



Can God Really be Trusted?

How trustworthy are God's promises? If this question were to be directed to you, and now it is, what would your answer be? Probably most people who read this would respond with: *completely* or *totally*. We do believe God to be trustworthy.

Suppose the question were reframed to ask: "How *completely* do you trust yourself to God, letting yourself go into God's care and direction?" Your answer to that might be quite different. Perhaps the answer would then be: *somewhat, partially, sometimes, or not enough*.

Why the discrepancy between what we believe and what we do? Why the disconnect between assenting to certain propositions *about* God that we consider to be true, and our willingness to go out on a limb and surrender our lives, our family's well being and our world to God's care, trusting that God will come through? What is lacking in this picture?

Consider this: *Belief* in God is not enough. It isn't sufficient to say *yes* to religious teachings *about* God. Belief is a *head* thing; trust is a *heart* thing. Therein lies the difference.

We are invited to trust God with our whole heart. Of course *heart* in this use is symbolic of the entirety of life. Spiritual development is about learning to give up trying to manage our lives alone and relinquishing the ultimate control of our lives to the direction and will of the Holy One. This is the ultimate in spiritual development—trusting that God is truly in charge just as promised.

Trusting God's promises is not something that comes naturally. Fortunately we are invited to take God's offer to give us this gift of trust.

This transition from *self assertion* to *surrender* is a perceptual shift that occurs in the process of spiritual growth. This shift is critical and imperative. The transition we seek is a shift from assuming God is present for our sake, to accepting the reality that we are here for God's sake. That is a whole different way of seeing God and ourselves.

The shift is from "help *me*, O God", to "*your* kingdom come, *your* will be done". That is a radical shift in perception and vastly important. Making that shift requires our growing to trust God's promise to make it happen.

