

# Let's Discuss...Prayer

## PART 6\_How Do You Begin to Trust God?



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### Scriptures mentioned:

*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 reflect on the ongoing journey of learning to trust God and let go. We chat about how consistency is required to develop a robust prayer life. Jemima reminds us that even if we aren't ready to take a big leap of faith, we can take small steps towards learning to trust God by being honest with Him and keeping an open dialogue through prayer.

## Let's Discuss...

- The Oxford Languages Dictionary defines trust as a "firm belief in the reliability, truth, or ability of someone or something". If you're being honest with yourself, how would you currently describe your belief in the reliability of God?
- Psalm 139:23-24 NIV reads, "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 dialogue with God about how much you trust in Him? To thank Him for proving Himself faithful and trustworthy, or to even express feelings of separation, anger or sadness to 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!"*

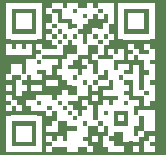
Mark 9:23-24 NIV

*Sidenote: Don't be hard on yourself if life has brought you to a place where you're struggling to trust God. This does not negatively affect the way God sees and loves you. (Meditate on Romans 8:31-39 for reassurance on this – post it on your wall, your mirror, your forehead, your friend's forehead, your phone wallpaper – HE LOVES YOU!) God knows your heart, and even the fact that you are reading and interacting with these words reflects your heart's desire to put your trust in Him. Every moment searching is a step towards God's direction.*

- One of the best ways we can learn to trust God is by planting Scripture in our hearts and allowing it to take root and bear fruit in our lives. There is an ancient practice of prayer called Lectio Divina (which translates to Divine Reading) which helps us pray and meditate with Scripture by choosing a passage and focusing on it through these steps:
  1. Read
  2. Meditate
  3. Pray
  4. Contemplate (looking at God thoughtfully for a time)
  5. Act
  - » Have you ever tried Lectio Divina? Are there other forms of prayer you've found helpful?
- When you read Matthew 13:31-32, what thoughts or images does it bring to your mind? What is the result of the mustard seed's growth and what would that look like in our faith journeys?

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### Let's Pray...

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

*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]