

(D1:THE HEART)

Trust in the LORD: A Lesson from Proverbs 3:5-8

I. INTRODUCTION

- Proverbs 14:12

When we insist on our own way rather than seeking His wisdom, what are we really trusting?

When we choose self-reliance over surrender, whose understanding are we leaning on?

When we refuse to obey until we understand the outcome, are we really trusting Him at all?

II. LESSON TAKEAWAY

✓ God has set us on the right track, but staying on track isn't automatic—it takes _____.

✓ God has given us two key truths to keep us on track:

1. We trust in _____ of Who God is.

2. We trust with _____ of who we are.

✓ When we do get off track, we can remember two simple steps to get back on:

1. SAY IT & _____ IT.

2. _____ & FOLD

III. THE TRACKS OF TRUST

A. Track #1 → Trusting in ALL of Who God Is

1. _____: Everything He does is right and for the ultimate good of His people and His glory.

- Psalm 119:68
- Romans 8:28
- Romans 11:36

2. _____: He knows all things perfectly—past, present, and future—and never makes a mistake.

- Job 12:13
- Proverbs 2:6
- Proverbs 3:19

3. _____: He rules over all things, and nothing is outside of His control.

- Psalm 115:3
- Isaiah 46:9-10
- Daniel 4:35

- Acts 12:1-3
- Romans 12:2

B. Track #2 → Trusting Him with ALL of Who You Are

✓ This means _____ our own understanding but instead submitting our will and emotions to the LORD _____ in every area of life.

IV. STAYING ON TRACK: THE STRUCTURE OF TRUST

✓ Parallelism in Proverbs 3:5-8 → One idea strengthens and explains the other.

^{5a} "Trust in the LORD with all your heart" ⇔ ^{7a} "Be not wise in your own eyes."

^{5b} "Do not lean on your own understanding" ⇔ ^{7b} "Fear the LORD and turn away from evil."

^{6b} "He will make your paths straight" ⇔ ^{8b} "It will be refreshment to your bones."

V. FIRST PARALLELISM: "Trust in the LORD with all your heart" ⇔ "Do not be wise in your own eyes"

A. The Hebrew Meaning of Trust: Confident Security

B. The Hebrew Meaning of 'Wise in Your Own Eyes': A Self-Reliant Mindset (Proverbs 9:10)

C. Abraham vs. Lot: Two Paths, Two Outcomes (Genesis 12:10–20; 13:8-13; 19:1-29; 20:1-18; 22:1-14; Hebrews 11:19; 2 Peter 2:7-8)

D. Personal Application: Spotting Where Your Trust Lies

- Psalm 84:12

VI. SECOND PARALLELISM: “Do not lean on your own understanding” ⇔ “Fear the LORD and turn away from evil.”

A. Leaning on Our Own Understanding—What Does It Really Mean? And What Does It Look Like? (Jeremiah 17:9, Proverbs 16:6)

B. Lot’s Wife: A Warning Against Self-Reliance (Genesis 19:17, 26; Luke 17:32)

C. The Fear of the LORD: What It Is—And Why It Matters (Proverbs 8:13, 9:10)

D. The Daily Battle: Trusting God vs. Relying on Our Own Understanding

E. Step #1: SAY IT & PRAY IT – Aligning Our Minds with Scripture & Lifting Our Hearts in Prayer

VII. THIRD PARALLELISM: “He Will Make Your Paths Straight” ⇔ “It Will Be Healing to Your Body and Refreshment to Your Bones”

A. He Will Make Your Paths Straight (Psalm 9:10, Psalm 19:7, Philippians 4:6-7, John 16:13, 2 Corinthians 1:8-9, Hebrews 3:13)

B. It Will Be Healing to Your Body and Refreshment to Your Bones (Philippians 4:6-7)

C. Jehosheba's Step-by-Step Trust & Obedience (2 Kings 11:1-3)

VIII. WHAT ABOUT US? —EXAMINING OUR OWN TRUST IN THE LORD

Do we want to know the outcome before we trust?

Do we want assurance that our obedience will bring results?

Do we long for visible success before we take the first step?

Where is God calling you to obey today—even if you can't see the outcome?

Where do you need to trust that He is making a way—even if you don't know how long the waiting will last?

Where is He asking you to take the next step—even if it's just one step?

IX. Step #2: HOLD & FOLD → Faithfully obey what He has entrusted to us and surrender what only He controls.

HOLD = _____

FOLD = _____

- Psalm 131

How often do we wrestle with things that are beyond us instead of trusting the One who holds all things?

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?

What would change in your life if your hope rested fully in the LORD?

X. BRINGING IT HOME: LIVING OUT HOLD & FOLD IN OUR HOMES & RELATIONSHIPS

XI. STAYING ON TRACK: TRUSTING GOD & ENCOURAGING OTHERS (Philippians 1:6; Romans 8:26, 34; Hebrews 10:23; 3:13; 1 John 3:2)

XII. RECOMMENDED RESOURCE

Trusting God: Even When Life Hurts – Jerry Bridges, NavPress, 2008.