BIBLE STUDY WORKSHEET

Learning to Trust God Daily

Build trust through honest prayer, remembrance, surrender, and faithful action.

PREPARED BY VANESSA

"Trust in the Lord with all your heart."

Proverbs 3:5

OPENING PRAYER

God, I want to trust You, but some parts of my heart are guarded and tired. Meet me honestly. Remind me of Your character, guide my choices, and help me surrender one day at a time. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps women practice trust when answers are incomplete, timing is uncertain, and past disappointments make surrender difficult.

☐ Reflect ☐ Pray ☐ Discuss ☐ Practice

PART 1

Trust Can Be Honest

Biblical trust makes room for questions, lament, disappointment, and tears. God is not threatened by truthful prayer.

> Pour out your hearts to him, for God is our refuge.
>
> **Psalm 62:8**

TRUTH TO CARRY

Honesty with God can deepen trust more than pretending certainty.

REFLECT AND DISCUSS

What question are you carrying?

Where do you feel disappointed?

What would honest prayer sound like today?

Grace makes room for truth, wisdom, and growth.

PART 2

Remember What Is True

When emotions are intense, remembering God's character, past provision, Scripture, and answered prayer can steady the heart.

> I will remember the deeds of the Lord.
>
> **Psalm 77:11**

TRUTH TO CARRY

Memory becomes an anchor when uncertainty tries to rewrite the whole story.

REFLECT AND DISCUSS

Where have you seen provision before?

Which truth about God steadies you?

What reminder will you keep visible?

Grace makes room for truth, wisdom, and growth.

PART 3

Trust Includes Wise Action

Trust is not passivity. We can pray, plan, seek counsel, work, apologize, make appointments, and protect safety while relying on God.

> Commit to the Lord whatever you do.
>
> **Proverbs 16:3**

TRUTH TO CARRY

Surrender and responsibility belong together.

REFLECT AND DISCUSS

What action is yours to take?

What counsel do you need?

Where have you confused waiting with avoidance?

Grace makes room for truth, wisdom, and growth.

PART 4

Practice Daily Surrender

Trust is often renewed in small moments: this conversation, this bill, this decision, this hour.

> Give us today our daily bread.
>
> **Matthew 6:11**

TRUTH TO CARRY

Daily trust is enough for a daily life.

REFLECT AND DISCUSS

What are you carrying too far into the future?

What belongs to today?

What will you surrender again tonight?

Grace makes room for truth, wisdom, and growth.

PRACTICE

My Faith-in-Action Plan

Turn today's reflection into one honest, supported, and realistic next step.

The uncertainty I am bringing to God:

A truth or past provision I will remember:

The responsible action that belongs to me:

What I cannot control:

My daily surrender practice:

THIS WEEK I WILL

- [ ] Pray honestly
- [ ] Remember past provision
- [ ] Ask for counsel
- [ ] Read one promise
- [ ] Take your part
- [ ] Release tomorrow

MY ANCHOR PRAYER

God, I trust Your character while I walk faithfully through what I cannot yet understand.

CLOSING TOGETHER

Carry Grace Into the Week

CLOSING PRAYER

Faithful God, meet us in questions and uncertainty. Help us remember, act wisely, surrender daily, and trust Your presence before we see the outcome. Amen.

A WORD OF ENCOURAGEMENT

Trust does not require complete understanding; it grows through repeated surrender and faithful steps.

CLOSING CIRCLE

One uncertainty I am choosing to place in God's hands:

DECLARATION

I will be honest with God, remember His faithfulness, do my part, and release what I cannot control.

Her Story. His Grace. Our Purpose.