

Trust

I. Learning to trust

A High Ropes Course is one way to develop trust

1. Puts a person in a situation where you **must** trust others
2. You must also trust the equipment
3. You must trust yourself (have confidence that you can do it)

B. Challenges begin with low level trust

1. Trust falls – fall backward into someone’s arms
2. Challenges progress into ones that require cooperation

C. Finally, the ultimate trust in God

1. God is here AND there
2. God is reliable
3. God will NOT let us down.

II. Why do we have so much trouble trusting?

A. People let us down.

1. We tend to trust a friend, spouse, or family member.
2. We trust a system: school, court, government, or church.
3. We can trust ourselves too much – I am INVINCIBLE! (Golden Eye)

B. Someone or something has taught us to be skeptical. (Union Seminary - Hermeneutics)

1. Don’t trust a stranger.
2. Don’t trust the “man”
3. Don’t trust anybody or anything.
 - a. Story of trapeze in attic of Pace House – “don’t get on it till you’ve tried it”
 - b. Story of man who let his son fall to teach him he couldn’t trust ANYONE.

- c. Story of lady telling her daughter that people in WVA are buried standing up.

III. What is trust

A. Oxford University Press shows trust as a noun:

1. firm belief in reliability, truth, ability, or strength of someone or something;
2. acceptance of the truth of a statement without evidence or investigation;
3. the state of being responsible for someone or something;
4. In the law, trust is an arrangement whereby a person (trustee) is made the nominal owner of property to be held or used for the benefit of one or more others.

B. Trust as a verb is:

1. have confidence to allow someone to have, use, or look after someone or something;
2. commit something or someone to the safekeeping of another person;
3. place reliance on (luck, fate, etc.);
4. have confidence, hope: I trust you enjoyed the book.

IV. In our Gospel today we see all kinds of trust “issues”

A. Matthew 14

When the disciples saw him walking on the lake , they were terrified.

“It’s a ghost!” said and cried out in fear, [They didn’t trust their own eyes.]

But Jesus immediately said to them, “take courage! It is I. Don’t be afraid”

Lord, if it’s you, “ Peter replied, “ Tellme to come to you on the water.”

[doesn’t trust Jesus is the Son of God] Sounds like Satan in Matt. 4:6, “If you are the Son of God, Throw yourself down. For it is written, ‘God will command angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’”

“Come,” he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. [Peter puts hi full trust in Jesus.]

But when he saw the wind, he was afraid and, beginning to sink, cried out, “ Lord, save me !” [Peter loses trust in Jesus and in himself to follow]

Immediately, Jesus reached out his hand and caught him. “you of little faith,” he said, “why did you doubt?”

- B. Did you notice that when Peter kept his eyes on Jesus, instead of his surroundings, he was able to accomplish the impossible?
1. Keeping eyes on a focal point works in many instances.
 2. Balance beam – eye on the end of the board
 3. Climbing – eye on top of ladder, mountain, etc.
 4. Public speaking - eye on trusted people or on an object just over the audience’s head.
 5. La’Maze- - uses intentional breathing – eyes on focal point.
 6. Meditation—eyes on icon or flame
 - 7 “keep your eye on the prize”
- V Why do we have such a hard time keeping that last one?
- A. Sometimes we’re not sure Who/what the prize is.
1. in 1st Kings, Elijah wasn’t sure if God was speaking to him.
 - a. He was looking in all the wrong places – wind, earthquake, fire
 - b. God was in the “still small voice”
 2. We look to humans- parents, friends, teachers, government
 - a. God could have sent “angels unaware” Hebrews 13 says “Keep on loving each other as brothers [and sisters]. Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it.
 - b. Or we could be listening to Satan tempting us to doubt. “if you are the Son of God . . .”
 3. Could be we don’t want to give up control because we’ve come to believe the only one you can trust is yourself.

- a. Giving up control means you're vulnerable.
- b. If someone knows your weakness, they can use it to hurt you.
- c. We avoid pain, AT ALL COST – especially emotional pain. (That's why people turn to self-medication)

B. In his book, *Shattered Dreams*, Christian author Larry Crab Writes:

'We live in sheer dread of giving up control and abandoning ourselves to God,'

"Only when we discover a desire for God that is stronger than our desire for relief from pain will we pay the price to find God."

VI Jesus calls us – all the time – "put your trust in me"

A. Jesus has proven trustworthy

1. Jesus has shown us that love conquers if we but try it: Saul becomes Paul; Peter the fearful becomes Peter the Rock; eventually, Rome turns to Christianity.
2. Jesus is available – all the time.
3. Jesus said, "I give my life for you" and he did.

B. "Tis so sweet to trust in Jesus" – brings peace beyond understanding.

VII. Jesus asks us to take his lessons and live them and show them to the world.

- A. In a world of almost endless media noise and political spin, you wonder where you can find real truth. Well the Bible is a source that's accurate, clear, and reliable. Pick a translation that speaks to you today so that you understand it.
- B. Be willing to share how Jesus has made a difference in your life.
- C. Be willing to sit with someone as they look for the "focal point".
- D. Have eyes open to the Christ in others – angels in our midst.
- E. FEAR NOT! Jesus has "got your back!"

Praise be to God the father, God the Son, and God the Holy Spirit. Amen.