



# 5 SIMPLE STEPS TO TRUSTING GOD

WHEN YOU DON'T FEEL LIKE IT

NIKI HARDY

## 1. CHECK GOD'S CREDENTIALS



Deut 7 :9

Before we put our trust in anyone we want to know they are trustworthy. Does God have a good track record of keeping His promises? Read stories in the bible and ask friends to find out.

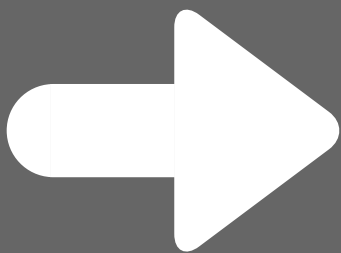
## 2. ASK HIM FOR HELP

When life stinks, trusting God can be hard and we need all the help we can get to do so. When we ask Him for what we need in order to trust Him, He provides.



Phil 4: 19

## 3. CHOOSE TO TRUST



Prov 3: 5-6

Trust is an action only we can decide to take. When life falls apart our emotions often control our actions, yet we can choose to trust, even if we don't feel like it.

## 4. LET GO!

To trust God we must let go of what we are currently trusting. We can't hold onto both. Who or what are you trusting now? Let go and hold onto God instead.



Josh 23: 8

## 5. KEEP A RECORD



Lam 3: 22-23

Keeping a record of how God shows up (with His peace, provision, joy, comfort etc) builds our capacity to trust Him and increases our expectation of what He can do. It's like paying into a trust bank!

**AND REMEMBER ...**

*"Life doesn't have to be pain-free to be full"*

God's abundant life is available right in the midst of our shattered, painful lives. We don't need to wait until the storm is over to experience it.

To find more ways to grab hold of it go to

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