

The Joy of Trust

read

Psalm 62:8

think

My earliest memory of exercising trust happened on the day when my training wheels were removed. I remember nervously watching my dad unbolt those two little wheels that had kept me safe, confident, and upright as my six-year-old self would ride my red two-wheeler around the neighborhood. Now, everything was changing. My dad told me to climb on my bike. “Today, you are going to learn how to ride on two wheels,” he said. Two wheels? My mind could not comprehend how it was physically possible to keep from wrecking if I was to trust in those skinny front and back wheels.

Dad assured me that he would be holding on to the back of my bike, keeping me steady as I began to pedal. Because he had never given me reason to *not* believe him, I did as he said even though I was shaking nervously as I ventured into the unknown. About 60 feet into my pedaling he yelled, “You’re doing great!” Dad’s voice came from 60 feet behind me, which made me realize that I was now balanced and riding on my own! He was trustworthy.

David found himself in the midst of stress, anxiety, and nervousness as he faced the adversity of finding himself under “attack” (v.3). But rather than caving in under the pressure, David begins to verbalize what he knows to be true. . . that God is his rock, his refuge, and his fortress. Only God can save him in times of great difficulty. And then he utters six words that are rooted in the fact that God had *never* given David a reason to *not* believe him: “Trust in him at all times” (v.8).

What is *trust*? The Hebrew word David uses for *trust* indicates a sense of deep confidence, safety, and security. It is a sense of well-being that arises out of our confidence in God. To trust in anyone or anything else will only wind up ending badly. When we put our confident expectation in God and his word, he becomes our rock and our refuge!

apply

- When did you experience a time in your life when you had to exercise great trust in another person? In the end, were they trustworthy?
- In what kinds of circumstances and situations would you find it difficult to exercise trust in God?
- What steps can you take to remind yourself of God’s promised faithfulness and provision of security?

pray

Hear our cries, O God. We ask you to listen to our prayers. Because our hearts grow faint and we are prone to doubt, lead us to the rock that is higher than we are. We ask you to be our refuge, strength, and strong tower against all of the foes we face in life. Amen.

by Walt Mueller

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