

# Wellspring

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23

Name: \_\_\_\_\_

April 9 & 12, 2025

Lesson 15

## (D1: THE HEART) TRUSTING GOD

DUE:

Wednesday, April 23 / Saturday, May 3

### LOOKING BACK...

Before answering, ask the LORD to reveal areas where you need to grow in trust and surrender. Use Psalm 139:23-24 as your guide:

Below are three categories of reflection questions. Prayerfully choose at least three questions that resonate most with where God is calling you to trust Him today. You may focus on one category or choose from multiple. If you struggle to choose, ask God to direct you to the questions that will most challenge and encourage you in this season. Use a separate sheet of paper to write your answers.

#### A. Examining Your Trust in the LORD

1. Where is God calling you to obey today—even if you can't see the outcome?
2. Where do you need to trust that He is making a way—even if you don't know how long the waiting will last?
3. Where is He asking you to take the next step—even if it's just one step?
4. Do you want to know the outcome before you trust?
5. Do you want assurance that your obedience will bring results?
6. Do you long for visible success before you take the first step?

#### B. Identifying Areas of Self-Reliance

1. In what areas of life are you leaning on your own understanding instead of fully trusting in the LORD?
2. Are there areas where you find yourself grasping for control instead of surrendering to God?
3. What choices are you making today that seem wise in your own eyes, but may be leading you away from trusting in the LORD?
4. What does trusting in the LORD look like in your thought life, daily decisions, and emotions?
5. Where do you struggle with "partial trust", trusting God in some areas while holding onto control in others?

#### C. Living Out Trust Through Prayer & Obedience

1. How does Proverbs 3:5-8 challenge the way you approach trust and obedience?
2. What specific truth from this lesson do you need to rehearse daily to strengthen your trust in God?
3. How does the "HOLD & FOLD" principle help you surrender both your thoughts and actions to God?
4. What would change in your life if your hope rested fully in the LORD?
5. Does your trust in God look more like a restless infant, demanding answers now, or like a weaned child, content to rest in His care (Psalm 131)?
6. How can you encourage someone else to trust in the LORD this week?

Final Encouragement: Trusting in the LORD is a daily journey. If you're struggling in a specific area, come back to these questions over time. The goal isn't to have all the answers, it's to grow in dependent faith and deeper surrender.

**LOOKING DAY BY DAY...**

As you read the Bible this week, look for examples of people who either did or did not exemplify the command in Proverbs 3:5-8.

- Mark or write down their names and a brief note about what they did.
- What can you learn from their choices?
- How does their example challenge or encourage you?

**LOOKING AHEAD...**

In preparation for "Train Yourself for Godliness", answer honestly: Describe your personal desire to be godly. How is this desire or lack thereof visible in your daily life? Speak to specific practices (like Bible reading) but also at work, at home, and at play? Read 1 Timothy 4 and Hebrews 12 on your own prior to the next Wellspring session.