



Timberlake Church, Greater Than Our Best Warm-Up

1. Have you ever done any kind of risky/thrill activity like cliff diving, bungee jumping, parasailing? Tell the group about it and what it was like to have to trust the equipment setup, the people leading the activity or even yourself to actually do it!
2. Think about people you trust... What qualities make them trustworthy? What are some deal breakers for you when it comes to losing trust in someone?

Open in Prayer

Talk it Over

3. Pastor Rick said we can summarize the Bible with a phrase; God says **TRUST ME**. On a scale of 1 to 5 rate how your doing personally when it come to trusting God in the following areas:
 - ☐ Money/finances
 - ☐ Career
 - ☐ Family/Other Relationships
 - ☐ Health/Well-being
 - ☐ Life Purpose/Meaning
 - ☐ Hard Things in Life
 - ☐ What Happens After this Life
 - ☐ Other?
4. Share any struggles you have when it comes to trusting Him.
5. A popular Christian speaker, Joyce Meyer says this: "Trusting God is simply believing that He loves you, He's good, He has the power to help you, He *wants* to help you, and He *will* help you." She goes on to

say, "God wants us to put Him first in our lives. He wants us to put our confidence and trust in Him, all the time, in everything." Talk about that as a group... is it possible? What helps you be able to do that? What

6. God's Word, the Bible, is His love letter to us! When we read it and apply it we get to know Him better and our faith and trust in Him is built! There are many, many passages that can help us believe and trust. Here are just a few— read each one and see what you learn about God's trustworthiness:

- [Psalms 100:5](#)
- [Proverbs 3:5,6](#)
- [Isaiah 25:1](#)
- [John 15:5](#)
- [Romans 12:2](#)
- [Romans 8:28](#)

7. Throughout the Old Testament we see an interesting thing that the Israelites do every time God provided in a special way, gave them a victory in battle, met a big need... etc. They would build an altar in remembrance of that act of God. They did that so they would remember! They did that so that when hard times came, and God seemed quiet, far off or slow to move they could have a physical reminder of all the times He'd come through for them... and their trust in Him was built! They were reminded when tempted to doubt that God had been trustworthy in the past and they could trust Him again.

Share one or two altar worthy times God has showed up for you—The things that you've seen or experienced God do that makes Him easier to trust.

Homework

As you go through your week, watch for how God proves trustworthy for you. Recall what He's done in the past for you and make a record of it somewhere—a blog? A journal? Maybe a simple list on your phone.... Whatever works! Keep adding to that list then use it in seasons of doubt or when you need to encourage a friend to trust God.

Prayer Requests and Close in Prayer

