

Keeping Your Cool - In God We Trust -

Trust: To rely upon or place confidence in someone; to believe, to expect confidently; to go somewhere or do something without fear of consequences. *Jeremiah 17:5-8; Psalm 103:1-2; Hebrews 12:28*

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?” - **Martin Lloyd-Jones**

Believe: to have confidence in the truth, the existence, or the reliability of something, although without absolute proof that one is right in doing so.

1. God is Great, so I do not have to be in control.

- **He is the Creator:** *Genesis 1:1*
- **He is the Sustainer:** *Hebrews 1:3a*
- **He sees and cares:** *Luke 12:6-7*
- **He is the Redeemer:** *Romans 8:28*

2. God is Glorious, so I do not have to fear others.

Proverbs 29:25

“When God and spirituality are reduced to our standards or our feelings, God will never be to us the awesome Holy One of Israel. With God reduced in our eyes, a fear of people will thrive.” - **Ed Welch.**

3. God is Good, so I do not have to look elsewhere.

Psalm 106, 107, 118, 136; John 4:14

“There have been times when I think we do not desire heaven; but more often I find myself wondering whether, in our heart of hearts, we have ever desired anything else.... It is the secret signature of each soul, the incommunicable and unappeasable want.” - **CS Lewis, *The Problem of Pain.***

God, you are good, and You are enough for me.

4. God is Gracious, so I do not have to prove myself.

Nehemiah 9:17; Ephesians 2:8-9a

Next Week's Reading Guide:

Genesis 2:18-25; 1 Corinthians 12:7-11
Ecclesiastes 4:7-12; Galatians 6:1-3
Psalm 18:1-6, 30-36; 2 Corinthians 6:1-2
Psalm 28:6-7; Proverbs 17:17
Proverbs 3:1-6, 27-28; 2 Corinthians 8:12-14
Romans 12:9-13; 2 Corinthians 1:3-11
Ephesians 4:14-16; Philemon 1:8-14

Discussion Questions:

1. What is a go-to in life when you are needing something good? (food, television, gaming, hobby).
2. Share about a time when you chose to depend on God's goodness being enough for you.
3. Ever find yourself trying to prove yourself? Do you really believe Christ has proven, or approved of you? How would really believing this change how you relate with people?