

Southern Adventist University
Knowledge Exchange

The Main Thing Devotional

Office of Ministry and Missions

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Trust in God

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“The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.”

Psalm 28:7 NTL

The Main Thing: Trust in God

“I trust the Lord with all my heart.” Sometimes that’s easier said than done, isn’t it? Or we may say it with good intentions but we don’t even come close to trusting Him with *all* our heart. In my own humanity I’ll honestly confess that my desire for control usually means I trust God with *some* of my heart, at best *most* of my heart, but probably rarely ever trust Him with *all* my heart. How do I move from *some* or *most* to *all*?

I speak it out loud until it becomes more fully my reality. “I trust you God!” I’ll proclaim on my drive into work or when anxiety starts to overtake me throughout a hectic day. I’m moving beyond my partial trust to declare my need for God to give me greater, deeper, fuller dependency in Him. Especially because I know I cannot contrive trust in God through my own willpower - I need Him to put trust inside me in the first place.

Additionally, I read God’s Word to be reminded of all the ways God has helped me. Tiredness and anxiety seem to give me spiritual amnesia, holding me captive to my momentary stress. Reading the Word of God sets me free to be able to see the bigger picture and to claim God’s victory.

And finally, I sing songs of thanksgiving! Continuing to dwell my thoughts upon God’s goodness and faithfulness releases me from doubt and worry as my trust in Jesus is built with each chorus of “Promises,” or “Made a Way,” or “Tis So Sweet!”

God our Father desires to be your strength for each new day and all the challenges that come with it, as well as your shield, defending you against the advances of the enemy. Do you trust Him to be all you need?

With each declaration of trust, each reminder or song of thanksgiving, may you enjoy keeping the Main Thing, the main thing throughout this week.

Reflect:

1. Today, when you feel anxious or stretched to the limit, cry out to God, “I trust you!” Take note of how you feel in that moment.
2. Take some time to write down five things God has done for you this week that has helped you have greater trust in Him?
3. What’s your song right now? Your go-to song that picks you up when you’re feeling overcome? Share it on a social media platform with a short explanation and tag @ministryandmissions.

Prayer Requests and Resources:

- Continue to pray that those who have recently lost loved ones may be comforted with the peace of God.
- Follow **@ministryandmissions** on Instagram for updates on events and programs as well as encouraging messages and [check out our website](#) for many new resources.
- **Talk** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.