

# 4 Attitudes: Trust

Trust God rather than yourself



# B

## Group Discussion Flow

### connect with needs

- ▶ Find out how they are doing. Ask also how their **action to take** and **person to tell** went last week.
- ▶ Pray for wisdom from God for the session.
- ▶ Start by stating: *"It is hard to stay friends with people unless you trust them."*  
Then, surface experiences:  
*"Let me tell you how I have experienced this."*  
*"Tell us how you have experienced this."*
- ▶ Transition to the Bible by saying, *"This is also true in a relationship with God."*

### hear what God says

- ▶ Read (or tell) a Bible story/passage related to the topic.  
Choices:  
**Luke 5:17–26 (story)**  
**Matthew 14:22–33 (story)**  
**Proverbs 3:5**  
Two of these passages may be enough to cover in one session.  
Commentary:  
**Luke 5:17–26** — This story shows friends of a paralytic taking extraordinary measures to put their friend in front of Jesus. The paralytic and his friends would have only done that if they believed (trusted) that Christ would do something in response. Their faith is rewarded beyond just the man's healing.  
**Matthew 14:25–33** — Peter initially demonstrates great trust in Christ. He also shows what hap-

pens when that trust falters.

**Proverbs 3:5** — This passage invites us to a wholehearted trust in God, rather than relying on our own understanding.

- ▶ Discuss each passage using the following questions, or the alternate questions below:  
*What do you think this passage teaches us?*  
*What can we learn about God or our response to God?*  
*How do you think this passage relates to the statement we discussed earlier: "It is hard to stay friends with people unless you trust them"?*

### apply that to life

- ▶ State the main lesson: *"Trust God rather than yourself."* Have them write the **lesson learned** on their Mini-Journal card.
- ▶ Discuss:  
*Why do we often trust ourselves more than we trust God?*  
*What is one action you can take this week to start trusting God more?*
- ▶ Have them write down their specific **action to take**. Then in groups of two or three, have them share what action they plan to take. Finally, have them pray for one another.

### tell someone they know

- ▶ Ask whom they know who might be interested in hearing about what they are learning.
- ▶ Have them write the name after **person to tell**. Then, in groups of two or three, have them share whom they plan to tell. Finally, have them pray for one another.
- ▶ Encourage them to tell those people in the next few days.

#### notes and preparation checklist

##### pray

- Pray for wisdom.
- Pray for group members.

##### connect

- Think of a good personal example to share.
- Decide when and how to transition from **connect** to **hear**.

#### notes and preparation checklist

##### hear

Alternate questions to ask:

- Luke 5:17–26**
  1. *What do you think was going through the minds of the paralytic's friends as they contemplated making a hole in someone's roof and making a spectacle of their handicapped friend in front of Jesus and the crowd?*
  2. *How can you explain the fact that they finally made the decision to do it?*
  3. *What were the rewards for their willingness to trust God?*

- Matthew 14:22–33**

*In this passage, what are some lessons we can learn about trusting God?*

- Proverbs 3:5**

*How would you express this verse in today's way of saying things?*

#### notes and preparation checklist

##### apply

- Decide when and how to transition from **hear** to **apply**.
- Be prepared to encourage people to a specific action step. Have an example in mind.
- Print [Trust Mini Journal](#).

#### notes and preparation checklist

##### tell

- Encourage people to do this despite their natural tendency not to.
- Look for group members who **tell** easily. They may be good at leading their own group soon.