

## Week 5 of Even There...: Trust

*“Trust looks like talking to God, sharing our complaints, seeking God’s help, and then recommitting ourselves to believe in who God is and what he has done....even if the trial continues.” Mark Vroegop*

**Trust pursues the presence of God, even when the promises of God don’t make sense in the places of pain.**

TURN and COMPLAINT

O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? Psalm 13:1-2 (NLT)

ASK

Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die. Don’t let my enemies gloat, saying, “We have defeated him!” Don’t let them rejoice at my downfall. Psalm 13:3-4 (NLT)

The four steps

- TURN: In the places of pain, lament is a prayer of faith that points us to God
- COMPLAIN: Loving God with ALL of our heart means loving him through the honest cries of our hurting heart
- ASK: We ask boldly, not to demand the promises of God, but to depend on the God who gives the promises.
- TRUST: Trust pursues the presence of God, even when the promises of God don’t make sense in the places of pain.

3 affirmations of TRUST

But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the Lord because he is good to me. Psalm 13:5-6 (NLT)

1- I trust in your unfailing love.

2-I will rejoice because you have rescued me.

*“Choosing to trust through Lament requires that we rejoice without having all the dots connected. We decide to let God be his own interpreter, trusting that somehow his gracious plan is being worked out-even when we can’t see it.”*  
-Mark Vroegop

3-I will sing to the Lord because he is good to me.

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