of Jericho for seven days. If they followed His instructions, God said He would cause the walls to fall down flat. Hebrews 11:30 says, “By faith the walls of Jericho ______ down after they had been encircled for seven days.”

Trusting God involves at least four things. First, it involves ______ upon the Almighty. We must ______ on God to do the things that we cannot do for ourselves. We’re
simply human beings, wholly dependent upon God for life and for our very being. Without God, we could do __________. James 1:17 says, “Every good thing given and every perfect ______ is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.” God promises to ______ the prayers of His children. The Lord Jesus said, “Therefore I say to you, all things for which you ______ and ask, believe that you have received them, and they shall be granted you” (Mark 11:24). Our Father answers prayer and He ______ for His children. Some want to be completely self-reliant, never needing anyone; but we all need ______ at some point in our lives.

Second, trusting God involves ______. Some things we know and some things we don’t know; some things we can do and some we can’t. Now and then, we must put ourselves into God’s ______. The apostle Paul ______ many things, including imprisonment. Shortly before his death, he wrote, “For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is ______ to guard what I have entrusted to Him until that day” (2 Timothy 1:12). Paul placed his soul into the hands of God. People may be able to take your life, but they cannot take your ______. When you become a Christian, you belong to the Lord, body, soul, and spirit. Do you trust God with your soul?

Third, trusting God involves __________. Serving God means finding the courage to do what is ______, even when no one else will. The Bible tells of David’s courage when Goliath challenged the army of Israel. Read what David said to the Philistine in 1 Samuel 17:45-47. By ______, David defeated Goliath that day.

Fourth, trusting God involves __________. Biblical faith is never just an intellectual matter; faith always ______. Trust demonstrates itself. It overcomes the ______ by relying on God. Trust walks forward with hope and confidence that God is ever present, ever watching, and ever helping. David wrote, “Some trust in chariots and some in horses, but we ______ in the name of the L ORD our God” (Psalm 20:7). When life presses against us, we hold fast to God. When the world mistreats us, we ______ upon God for help.

You might ask ______ should we trust God? That’s an important question and it deserves our time. First, we can trust God because we know His ______. God always keeps His promises! As an old man and battling the Canaanites for many years, Joshua could proclaim, “Not one of the good ________ which the L ORD had made to the house of Israel failed; all came to pass” (Joshua 21:45). God keeps His promises because God does not ____! Titus 1:2 speaks of “God, who cannot lie.” The Bible repeatedly says God is faithful! Paul reassured the church at Thessalonica, “But the Lord is ________, and He will strengthen and protect you from the evil one” (2 Thessalonians 3:3). We can take heart because God never abandons His people. Psalm 9:10 says, “Those who know your name will trust in you, for you, L ORD, have ______ forsaken those who seek you.” God’s character alone makes Him utterly trustworthy.

Second, we can trust God because He is ______. God sees and knows things that we cannot see and know. When something happens that we don’t understand, we mustn’t give up.
God isn’t ________ in His understanding like we are. Psalm 147:5 says, “Great is our Lord, and abundant in strength; His understanding is infinite.” God sees and knows the ________! God Himself reminds us, “Remember the former things long past, For I am God, and there is no other; I am God, and there is no one like Me, Declaring the _____ from the beginning And from ancient times things which have not been done, Saying, ‘My purpose will be established, And I will accomplish all My good pleasure’” (Isaiah 46:9-10). What seems a mystery to us is often _______ to God. We must trust that He will do what is right and good.

Third, we can trust God, because we know that He is _________. God can do things we cannot do. The Lord Jesus said, “all things are ________ with God” (Mark 10:27). Paul told the church at Philippi, “And my God will ______ all your needs according to His riches in glory in Christ Jesus” (Philippians 4:19). We trust God because He has shown us time and again what He is _______ to do for us.

Fourth, we can trust God because we are assured by His ________. God will always do what is _______ for us because He loves us. He may not do what we want when we want it; but He will do what is best for us in the long run. God will be with us ________ every storm, every drought, every hurt, every struggle, every trial, and every problem. **Read what Paul said to the Roman Christians in a time of persecution in Romans 8:37-39.** Yes, we can rejoice in the love of God!

When you trust God, there are some things trust will do for you and _______ you. First, trusting God will help you realize that the whole _______ is not on your shoulders. God has been running this world a long time. He will continue to uphold all things by His ________. In a time of great stress, Peter urged Christians to cast “all your anxiety upon Him, because He _______ for you” (1 Peter 5:7). The psalmist David, writing by inspiration, said, “Cast your burden upon the L ORD, and He will _________ you; He will never allow the righteous to be shaken” (Psalm 55:22).

Second, trusting God will help us understand that God will see us through today’s _________. Psalm 37:5-6 says, “Commit your _______ to the LORD, Trust also in Him, and He will do it. He will bring forth your righteousness as the light And your judgment as the noonday.” Christians trust God to make things right, to _______ what is broken, and to give them strength when they’re _______. We may not be able to see how things will work out, but God can make it happen. The Bible teaches, “Trust in the L ORD with all your heart And do not _______ on your own understanding. In all your ways acknowledge Him, And He will make your paths straight. Do not be _______ in your own eyes; Fear the L ORD and turn away from evil” (Proverbs 3:5-7). God will help us when we trust Him enough to do what He ________.

Third, trusting God will help us realize that when physical life is harsh we can still say it is well with my _______. Psalm 125:1 teaches, “Those who trust in the L ORD are like Mount Zion, which cannot be shaken but endures forever.” We may lose many things, but we’re ________ if our souls are in God’s hands. In 1874, the French steamer, **Ville de Havre**, on a
return trip from America, collided with a large sailing vessel and _______ in half an hour. Mrs. H. G. Spafford and her four children were aboard that steamer. All four children were drowned, and only Mrs. Spafford _______. She sent a two word message to her husband in Chicago, “Saved Alone.” For over a year, the grieving couple agonized over the accident. Two years later, Mr. Spafford wrote a song in commemoration of the death of his children. He wrote, “When _______ like a river attendeth my way, When _______ like sea billows roll—Whatever my lot, Thou hast taught me to say, ‘It is well, it is _______ with my soul.’”

Why am I talking about these matters? When I preach at a church, I take notice that the pews have people whose hearts are aching, whose lives are difficult, and who need the _______ and the reassurance of our loving and Almighty God. From the letters that I receive, I realize many of you are facing heartaches, physical problems, family struggles, and crushing financial burdens. The prophet Isaiah said this about God, “The steadfast of mind You will keep in perfect peace, Because he _______ in You” (Isaiah 26:3). How badly we all need perfect peace, the comfort and assurance that the Lord is with us! We all _____ _____ for God to hear us and to help us through the struggles that we face, and He will help us!


Every time we see how God has helped a brother or sister, it ought to reassure our _______ that God will help us, too. My friend, trust, trust, trust in God because He is our hope!

The Lord Jesus said, “Come to Me, all who are weary and heavy-laden, and I will give you _______. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your _______. For My yoke is easy and My burden is light” (Matthew 11:28-30). The Lord’s way is not impossible. He gives us a bearable yoke and a light burden. He wants to _______ us live righteous and productive lives.

When you trust in God, your life will begin to _______. You’ll be able to say as Nahum did, “The LORD is _______, A stronghold in the day of trouble, And He knows those who take refuge in Him” (Nahum 1:7). God wants a close relationship with you, a relationship built on trust and love. God will _______ and care for you if you will trust in Him. The Bible says, “And without faith it is impossible to _______ Him, for he who comes to God must believe that He is, and that He is a reverter of those who seek Him” (Hebrews 11:6).

Become a Christian by putting your _______ in Christ. Let Him know that He is your Lord. Trusting Jesus means following His _______. Trust will lead you to abandon what the Lord calls _____ and to follow after righteousness. With your trusting faith and loving repentance, _______ Jesus Christ is the Son of God, and be baptized into Christ. Baptism is an immersion in water in the name of Jesus Christ for the forgiveness of your sins. When you’re baptized, the Lord washes away your sins (Acts 22:16); He makes you His child (Galatians 3:26-27); and He adds you to His church. Once you become a Christian, continue to live with faith and trust in God. Don’t ever give up on God!