

Trusting God in Troubled Times, Part One

Psalm 91:2

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He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." (Psalm 91:1-2)

Anyone Need a Refuge or a Fortress?

Psalm 91 is a favorite. It's powerful. You should memorize the first few verses. I guarantee you will find a time to use them...probably sooner than later. Psalm 91 is the antidote to fear. So what's to fear? How about deadly pestilence; the arrow that flies by day; the terror of night; or the plague that destroys at midday, just to get started! These were the fears that stalked the Psalmist who wrote the Psalm. No wonder he was looking for a refuge and a fortress. How about you? Could you use a refuge or a fortress?

The consensus is in: we are living in troubled times. If you don't know that, you haven't been paying attention. It was stunning to see how quickly the situation shifted in our country. The fallout from the economic downturn has had a major impact on so many lives. The shockwaves continue to reverberate. Everybody seems to know someone who has been affected.

Psalm 91 doesn't use terms like "economic bubble"; "unemployment"; or "repossession". But we can connect the dots. The fears that plagued ancient men and women aren't so different from the fears we face today. They lived in a broken world, filled with uncertainty and threats to their peace, security, health, wealth and well-being. So do we. They needed a refuge and fortress for their lives. So do we.

Trust God

The power of Psalm 91 is its bold proclamation of personal trust in God. This is the antidote to fear. The worst of the worst of fears have been catalogued in this Psalm. All of that is counterbalanced and overcome by trust in God. Awesome! But what exactly does it mean to trust God like this? How can you and I have this powerful experience of trust in our own lives?

Remember this: TRUST IS FAITH LIVED OUT. Through trust you take the things you believe intellectually about God and apply them to the real details of your immediate life circumstances. Actually it's more than that. That leaves trust much in the realm of the intellect. Truth is, trust is a matter of both head and heart working together. Trusting God isn't like trusting a bridge to hold you up as you cross a canyon. Trusting God is more like trusting a person you have a relationship with to walk with you, love you, defend you, or rescue you. This is the ultimate answer to the anxieties we face in troubled times.

Building Trust

So, how can you build trust? Because trust is a matter of both head and heart, you will have to engage both to build your trust in God. This means you need to immerse yourself in the truth about who God truly is. We can only trust God as we truly should when we see God for who He truly is. It also means that you will have to open your heart to God in relationship. You need to talk to Him. You need to open your heart to His presence. You need to learn to listen for His voice. This is the way of trust. Engage both head and heart in the pursuit of God and trust will grow exponentially. Do this, and you will prevail over the many "trust busters" that come our way in life. Spend time this week talking to God about your level of trust. Take an honest look at the areas in your life that are causing the most anxiety. Ask yourself what you really believe about God. Make the choice to apply your faith to the details of your life circumstances – each day. This is the way of trust.