



“May the God of hope fill you with all joy and peace as you **trust in him**, so that you may overflow with hope by the power of the Holy Spirit.” **Romans 15:13**

To view the accompanying video, go to <https://momsinprayer.org/igniting-hope-bible-study/>

Notes for Small Group Discussion: Once you have watched the video, “Who do you Trust?” take a few minutes to share your thoughts. Briefly talk about the concepts and biblical examples. Share with your group a choice you need to make that will help you trust God deeper. Consider practical ways to find accountability with these truths.

1. Let’s look at our theme verse **Romans 15:13**, “May the God of hope fill you with all joy and peace as you **trust in him**, so that you may overflow with hope by the power of the Holy Spirit.” Why do you think that trusting in God is a critical part of hoping in God?
2. **Proverbs 3:5** says, “Trust in the Lord with all your heart, and do not lean on your own understanding.” We are told positively, to trust the Lord and negatively, not to trust our own understanding. Those two things are mutually exclusive. In other words, if we trust in the Lord, we cannot also depend upon our own ability to understand everything God is doing. Our trust is to be placed in the Lord, not ourselves or our plans, and certainly not in the world’s wisdom and devices. We can place full trust in the Lord because He alone is truly trustworthy. Let’s look at a few scriptures below that validate reasons for placing our trust in God.

His Word is trustworthy

Psalm 19:7

Psalm 111:7-8

2 Samuel 7:28

His nature is faithful and true

Deuteronomy 7:9

Psalm 145:13

Psalm 146:6

His plans for us are perfect and purposeful

Isaiah 46:10

Jeremiah 29:11

3. Taking time to remind ourselves of the authenticity of the Bible helps remind us that **God's Word is trustworthy**. By having assurance that the Bible is 100% true and seeing the validation of that via prophecy, archaeology and the continuity of all 66 books written over 1500 years gives us a sustained hope. **Complete the 2 empty boxes** in the table below based on *8 Prophecies of Jesus* by Dr. Peter Stoner that were discussed in the video.

Old Testament Prophecy	New Testament Fulfillment	RESULTS
Micah 5:2	Matthew 2:4-6	The Messiah will be born in Bethlehem.
Malachi 3:1	Matthew 3:1-3; 11:10; John 1:23; Luke 1:17	Forerunner will appear and prepare others for the Messiah.
Zechariah 9:9	Matthew 21:4-11	
Psalm 41:9	Luke 22:21	The Messiah will be betrayed by a friend.
Zechariah 11:12	Matthew 26:15	
Zechariah 11:13	Matthew 27: 3-10	The betrayal money will be used to purchase a potter's field.
Isaiah 53:7	Mark 14:60-61	Although innocent, the Messiah will remain silent while on trial.
Psalm 22:16	John 19:17-18	The Messiah will die by crucifixion.

4. Be honest; are there areas in the Bible that you are struggling to believe? Are there areas of your faith that you are currently having a hard time comprehending? God understands our inability to exercise the faith we need at times. In **Mark 9:24**, a man came to Jesus to heal his son and admitted that he wanted **help with his unbelief**. Jesus did not rebuke the man, but healed the man's child anyway. Jesus honored the man's desire to grow in faith. So, if we have the desire to believe what the Bible teaches, then we have the right foundation for continuing to fight for faith. There are many examples in the Bible of godly men and women who at some point struggled with this. Read the verses below and take a look at some examples of those who struggled with their faith.

John 20:24-29

Judges 6:36-40

Genesis 17:17-22, 18:10-15, 21:1-3

Write down an area you are struggling with unbelief. Then take a moment and ask God to help you see Him clearly and to reveal the truth to you. **Jeremiah 29:13** says, "You will seek me and find me, when you seek me with all your heart."

5. Scripture instructs us in **Romans 15:4**, "For whatever was written in former days was written for our instruction, that through endurance and through **the encouragement of the Scriptures we might have hope.**" How does knowing and trusting the Scriptures give you hope?

Share how a specific scripture has transformed your thinking and given you a godly perspective in an area or situation in your life? Has it ignited hope over that area or situation?

Do you have a verse for something you are currently going through that is giving you hope?

6. Let's look closer at what it means to trust. Trusting in the Lord means more than believing in who he is and what he says. The word here for trust also means **"to have confidence in."** Having confidence in something means having an assurance that leads to action. The words translated "trust" in the Bible literally mean "a bold, confident, sure security or **action based on that security**". Trust is not exactly the same as faith, which is the gift of God (Ephesians 2:8-9). Rather, trusting is **what we do because of the faith we have been given**.

Back in 1859 there was a performer named Jean Francois Gravelot. He was known as 'The Great Blondin'. This man was a stunt performer or 'daredevil'. He was a tightrope walker, and he would perform amazing death-defying tightrope stunts. Well, the story is told that at one particularly spectacular stunt, where Blondin would attempt to cross the Niagara River on a tightrope, he yelled a question to the crowd. He asked, 'Do you believe that I, the Great Blondin, can successfully cross high above this river on a tightrope?' And the crowd yelled back, 'We believe! We believe!' Then Blondin began his crossing, and to the thrill of the crowd, he made it safely. The crowd went wild. They clapped and cheered and yelled all the more.

Then Blondin asked the people, 'Do you believe that I, The Great Blondin, can again successfully cross over the Niagara River on this tightrope -- this time while pushing a wheelbarrow?' The crowd enthusiastically yelled back, 'We believe! We believe! We believe!'

So seeing their enthusiasm, Blondin yelled to the crowd: 'Who among you is willing to ride inside of the wheelbarrow and allow me to push you as I cross on this tightrope?' The crowd went silent. No one said a word. All that could be heard was the sound of the wind blowing....

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Read Joshua 3:7-17. Consider how regardless of obstacles, by believing the promises of God, by applying the principles of God's Word, and by counting on the presence of God, Joshua and the priests **actions reflected how they trusted God**.

What instructions were given by God in verse 8?

What action did Joshua ask the priest to do in verse 13?

How were these actions carried out in verses 15-17?

What was the result of the actions in verses 16-17?

7. Let's look at the rest of the story. **Read Joshua 4** paying careful attention to **verse 21 and 22**. How does it give you hope for today by remembering the ways God has worked in your life in the past?

God had the Israelites use rocks so they would not forget what God had done. **Psalm 28:7** says, "The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him." How do you make an effort to give thanks and remember all that God has done for you? List a few examples.

8. The Bible affirms what happens when we put our trust in God.

"But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." **Jeremiah 17:7-8**

Rewrite **Jeremiah 17:7-8** personalizing it for yourself.

9. **Psalm 5:3** says, “In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.” In our 24/7 culture we rarely need to wait for anything. If you are like me far too often I lay my requests/concerns down in prayer and then pick them right back up again. This just causes me to worry more. This is not trust. Can you relate to those times when you are right smack dab in the middle of a mess? Your focus is not on waiting expectantly and you find yourself wanting to “assist” God with the direction you think things should go.

We live much of our life in the “wait”. We can develop a habit of trusting God in the waiting through praise, confession, thanksgiving and intercession. By talking to God in prayer this way He will adjust our perspective so that we can see Him above the circumstance. In that we can have hope in the wait.

Praise- Praise God that He is trustworthy. Look up verses to affirm God’s trustworthiness.

Confession- Let Him know you’re sorry that you are not trusting Him completely with the situation.

Thanksgiving- Thank Him that He is greater, more powerful and is trustworthy to work through the situation. **1 Thessalonians 5:18** “give thanks in **all circumstances**; for this is God’s will for you in Christ Jesus.” Transform your thoughts to looking for ways in the midst of the situation to give thanks to God.

Intercession- Talk with Him about it, He already knows what you are thinking. Ask specifically for Him to ignite the hope that only He can offer over the difficult areas of your life.

Write a prayer to God using the four steps above.



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