

**Overview:**

**The following is from the NIV Application Commentary on Trust**

**“Trust.** In the teaching of Proverbs, trust is the antidote to worry, not because it means we will have all we desire but because trust will keep us from taking matters into our own hands—that is, to turn from God’s way to life and its blessings in order to grab the fruit for ourselves that we may well have been given in time. The problem is the human inclination to put well-being and possessions above everything else, even neighbor and God. This being the danger, we can see why the teacher is at such pains to tell us that wisdom is worth more than silver, gold, jewels, or anything else we might imagine. Wisdom here is the symbol for the obedient life sketched out in the rest of the chapter. To hold her is to hold everything; to miss her is to miss life.

Trust in Yahweh is more a matter of yielding to the wisdom of his ways than in expecting provision; trust is the antidote toward the self-rule of autonomy. Having said this, Proverbs 3 also reminds us that by putting obedience over the concern for the goods of this world, we do find that we have been provided for. Furthermore, trust in Yahweh implies that he is trustworthy; to give him the reins means he knows what is good for us better than we do ourselves. This is not to say that trusting God means we no longer are responsible for figuring out the best course of action, but that we put God’s desires at the center of our decision-making. The parent’s instruction, “Do not forget my teaching,” seeks to nurture a heart that trusts Yahweh and abandons the fantasies of autonomy, untutored self-rule.”<sup>1</sup>

**Bible Study:** Proverbs 3:5-6

1. Discuss a time when you trusted in something or someone and that trust was broken.
2. What does trust look like in a relationship? How do you know when you fully trust someone?
3. Read Proverbs 3:5-6. How would you define trusting in God?
4. In a world being driven by fear, how does trust in God help dispel the fear?
5. Read Matthew 4:12-13. In the sermon it was mentioned that Jesus went the opposite way when he heard that John the Baptist was arrested. How is your faith impacted when Jesus does not meet your expectations?
6. Read Matthew 26:36-43. Three times Jesus asked the cup to be passed. Discuss a time when you struggled in your prayers. How does submitting to God’s will give you strength to carry on?
7. How would you respond to non-believers if they asked you how they could begin trusting in the Lord?

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<sup>1</sup> Koptak, P. E. (2003). *Proverbs* (pp. 131–132). Grand Rapids, MI: Zondervan.