

Let's Discuss...Prayer

PART 6_How Do You Begin to Trust God?



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Key Bible verses:

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18 ESV

He told them another parable:

"The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches."

Matthew 13:31-32 NIV

"You don't have enough faith," Jesus told them. "I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible."

Matthew 17:20 NLT

His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.'

Matthew 25:21 ESV

EPISODE SUMMARY

In this episode, we talk about the journey of learning to trust God and let go – this never stops. We chat about how consistency is required to develop a strong prayer life.

Jemima reminds us that even if we aren't ready to take a big faithful jump into the deep end, we can take small steps towards learning to trust God by being honest with Him and talking to Him through prayer.

LET'S DISCUSS...

- Trust is having a strong belief in the reliability and truth of someone or something (trusting that they will do what they promise). Being honest with yourself, do you trust God with your whole heart?
- Psalm 139:23-24 NIV says, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
 - » When was the last time you had an honest conversation with God about how much you trust in Him?
 - » Have you ever thanked Him for being faithful and trustworthy, or told him about the reasons you find it difficult to trust Him?

"What do you mean, 'If I can'?" Jesus asked. "Anything is possible if a person believes." The father instantly cried out, "I do believe, but help me overcome my unbelief!"

Mark 9:23-24 NIV

Sidenote: Don't be hard on yourself if you're struggling to trust God. This does not affect how God sees and loves you. Meditate on Romans 8:31-39 – post it on your wall, your mirror, your phone wallpaper – HE LOVES YOU!

- One of the best ways we can learn to trust God is by planting bible verses in our hearts and letting them take root and bear fruit in our lives. There is an ancient practice of prayer called Lectio Divina (which means Divine Reading). This helps us pray and meditate with the Bible by choosing a part and focusing on it through these steps:
 1. Read
 2. Meditate
 3. Pray
 4. Contemplate (looking at God thoughtfully for some time)
 5. Act
 - » Have you ever tried Lectio Divina? Are there other forms of prayer you've tried?
- When you read Matthew 13:31-32, what do you think of? What does the passage say is the result of the mustard seed's growth?
 - » How can a small amount of faith help you live your life?

LET'S PRAY...

- Check out one of the resources below which briefly explain Lectio Divina. Practicing the steps of Lectio Divina, choose one of the following verses to pray through:

the
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YOUTH

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*Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways submit to Him,
and He will make your paths straight.*
Proverbs 3:5-6 NIV

He told them another parable: "The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches."
Matthew 13:31-32 NIV

I am the good shepherd; I know my sheep and my sheep know me...
John 10:14 NIV

LET'S GO DEEPER...

- "How to Practice Lectio Divina, Pray with Scripture" by Stephen Barany [article]
- *What is Lectio Divina?* by Ascension Presents [video]
- *The Lectio Course* by 24/7 Prayer [online course]
- *Lectio 365* by 24/7 Prayer [app]
- *Lectio for Families* by 24/7 Prayer [app]

