

# RECLAIMING TRUST

To have victory over my desire to control and my temptation to fear, and parent with godly wisdom, I should:

## 1) Fight the lies with truth:

### a. Lie: God isn't good.

**Truth: God is Good.**

For the Lord is good; His loving-kindness is everlasting  
And His faithfulness to all generations. -Psalm 100:5

### b. Lie: God doesn't have good plans for my life.

**Truth: His plans are good.**

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. -Jeremiah 29:11

### c. Lie: Living in fear is safer than trusting God.

**Truth: God is trustworthy. Worry and fear cannot add any time to my life (or my kids' lives), but they can steal so much of my time, effort, emotions and joy.**

Can any one of you by worrying add a single hour to your life? - Matthew 6:27

Those who trust in the Lord are like Mount Zion,  
which cannot be shaken but endures forever. -Psalm 125:1

### d. Lie: I have more control when I'm afraid

**Truth: I am not in control, nor do I really want to be. More control isn't the goal, abiding and trusting in Him is.**

In their hearts humans plan their course,  
but the Lord establishes their steps. -Proverbs 16:9

## 2) Train my kids to trust and obey God

Train up a child in the way he should go,  
Even when he is old he will not depart from it. -Proverbs 22:6

You shall love the Lord your God with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates. -Deuteronomy 6:5-9

## 3) Guard my heart and my mind

Above all else, guard your heart, for everything you do flows from it. -Proverbs 4:23

## 4) Live/Parent in biblical community

Walk with the wise and become wise, for a companion of fools suffers harm.  
-Proverbs 13:20

## 5) Pray

Because he bends down to listen, I will pray as long as I have breath! -Psalm 116:2 NLT

## 6) Remember He is with me and He is with my family

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” -Joshua 1:9

But now, this is what the Lord says—

he who created you, Jacob,

he who formed you, Israel:

“Do not fear, for I have redeemed you;

I have summoned you by name; you are mine. -Isaiah 43:1

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## FILL YOUR HEART

Blessed is the man who trusts in the Lord. - Jeremiah 17:7

Taste and see that the Lord is good, blessed is the man who takes refuge in Him. - Psalm 34:8

It is the Lord who goes before you. He will be with you, He will not leave you or forsake you. Do not fear or be dismayed.  
- Deuteronomy 31:8

The Lord is good, a strong refuge when trouble comes; He is close to those who trust Him.  
- Nahum 1:7

## TRAIN YOUR BRAIN

-Scripture

-Character of God

-Promises of God

-Gratitude

## **RECLAIM:**

Definition: to claim something that has been previously lost or given away OR bring wasteland under cultivation

## **DO NOT FEAR:**

Don't be afraid, for I am with you. Don't be discouraged, for I am your God.  
I will strengthen you and help you. I will hold you up with my victorious right hand.

Isaiah 41:24

For I am the Lord your God who takes hold of your right hand and says to you,  
Do not fear; I will help you.

Isaiah 41:13

But now, this is what the Lord says—

He who created you, Jacob,

He who formed you, Israel:

“Do not fear, for I have redeemed you;

I have summoned you by name; you are mine.

Isaiah 41:3

## **FEAR THE LORD:**

“And now, Israel, what does the Lord your God require of you? He requires only that you fear the Lord your God, and live in a way that pleases him, and love him and serve him with all your heart and soul. And you must always obey the Lord's commands and decrees that I am giving you today for your own good.

—Isaiah 41:24

But be sure to fear the Lord and serve him faithfully with all your heart; consider what great things he has done for you.

—Isaiah 46:10

Then the Lord said to Satan, “Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil.”

Job 1:8

The fear of the Lord is a fountain of life, turning a person from the snares of death.

Psalms 14:7

But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love,

Psalms 33:18

Fear the Lord, you his holy people, for those who fear him lack nothing.

Psalms 34:9

The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.

Proverbs 1:7

That's the whole story. Here now is my final conclusion: Fear God and obey his commands, for this is everyone's duty.

Ecclesiastes 12:13

Praise the Lord!

How joyful are those who fear the Lord and delight in obeying his commands.

Their children will be successful everywhere; an entire generation of godly people will be blessed.

They themselves will be wealthy, and their good deeds will last forever.

Light shines in the darkness for the godly. They are generous, compassionate, and righteous.

Good comes to those who lend money generously and conduct their business fairly.  
Such people will not be overcome by evil. Those who are righteous will be long remembered.  
They do not fear bad news; they confidently trust the Lord to care for them.  
They are confident and fearless and can face their foes triumphantly.  
They share freely and give generously to those in need. Their good deeds will be remembered forever. They will have influence and honor. The wicked will see this and be infuriated.  
They will grind their teeth in anger; they will slink away, their hopes thwarted.  
Psalm 112

### **HE IS HOLY:**

“Give the following instructions to the entire community of Israel. You must be holy because I, the Lord your God, am holy.  
Genesis 19:2

O God, your ways are holy. Is there any god as mighty as you?  
Psalm 77:13

### **HE IS IN CONTROL:**

The Lord of Heaven’s Armies has sworn this oath: “It will happen as I have planned. It will be as I have decided.”  
Isaiah 14:24

Only I can tell you the future before it happens. Everything I plan will come to pass, for I do whatever I wish.  
Isaiah 46:10

### **HE IS GOOD:**

The Lord stand at your right hand to protect you.  
Psalm 110:5

Give thanks to the Lord, for He is good! His faithful love endures forever.  
Psalm 136:1

### **HE DOESN’T MAKE MISTAKES:**

He is the Rock; His deeds are perfect. Everything He does is just and fair. He is a faithful God who does no wrong; how just and upright He is!  
Deuteronomy 32:4

God’s way is perfect. All the Lord’s promises prove true. He is a shield for all who look to Him for protection.  
Psalm 18:30

### **FEAR MOVES US TO TRUST HIM:**

But when I am afraid, I will put my trust in You.  
Psalm 56:3

Trust in the Lord with all your heart;  
do not depend on your own understanding.  
Proverbs 3:5

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.  
Philippians 4:6-7

So humble yourselves under the mighty power of God, and at the right time He will lift you up in honor. Give all your worries and cares to God, for He cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

1 Peter 5:6-8

That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Matthew 6:25-34

### **FRUIT OF FEAR AND TRUST:**

#### ***PROTECTION & LIFE:***

For the angel of the Lord is a guard;  
He surrounds and defends all who fear him.

Psalms 34:7

Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones.

Proverbs 3:7-8

Those who fear the Lord are secure; He will be a refuge for their children. Fear of the Lord is a life-giving fountain; it offers escape from the snares of death.

Proverbs 14:26-27

Fear of the Lord leads to life,  
bringing security and protection from harm.

Proverbs 19:23

But the Lord watches over those who fear him, those who rely on his unfailing love.

Psalms 33:18

#### ***WISDOM:***

Fear of the Lord is the foundation of true wisdom.  
All who obey his commandments will grow in wisdom.

Psalms 111:10

Fear of the Lord is the foundation of true knowledge, but fools despise wisdom and discipline.

Proverbs 1:7

#### ***LOVE:***

For his unfailing love toward those who fear him is as great as the height of the heavens above the earth.

Psalms 103:11

But the love of the Lord remains forever with those who fear him.

Psalms 103:17

***GUIDANCE:***

Who are those who fear the Lord? He will show them the path they should choose.

Psalm 25:12

***FRIENDSHIP:***

The Lord is a friend to those who fear him. He teaches them his covenant.

Psalm 25:14

***PROVISION:***

How great is the goodness you have stored up for those who fear you.

You lavish it on those who come to you for protection, blessing them before the watching world.

Psalm 31:19

Taste and see that the Lord is good. Oh, the joys of those who take refuge in Him!

Fear the Lord, you his godly people, for those who fear Him will have all they need.

Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing.

Psalm 34:8-10

***FREEDOM:***

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17

***PEACE:***

Now may the Lord of peace Himself give you His peace at all times and in every situation.

2 Thessalonians 3:16

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”

John 14:27

***REST:***

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Matthew 11:28-30

**WHY WE WALK AWAY:****UNBELIEF:**

**-Illusion of Control**

**-Misplaced Fear ... of man, of pain, of unknown**

**-Believe Trust was Broken**

**-Distracted**

**-Enticed**

**WHAT HAPPENS WHEN WE WALK AWAY:****WE GET TIRED!**

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Matthew 11:28-30

**WE ARE VULNERABLE:**

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

1 Peter 5:6-8

**WE GET ANXIOUS & WORRY!**

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Matthew 6:31-34

**WE FEAR!**

**WE MANAGE!**

**WE CONTROL!**

**NOW WHAT?**

**-RUN BACK and CONFESS!**

**-KNOW HIM AND HIS TRUTH!**

**-OBEY HIS COMMANDS!**

**-GET PEOPLE TO HELP YOU!**