

# Seven reasons why you can always trust God

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Each of us, I think if we're honest, have things we fear. I know for myself I really dread needles – things like getting shots, having blood drawn and IV's. I understand it's all in my head, but you know what? It's still difficult for me.

I was looking at some lists of people's greatest fears online and here are some of the most common: Fear of heights, fear of public speaking, fear of spiders and fear of snakes. Given what's going on in the world right now, we can add to the list fear in relation to the coronavirus: health concerns for ourselves and those we love, stress over changes to our life patterns and certainly financial worries.

I'm talking about fear today, because fear's the opposite of faith. I suppose if you're thinking of faith as our set of beliefs then doubt can be seen as the opposite of faith. But with regard to the core of faith, which is trust in God, fear is indeed the opposite of faith.

Remember what Jesus said to the disciples after he calmed the sea? They thought they were about to die, but he said, "Why are you so afraid? Have you still no faith?" – Mark 4:40. You can see how he counters fear vs. faith. And instead of fear Jesus calls us to faith; to trust in God. And to that end let me share with you today seven reasons why you can always trust God no matter what your circumstances are or what your fears may be.

## **1. We can trust God because God knows our situation.**

God is not far off, distant and unaware. God truly knows what's going on in our lives. As the psalmist says in Psalm 139, "you know when I sit down and when I rise up . . . Even before a word is on my tongue, behold, O Lord, you know it altogether" – vs 2, 4

And Jesus tells us that "The hairs of our head are all numbered" – Matthew 10:30, which is pretty amazing! He also teaches us – "Your Father knows what you need before you ask him" – Matthew 6:6.

God knows what's going on in your life and he knows your concerns and fears.

## **2. We can trust God because God cares for us.**

It's not that he knows what's going on but is neutral about our situation. God loves us deeply and wants what's best for us.

Jesus tells us in Luke 12:24, "Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!"

We know this is God's heart because he has shown us his heart of love for us on the cross. As Paul says if God "did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?" – Romans 8:32

God loves you deeply and will take care of you.

### **3. We can trust God because God is able to care for us.**

God is all-powerful. God is almighty. As the Lord said through the prophet Jeremiah, "Behold, I am the Lord, the God of all flesh. Is anything too hard for me?" – Jeremiah 32:27. And our Lord Jesus tells us that "All things are possible with God." – Mark 10:27.

There's no lack on God's end. There's no limitation. God is able to take care of you.

### **4. We can also trust God because God has a plan for us and for this world.**

Yes, God allows us to choose and there is much evil in the world. And yes, the world is broken right now, waiting to be made new when Jesus returns (Romans 8:20-21; Matthew 19:28).

But ***things are not out of control***. Even when things seem crazy God is overseeing and active to work to make sure that in the midst of the craziness his plan comes to pass.

As the Lord says through the prophet Isaiah, "I am God, and there is no other; I am God, and there is none like me, declaring the end from the beginning and from ancient times things not yet done, saying, 'My counsel shall stand, and I will accomplish all my purpose.'" – Isaiah 46:9-10

And this is what God says about his people, "I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." – Jeremiah 29:11

God has a plan for you and as you trust in him and walk in his ways God will bring it to pass.

Next, and this is where things get interesting –

### **5. We can trust God because even if God allows us to go through our greatest fear, God will go with us.**

You might be thinking, "Wait a second, isn't God supposed to deliver me from my greatest fears?" And the answer is "Not always." Sometimes, but not always. But when God allows us to go through what we fear most what God will do is go through the trial with us.

God says, "Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you . . . For I am the Lord your God, the Holy One of Israel, your Savior." – Isaiah 43:1-3

And as God goes with us God will help us in the midst of our trial and even work to bring good to us out of the experience. Paul says this in Romans 8:28, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." (NIV)

Even if God allows us to die in our trial "we are more than conquerors" (Romans 8:37) – for our death is transformed by God into the means of our entrance into God's presence, and eventually our resurrection to life eternal.

#### **6. We can also trust God because faithfulness is a defining characteristic of who God is.**

God describes himself in Exodus 34:6 in this way, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness . . ."

This is who God is. And God doesn't change! Which is why Lamentations 3:22-23 says, "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

What I'm saying is that God is trustworthy. You can trust him in all circumstances and situations.

And then finally –

#### **7. We can trust God because God has a track record of being trustworthy.**

We see this in the Scriptures.

- God kept his promise to Abraham for a son
- God delivered the people of Israel from Egypt
- God gave them the land of Canaan
- God brought them back to the land after 70 years of exile
- And God sent his promised Messiah, our Lord Jesus.

We also know about God's history of faithfulness from hearing the testimony of others today and how God has worked in their lives. And if we have walked with the Lord for any amount of time we know this from stories from our own lives.

This is why Psalm 9:10 says, "those who know your name (or you could say, your reputation) put their trust in you, for you, O Lord, have not forsaken those who seek you."

God has a track record that demonstrates that God is worthy of your trust.

So for these seven reasons, we can say with the writer of Psalm 46:1-3, "God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling." Even when everything is falling apart around us God helps us, so we don't need to be afraid.

We can also make the words of Psalm 56:3-4 our words, "When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid."

William Higgins