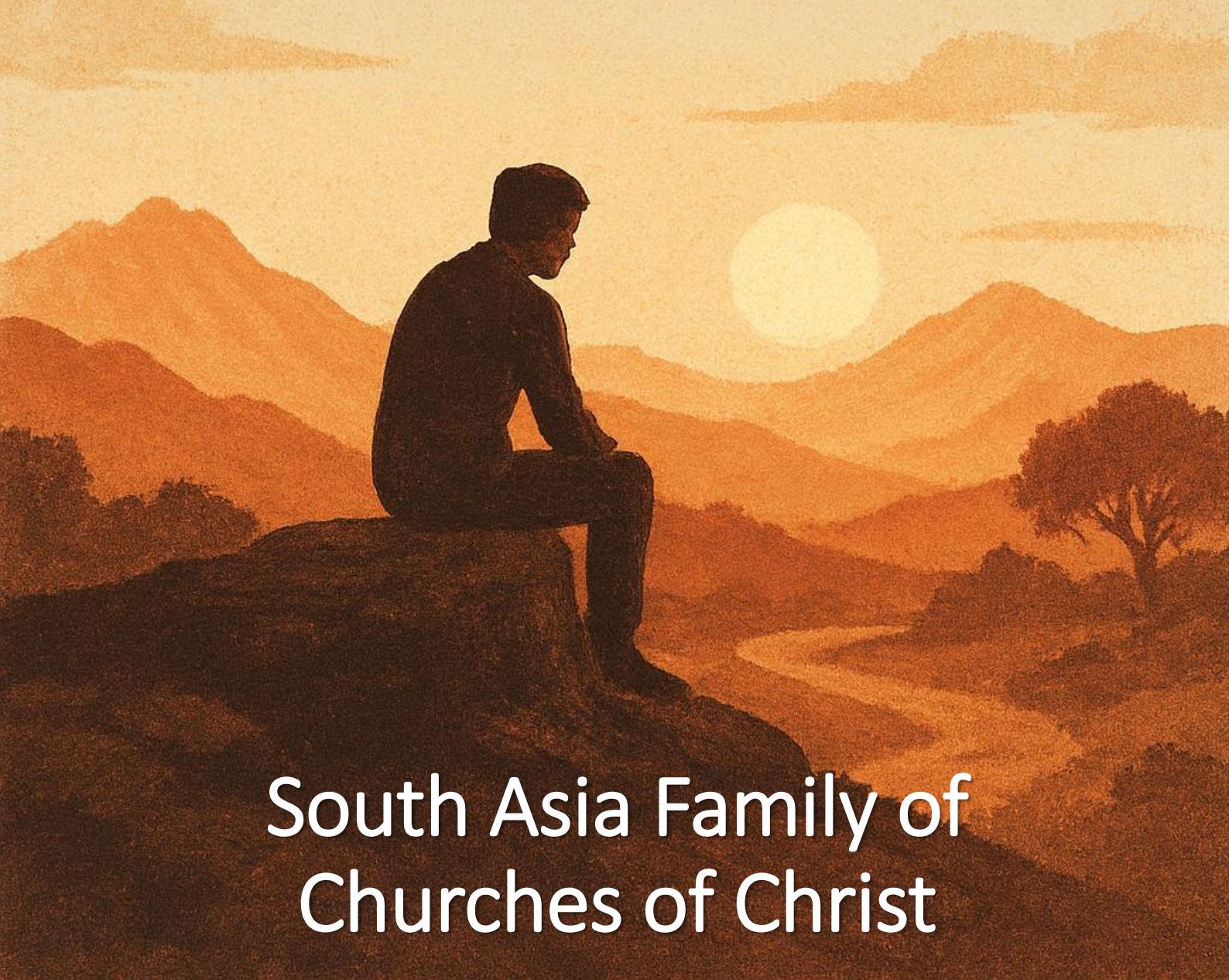


QUIET TIME SERIES

# TRUST IN THE LORD



South Asia Family of  
Churches of Christ



# Quiet Time Series - Trust in The Lord

## Introduction

Our God is a truly relational person. He reveals himself as our Heavenly Father. He addressed himself to Israel, His people, as their husband. Jesus, who is God in the flesh, called his apostles his friends. He is the bridegroom when the Church is addressed as his bride. For all these relationships to function as God intended, one thing is required from our side – that is, to TRUST HIM with all our hearts. We know that in any relationship, trust builds up the bond, and intimacy is stronger, but a lack of trust makes the relationship fade away!

The greatest relationship we must cherish and continue to build up is our intimacy with God Almighty.

Being the most loving Father, God wants to bless us, but because He is a Just God who has the right and authority to judge us, He teaches us the ways to be blessed or to remain in his favour and warns us of actions that will attract his discipline and even curse. He spoke through the prophet Jeremiah like this.

### **Jeremiah 17:5-8**

5This is what the Lord says:

“Cursed is the one who trusts in man,  
who draws strength from mere flesh  
and whose heart turns away from the Lord.

6That person will be like a bush in the wastelands;  
they will not see prosperity when it comes.  
They will dwell in the parched places of the desert,  
in a salt land where no one lives.

7“But blessed is the one who trusts in the Lord,  
whose confidence is in him.

8They will be like a tree planted by the water  
that sends out its roots by the stream.  
It does not fear when heat comes;  
its leaves are always green.  
It has no worries in a year of drought  
and never fails to bear fruit.”

It is very clear from this text what causes God to bless or curse man! It all depends on where we put our trust. He wants us to trust in the Lord and be blessed. A wonderful picture is painted here to display what that blessing will look like. The person who trusts in the Lord will be like “a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

Wow! What if our lives are like this? Don’t you desire this kind of life? Then the only thing you have to do is to trust in the Lord!

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On the other hand, He says: “Cursed is the one who trusts in man, who draws strength from mere flesh and whose heart turns away from the Lord.” A depressing depiction of such a person is presented following this verse: “That person will be like a bush in the wastelands; they will not see prosperity when it comes. They will dwell in the parched places of the desert, in a salt land where no one lives.”

I hope none of us wants to receive such a curse from the Almighty! But the choice is ours! We have to be intentional about trusting our most loving God!

Whom we trust will be tested throughout our lives. Through our highs and lows in life, we are continually being tested to know where our trust is. As trusting in the Lord has such far-reaching effects on our lives, it is important to dive deeper into the Scriptures and learn to trust Him throughout our lives.

We are happy to present a new quiet-time series for all of us to begin this new year on this fundamental concept. May the Holy Spirit empower each one of us to grasp the goodness of God and learn to continue to grow in our trust in Him. May your choice to trust in Him at all times lead you to be blessed so that your life will be like that of a tree planted by the waters.

Hope these devotionals will be a blessing for all of you to build up your trust and be transformed into the image of Christ with ever-increasing glory.



# Quiet Time Series - Trust in The Lord

## Day 1 - Defining Trust

What is trust?

Here is a brief definition from the Topical Encyclopedia of the Bible: "Trust, in the biblical context, refers to a firm belief in the reliability, truth, ability, or strength of someone or something. It is a foundational element of faith, representing confidence and reliance on God and His promises. Trust is both an attitude and an action, reflecting a deep-seated assurance in God's character and His Word."

Hebrews 11 defines faith like this: **Heb 11:1** (NIV) "Now faith is confidence in what we hope for and assurance about what we do not see."

Trust is connected to faith, but it is different. By faith we accept Jesus as our Lord. Then we trust in His promises because we are confident of His faithfulness. He will never break His promises. Apostle Paul wrote in **2 Cor 1:20a** "For no matter how many promises God has made, they are "Yes" in Christ." Trust is taking God's promises at His word because we believe in His faithfulness. We trust not only when everything goes well but also when times are hard.

Dr. Steve Kinnard wrote in his book 'Walking the way of the heart': "Trust is knowing that even as you are walking through the darkest moments of your life that God is still there walking with you, and He is forming Christ in your heart."

Brennan Manning wrote in his famous book 'The Ruthless Trust': "Faith arises from the personal experience of Jesus as Lord. Hope is reliance on the promise of Jesus, accompanied by the expectation of fulfilment.

Trust is the winsome wedding of faith and hope.

He summarizes this thought with the formula:

**"Faith + Hope = Trust"**

Trust is built on faith and hope. Manning writes, "Faith and hope work together to form a trusting disciple."

In other words, trust is displayed when someone is willing to take godly actions even when it involves serious risk because that person believes in the very nature and promises of God.

Let us look at a couple of examples of how God recognises and rewards those who act because they trust Him.

When David was a young shepherd boy, Goliath, a Philistine giant, challenged the army of King Saul. David was furious that this pagan mocked God and His army. He was willing to fight Goliath to glorify God. But no one believed it was possible for a young boy. Still, David trusted in God, who was with him rather than his own weapons, skill or strength. Read what happened:

**1 Samuel 17:42-47** And when the Philistine looked and saw David, he disdained him, for he was but a youth, ruddy and handsome in appearance. 43And the Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. 44The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and to the beasts of the field." 45Then David said to the Philistine, "You come to me with a sword and with a spear and with a javelin, but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. 46This day the Lord will deliver you into my hand, and I will strike you down and cut off your head. And I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth, that all the earth may know that there is a God in Israel, 47and that all this assembly may know that the Lord saves not with sword and spear. For the battle is the Lord's, and he will give you into our hand."

As we read ahead, we see that with one slingshot, young David killed a giant, and soon the mighty army of the Philistines fled and the name of God was glorified. David risked everything by putting his complete trust in God.

When Zedekiah was the king of Judah, Jeremiah the prophet was hated by the political and temple rulers because he called them to repentance. To silence him, they threw him into a cistern where he could have died. But Ebed-melech, an Ethiopian servant of the king, risked his life to appeal to the king to save Jeremiah, and he got permission to rescue him from the cistern. God noticed his actions based on his trust in God and read what God spoke through Jeremiah:

# Quiet Time Series - Trust in The Lord

## Day 1 - Defining Trust

**Jeremiah 39:15-18** The word of the Lord came to Jeremiah while he was shut up in the court of the guard:  
16 “Go, and say to Ebed-melech the Ethiopian, ‘Thus says the Lord of hosts, the God of Israel: Behold, I will fulfill my words against this city for harm and not for good, and they shall be accomplished before you on that day.  
17 But I will deliver you on that day, declares the Lord, and you shall not be given into the hand of the men of whom you are afraid. 18 For I will surely save you, and you shall not fall by the sword, but you shall have your life as a prize of war, because you have put your trust in me, declares the Lord.’”

Our God notices everyone who puts their trust in Him and takes steps to glorify Him. God strengthens such people and rewards them in amazing ways.

When we trust God, we are empowered with divine confidence to do His will even when it may cost our lives. Trusting God means committing our lives fully to Him. It is an active step – trust leads us to do the will of God with confidence and joy.

**Memorise this Scripture: 2 Chronicles 16:9a** “For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him.”

Write down reasons that compel you to trust God with all your heart.

Write down the ways your life is going to be different as you commit to trusting God.

# Quiet Time Series - Trust in The Lord

## Day 2 - God is Trustworthy

### 2 Timothy 2:13 If we are faithless, he remains faithful, for he cannot disown himself

There have been many times in my life when I could not keep the promises I made to people or to God. Sometimes it was because I became too busy and ran out of time, sometimes because I forgot, sometimes because I lost the desire, and sometimes because I changed my mind.

People are bound to become unfaithful! So we assume that God can also be unfaithful. This is a false assumption.

### Numbers 23:19

“God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?”

**Deuteronomy 7:9** “Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands.”

**Hebrews 13:8** God is the same yesterday, today and forever.

**1 Cor. 1:9** “God, who has called you into fellowship with his son Jesus Christ our Lord, is faithful.”

**Faithfulness** is God’s character. He is trustworthy. We doubt God because we tend to think of Him the way we think of human beings, but He is God; He does not lie like men, nor does He break His promises.

The book of Lamentations was written by Jeremiah shortly after the destruction of Jerusalem by the Babylonians in 586BC.

Israel suffered the wrath of God, as a consequence of their disobedience despite many warnings. The best of the Jewish population was captured and exiled to Babylon. They were tormented, distressed, violated, abused and forced into harsh slave labour. They were robbed of their homeland, their inheritance, their pride and their identity. Extreme famine and hunger led even to women eating their own children.. They grieved under God’s judgement and mourned both personal and national loss. Lamentations reflects the anguish of those who endured this suffering. Yet, under these circumstances, the author still finds hope in the faithfulness of God despite the unfaithfulness of his people:

### Lamentations 3:21-23

Yet this I call to mind and therefore I have hope: 22Because of the Lord’s great love we are not consumed, for his compassions never fail. 23They are new every morning; great is your faithfulness. 24 I say to myself, “The LORD is my portion; therefore I will wait for him. 25 The LORD is good to those whose hope is in him, to the one who seeks him; 26 it is good to wait quietly for the salvation of the LORD.”

Even when we suffer, whether or not as a consequence of our own sins- God does not leave us. He remains faithful in His compassion and love. He brings salvation to all who patiently hope in Him.

**1 Corinthians 10:13**, “No temptation has overtaken you except such as is common to man;. but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

God promises to make a way for us through the temptations and trials of life, and He is faithful to that promise. God also promises unimaginable gifts to those who love Him faithfully;

“No eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him” (**1 Corinthians 2:9**).

“Be faithful until death, and I will give you the crown of life.” (**Revelation 2:10**)

Let us therefore trust and hope in our faithful God!

### Reflection

How have you experienced the faithfulness of God while facing trials or temptations?

The faithfulness of God calls us to be faithful. As **1 Corinthians 4:2** says, “It is required of stewards that they be found faithful.” (ESV)  
Prayerfully decide and write down two areas where you can become a more faithful steward of the resources God has blessed you with (Talents, money, time, gifts, roles, etc.) Start practising them.

**Memorise 2 Timothy 2:13.**

# Quiet Time Series - Trust in The Lord

## Day 3 - God's Provision

Text: **Philippians 4:19** — “And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

### Introduction.

One of the greatest fears humans face—young or old—is the fear of not having enough. Whether it is money, emotional strength, spiritual endurance, or direction for the future, we all face moments when our needs feel bigger than our resources.

Paul speaks a powerful promise into our fears: **God WILL meet all your needs.**

But like every promise of God, this one also rests on the conditions of faith, obedience, and surrender. Paul writes these words to a church that lived out those conditions beautifully.

At this point, we will look at an incident in the bible involving Jesus.

### The Widow's Offering: A Picture of Trust

Jesus once noticed a widow dropping two small copper coins into the temple treasury (Luke 21:1–4). Others gave large sums, but this widow gave “all she had to live on.” She gave her provisions for today, trusting that God would provide for tomorrow.

This woman had no financial backup, no pension, and no security system. Yet she believed that the God who sustained her yesterday would sustain her tomorrow. Jesus wasn't impressed by the amount but by the heart. She fulfilled one of the conditions that unlocks God's provision—radical trust expressed through obedience and sacrificial love for God.

Her story and Paul's promise stand side by side:

When you trust God enough to give, God takes responsibility for your needs.

### Understanding Philippians 4:19 in Context

Paul writes this promise to the Philippian church only after praising their sacrificial generosity (Philippians 4:15–18).

Their giving wasn't casual; it was costly. But they believed in God's mission and in God's provision. Then Paul assures them: **“Because you met my needs in faith, God will meet your needs through Christ.”**

Paul most likely knew their needs as he prayed for them and spoke these words of blessing.

### Conditions Connected to God's Provision

Though salvation is free, God's promises often come with conditions. Here are the key conditions connected to provision:

#### 1. Seek God First

“Seek first his kingdom and his righteousness, and all these things will be given to you as well.” (Matthew 6:33)

Provision follows priority.

#### 2. Practice Generosity

“Give, and it will be given to you.” (Luke 6:38)

Generosity opens the door for God's abundance.

# Quiet Time Series - Trust in The Lord

## Day 3 - God's Provision

### 3. Live with Contentment

Paul says he learned to be content before saying God supplies needs (Philippians 4:11–12).

Contentment positions our hearts to see God's provision.

### 4. Walk in Obedience

In Gen 22:14 in the story of Abraham and Isaac and the sacrifice, Abraham **trusted** God enough to give his only son as a sacrifice, and God **provided** a lamb instead, for sacrifice, honouring his **obedience** and trust in the Lord.

The poor widow lived out these conditions. So did the Philippian church. And God honoured both.

### Personal Sharing

Recently, I've been praying for a particular situation that was bothering me a lot in my ministry life. Even though it took some time, God answered the prayer at His 'right time'. That was a big comfort for me.

And I've heard many older disciples say the same: "In 30 years of walking with God, He has never failed to provide—never."

Can you say that when you turn back to your past life?

### Practical Application / Challenge for this Week

1. Identify one real need in your life. Pray Philippians 4:19 over it daily.

(God's provision need not always be materialistic things or finances. It can be an answered prayer, healing, resolving relationship issues, guidance in some difficult circumstances etc.)

2. Practice the widow's faith—give something sacrificially this week.

3. Surrender one area of worry and replace it with obedience in that area.

### Memorise this scripture.

**Philippians 4:19** — "And my God will meet all your needs according to the riches of his glory in Christ Jesus."

### Reflect and Journal:

- Which condition of God's promise do I need to grow in—trust, obedience, generosity, contentment, or seeking Him first?
- How has God provided for me before, and what does that say about tomorrow?



# Quiet Time Series - Trust in The Lord

## Day 4 - Power of God's Word

One important factor contributing to the growth of our trust in God is being empowered by God's word. God's word gives us:

### Direction for life

**Psalm 119:105 NIV** Your word is a lamp for my feet, a light on my path.

Those who walk in the darkness cannot see where they are going. There is no clarity but only confusion. (1 Peter 2:25 NLT - Once you were like sheep who wandered away. But now you have turned to your Shepherd, the Guardian of your souls.) But when light comes, the path becomes clear. Light helps us to feel secure and confident. When someone delights in God's word through study, reflection, and meditation, the word becomes a light on the path as well as a lamp for the feet. When God's word becomes light for our path, we see God clearly and get clear direction for our lives, because these are the life-giving words of the author of life.

**Matthew 7:13-14 NIV** "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. [14] But small is the gate and narrow the road that leads to life, and only a few find it.

Our lives are filled with many choices, and we have to make many decisions. When we live in this world, it's very easy to get influenced by its philosophies, teachings and priorities. That will lead us down the broad road that leads to destruction. But the word of God trains us to walk the narrow way leading to life to the full and eternal life. It teaches us the truth about God, ourselves, and this world. When we choose to walk in God's path, we may face many challenges on our way, but as long as we follow the direction of God's word, we will surely reach our destination. Are you basing choices in life on the Word of God?

### Way to Salvation

**Matthew 7:21-23**

Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. 22Many will say to me on that day, 'Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?' 23Then I will tell them plainly, 'I never knew you. Away from me, you evildoers!'

Obedience to God's word ensures salvation, not miracles.

**Psalm 119:1 NIV** Blessed are those whose ways are blameless, who walk according to the law of the LORD.

### Obedience and blessings

God promise us many blessings when we walk according to the law.

These are a few blessings:

God's word strengthens our weary souls (Ps 119:28)

God's word has the power to preserve our lives (Ps 119:93)

God's word gives us joy when we face trouble and distress (Ps 119:143)

God's word gives us great peace (Ps 119:165)

God's word brings us back even when we stray (Ps 119:176)

### Guidance for each step

When God's word becomes a lamp for our feet, each step is guided by the light of Scripture.

This is possible only when we constantly meditate on God's word, prayerfully keep the commandments on our hearts and follow them diligently.

Every small step of obedience helps us to stay on the right path.

Consider a few examples of how the Word guides our steps:

Sharing the word with those in our day-to-day life. (Mat 28:18-20)

Being patient with someone when they are angry with us. (Eph 4:2)

Acknowledging our sins when we are guilty. (James 5:16)

Encouraging someone when they need it. (Heb 3:12,13)

Showing someone their sin when you notice it. (Mat 18:15-18)

Initiating a peace talk when there is a conflict. (Mat 5:9)

Forgiving someone who hurt you. (Col 3:13)

### Protection from Temptations

**Ephesians 6:17** Take the helmet of salvation and the sword of the Spirit, which is the word of God.

The word is a sword with which we can withstand the attack of evil one.

**Psalms 119:11** I have hidden your word in my heart that I might not sin against you.

# Quiet Time Series - Trust in The Lord

## Day 4 - Power of God's Word

### Reflection:

How are you going to build your trust in God through the Word of God?

Do you pray continually for guidance through God's word?

Do you enjoy studying God's word?

What are some efforts you make to keep the word in your heart?

Is there any way the scripture is guiding you to take a different step or a different path?

### Pray through this Scripture and memorise it:

**Psalm 119:133** NIV Direct my footsteps according to your word; let no sin rule over me.

**DIRECT MY  
FOOTSTEPS  
ACCORDING TO  
YOUR WORD;  
LET NO SIN  
RULE OVER ME.**

**PSALM 119:133**

# Quiet Time Series - Trust in The Lord

## Day 5 - God's Faithfulness

Our God is renowned for His faithfulness, especially to those who are mindful of Him and those who remember Him - His ways, His decrees and statutes, His mighty acts, and His promises.

Faithfulness is one of God's core virtues. Because of this, we can be completely confident in Him; God is relentlessly faithful, and nothing can deter Him from that virtue.

### **Psalm 77:11-12**

11 I will remember the deeds of the Lord;  
yes, I will remember your miracles of long ago.  
12 I will consider all your works  
and meditate on all your mighty deeds."

Asaph, the author of this Psalm, had faltering moments, just like each one of us, finding it difficult to rely on God. In **Psalm 77**, he talks about such a difficult situation. He cried out to the Lord, sought Him earnestly, and spent hours praying, yet he found no comfort (verses 1-3). We, too, experience such times, when it is hard to connect with God, difficult to concentrate, and even harder to trust.

But the "Selah" moment came to Asaph, even in the middle of his troubling thoughts (verse 10), as he writes what we read in verses **11–12**. Notice his choice of words: remember, consider, meditate. The psalm ends with him being reassured of the shepherding hand of God.

Isn't this amazing? Even in our earthly relationships, the same principle often applies.

Sometimes, when I am upset or angry with my wife, I remember our past—especially the moments surrounding the birth of our sons—and all my anger and frustration subside instantly.

God delights when we remember His mercies from the past. Did He not reveal Himself as the God of "Abraham, Isaac, and Jacob"? God often recounts His mighty acts in Egypt and the journey through the wilderness—how He confronted every adversary that rose against Israel and fought for them like a valiant warrior.

When someone remembers and reminds God of the mercy He has shown in the past, God's heart is moved, and He is inclined to show mercy again. The Bible contains many such examples, but today let us look at one episode from the life of King Jehoshaphat of Judah.

### **2 Chronicles 20:1-28**

King Jehoshaphat had a reputation as one who "sought the Lord" and was "devoted to the ways of the Lord." He did well in many areas, yet he once made a serious mistake when he listened to King Ahab of Israel, who did not listen to God, and went to war alongside him. Jehoshaphat nearly lost his life in that battle, but when he cried out to the Lord in the midst of fierce fighting, the Lord rescued him.

Later, enemy kings joined forces against Judah. This time, King Jehoshaphat refused to compromise. He would not repeat his earlier mistake. He chose his sure and unfailing ally—God Almighty.

Observe how he invoked God in prayer (verses 5–12). King Jehoshaphat acknowledged God as the sovereign ruler over all nations, reminded Him of His friendship with Abraham, and recalled the promises God had made in His name. He pointed out the kindness God had shown in the past to the very nations now attacking Judah (verse 10) and highlighted their injustice. Throughout his prayer, the king repeatedly uses the name "Elohim" (meaning "the Mighty One"), calling upon God's power, intervention, and judgment.

God was pleased with Jehoshaphat's prayer and posture and responded with a mighty miracle. The Lord declared that the battle belonged to Him. He fought for Israel by causing confusion among the enemy armies, leading them to turn on one another and destroy themselves. All King Jehoshaphat and his people had to do was gather the vast plunder left behind. They did not have to swing a sword or shoot an arrow; instead, they worshipped God as they went:

"Give thanks to the Lord,  
for his love endures forever."

Remember God and His past mercies—His mighty acts recorded in Scripture and displayed throughout your own life. This remembrance will make your present trust strong and secure.

### **Reflection:**

Take time today to write down the ways God has shown mercy to you in the past, and make a personal pledge of trust between you and God.

Try setting these words to a tune so you can sing them for yourself: "Give thanks to the Lord, for his love endures forever."

# Quiet Time Series - Trust in The Lord

## Day 6 - God our Rock and Fortress

In our lives, we experience times of joy and stability as well as times of hardship and uncertainty. A common mistake we all make is this: in good times, we don't feel the need to call on God, but in hard times, we seek His nearness, wanting Him close. However, Scripture teaches us that God is our foundation at all times. Psalm 62 expresses this beautifully:

**Psalm 62:1–2** (NIV) Truly my soul finds rest in God;

my salvation comes from him.

2 Truly he is my rock and my salvation;

he is my fortress, I will never be shaken.

When David faced circumstances that turned his life upside down, how did he understand God's presence and the significance of God in his life? The answer is found in the scripture above.

The writer, David, knew instability in very real ways:

The incidents which took place after his anointment

His wandering in the desert, fleeing from the rage of King Saul, who wanted to annihilate him

His own downfall with Bethsheba and her husband Uriah.

Betrayal from many sources, including his own son Absalom.

In those painful times, David sought to anchor his trust in God's sovereign authority.

El Tsur – God My Rock

In the Bible, a rock is a powerful metaphor, used often in the Psalms, especially by David. A rock represents strength and stability. It is unshakable, immovable and solid. When David calls God his rock, he is emphasising these unchanging qualities of God.

David experienced victories, joyful seasons, and years of peace. During those times, he walked with God, thinking about Him and meditating on His Character and personally experiencing His presence and power. This is why he could use such powerful imagery for God and compose such profound poetry.

A rock also illustrates key aspects of God's character:

Protection – a safe refuge from storms and even pursuing enemies (like a strong fortress).

Dependability – unlike humans, God does not change or fail; He is immovable

Salvation – a source of deliverance and strength in times of trouble

Later, David contrasts God's permanence with human frailty. Humanity is temporary and unstable—"but a breath"—but God, our refuge, is solid and trustworthy (Psalm 62:9). Because of this, David cultivated an undivided heart, choosing to trust God and pour out his heart to Him at all times (Psalm 62:8).

In our lives, we too face our own "Goliaths": job loss, health crises, relationship struggles, the pain of losing loved ones, unfair criticism and judgment, uncertainty, fear, and much more. Let us trust in our God's unchanging nature—our Rock who can withstand every storm. God is a steadfast foundation amid life's challenges and unstable situations. Like David, let us go to Him, find a quiet time and place, and open our hearts fully, sharing everything we need to say. Let us make this a habit.



# Quiet Time Series - Trust in The Lord

## Day 6 - God our Rock and Fortress

Read the words of this song carefully & sing it aloud, meaning every word from your heart:

What a friend we have in Jesus

All our sins and griefs to bear

What a privilege to carry

Everything to God in prayer

O what peace we often forfeit

O what needless pain we bear

All because we do not carry

Everything to God in prayer

### Practical suggestions:

- Write down areas of your life that feel unstable right now.
- Ask yourself: How can I rely on God instead of my emotions or circumstances? Journal your response.
- Memorize and meditate on **Psalm 62:1–2** this week.



# Quiet Time Series - Trust in The Lord

## Day 7 - God's Unfailing Love

Today's topic of meditation is 'God's Unfailing Love'

What has been your experience when we talk about God's unfailing love?

List at least a few of those experiences in your notebook before moving forward.

Even though we may have such experiences, we also go through situations that do not seem to reflect God's unfailing love.

Today's Scripture is from the book of Romans, chapter 8. Verses 38 and 39 read as follows:

38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,

39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

<Read this passage a few times to truly "get it" before you move forward.>

The difficult part of this Scripture lies in the first four words: "FOR I AM CONVINCED ..."

Many times, I am comfortable and encouraged by the rest of the passage, but being convinced of it is where I struggle. It often feels like a hard fight and an inner battle.

Before this passage, Paul speaks about trouble, hardship, persecution, famine, nakedness, danger, and the sword in the preceding verses (v. 35b–36). He then asks, "Shall these things separate us from the love of Christ?" These experiences—and many others—are very real in our lives. We often struggle to be convinced that such realities will not separate us from the love of God. At times, my struggle echoes what is written in verse 36, quoting Psalm 44:22:

"For your sake we face death all day long;  
we are considered as sheep to be slaughtered."

My question then becomes: Who understands my struggles when I go through trouble, hardship, persecution, famine, nakedness, danger, sword, false accusation, condemnation, judgment, or humiliation?

Can you answer this question? Because I can begin to be convinced only when I have an answer to it.

The answer I have found is in verse 32 He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

What does "all things" here (and "these things" in verse 31) actually mean? Isn't Paul referring to the list mentioned in verses 28–30?

28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. 29 For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. 30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

being foreknown .. being predestined .. being called .. being justified (declared righteous) .. being glorified.

Oh Wow .. So the scripture says that God who did not spare His own Son, but gave him up for us — how will he not also give us the privilege of being foreknown; and those he foreknew, he also predestined; those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. These things are called 'the Golden Chain'. Notice the Golden Chain in past tense, meaning something completed in the eyes of God. He has done it for us.

Such a reality is impossible without an extraordinary love—a love that covers us unfailingly. Let us rest assured in the promise found in verse 28:

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Why does this promise begin with the words "we know that"? I believe it is because this truth was already a shared experience among many in Paul's audience. Haven't we also had similar experiences—like the ones we wrote down at the beginning? Let us therefore trust this promise and trust in this unfailing love— a love that was willing to place Jesus on the cross for us so that we may be with Him in heaven. This love foreknew us, predestined us, called us, declared us righteous, and glorified us.

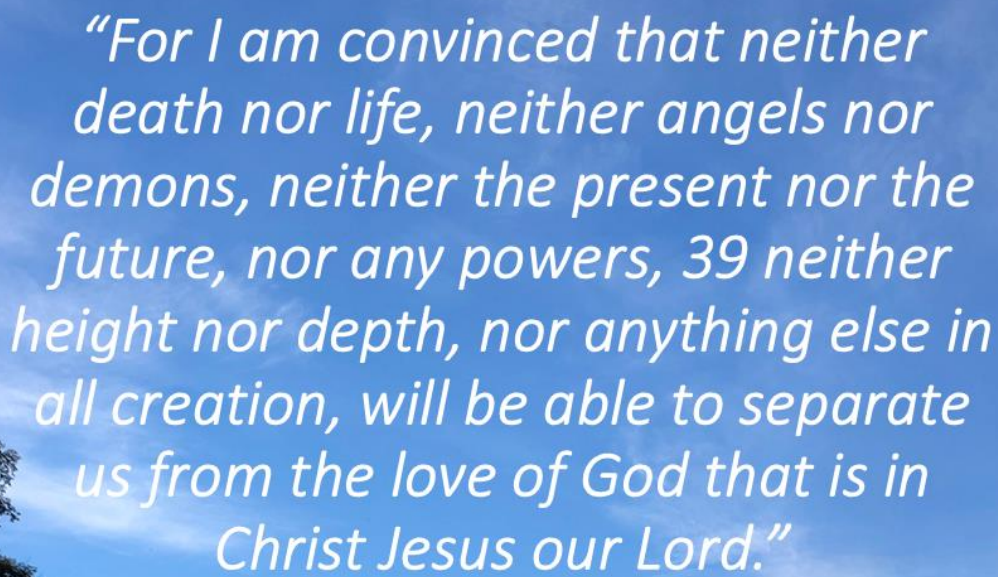
# Quiet Time Series - Trust in The Lord

## Day 7 - God's Unfailing Love

As we meditate on this, let's pray through the scripture and try to memorise it.

**Romans 8:38-39** For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

- Are you convinced that nothing can separate you from the love of Christ?
- If not, how will you convince yourself of this truth?
- Try journaling daily about your own experiences of the love of Christ.



*"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*

***Romans 8:38-39***

# Quiet Time Series - Trust in The Lord

## Day 8 - GOD'S PROTECTION

### Psalm 91:1-4

"Whoever dwells in the shelter of the Most High will rest under the shadow of the Almighty... His faithfulness will be your shield and rampart."

The psalmist pictures God as a mother bird, with wings spread wide to shelter the weak and vulnerable.

### Ephesians 6:16

"In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

Paul adds a practical picture: the shield of faith, like a Roman soldier's large scutum (shield), which used to cover the whole body, deflecting every fiery dart before it could strike.

When doubts, fears, or temptations flare up, the shield protects us as we remember God's promises, cling to His character, and lean on His strength in our weakness.

Together, these images remind us that God's protection is both a place (the shadow of His wings) and a practice (the shield we lift each day). We are invited to dwell in His presence and to stand firm, trusting that His faithfulness surrounds us and that our faith can extinguish any flame the enemy throws at us.

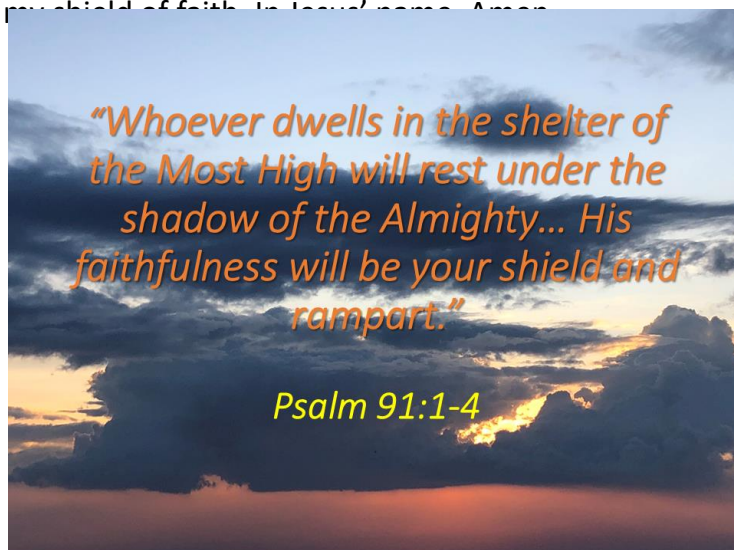
### Reflection Questions:

1. What "flaming arrows" are you facing right now?
2. How does picturing God's wing and the shield of faith change the way you respond?
3. What concrete step can you take today to "take up" that shield—perhaps a short prayer, a memorized promise, or a moment of quiet gratitude?

**Memorize: Ephesians 6:16** "In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

### Prayer

Father, You are my refuge and my fortress. Thank You for the shelter of Your wings and for the shield of faith that quenches every fiery dart the enemy sends. Help me to dwell in Your presence, remember Your promises, and stand firm in the confidence of Your protection. Cover me with Your love, and grant me peace that surpasses understanding as I walk under Your shadow and hold up my shield of faith. In Jesus' name. Amen.





# Quiet Time Series - Trust in The Lord

## Day 9 - Letting go of Control

While the Bible teaches us about self-control, it also teaches us to give God control over our lives.

Self-control over sin is one of the fruits of the Spirit, according to **Galatians 5:23**. However, trying to take control of our life situations is how we replace God in our lives.

Why do we like to be in control? It is one of the major aspects of our fallen nature! The sinful nature of selfishness and pride leads us to assume control of our own lives and, in the long run, to control others around us!

When I sit in a vehicle driven by someone else, I often feel afraid. This fear comes from my assumption that the driver may not be careful enough, and that we might end up in an accident.

In the same way, when we are unwilling to trust God and allow Him to be in control of every aspect of our lives, we are assuming that we know better than God. In other words, we are saying, "God doesn't know as much as I do about how to run my life!" The Bible calls this "leaning on one's own understanding."

**Proverbs 3:5-6** teaches us one of the most important foundations of life: "Trust in the Lord with all your heart and lean not on your own understanding; [6] in all your ways submit to him, and he will make your paths straight".

We, humans, cannot exist without trust. We either trust in ourselves, others or in something else.

But the Bible calls us to put our whole-hearted trust in the Lord because He alone is capable, trustworthy, faithful, and good. He will never mislead us, and He holds our future.

Trust is not just a name-sake belief in God; it is the willingness to completely surrender and submit to God the Father. Trust and submission are two sides of the same coin—inseparable.

When we observe nature, we see that trees with flexible trunks and branches bend and yield to the force of the wind, allowing the pressure to pass through them. This flexibility prevents them from breaking or falling. In contrast, rigid trees that resist the wind often allow the pressure to snap or uproot them.

In fact, the bending and stretching of a tree's trunk and roots during a storm can strengthen its root system over time, making it more resilient in the future. This is a powerful picture of how we need to surrender to God in our daily lives, especially during times of hardship.

To place half our trust in God and half in ourselves—or in something else—is ultimately a failure to trust God at all. Trust must be wholehearted. We need to fully "let go and let God" take control. This is something we are called to practice in every area of our lives, at all times.

When we fully trust and submit to God, we acknowledge that He alone has perfect understanding of how our lives should be led. Then He directs our paths according to His will—the "life to the full" that Jesus promised in **John 10:10** ("I have come that they may have life, and have it to the full.").

Are you trusting in the Lord with all your heart?

Jesus is the only human who perfectly lived that kind of life and set the example for us to follow. When we look at Jesus, we see that He trusted His Father throughout His life.

Look at a few statements of Jesus:

**John 4:34** "My food," said Jesus, "is to do the will of him who sent me and to finish his work.

**John 19:30** When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit. (Last words of Jesus before his death on the cross)

**John 8:29** The one who sent me is with me; he has not left me alone, for I always do what pleases him."

**Luke 22:42** "Father, if you are willing, take this cup from me; yet not my will, but yours be done." (His prayer at Gethsemane)

Jesus trusted His Father in heaven and submitted Himself in every aspect of His life—even to the point of death.

So the real challenge is not merely the external problems we face, but the internal struggle over who is in charge of our lives. It is the shift from "I must fix this" to "God, You handle this."

True peace is found not in the absence of problems, but in God's presence and guidance through them.

**Proverbs 3:5-6** "Trust in the Lord with all your heart and lean not on your own understanding; [6] in all your ways submit to him, and he will make your paths straight".

Meditate and memorise this scripture.

Share with one person today what is currently controlling your life.

# Quiet Time Series - Trust in The Lord

## Day 10 - Trusting God's Plan

**Romans 8:28** NIV And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Feel free to reread as many times as you want to. Meditate on it deeply.

This scripture is often used to bring comfort and encouragement when we are discouraged. It says in all things, not only in good things, but in all things : situations, emotions, circumstances, opportunities, and even suffering. In all things God works for our good, according to his purpose.

First, we must understand that this is an extraordinary promise—but it is not given to all of mankind. It is given to a specific group of people. Who are they? The answer is found within the same verse: “those who love him, who have been called according to his purpose.” This promise belongs to them.

So what is God’s purpose in calling them? The answer is found in the following verses:

**Rom 8:29-30** For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. 30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

In simple terms, God has called and set apart people who love Him - His disciples- with one primary purpose: to be “conformed to the image of his Son”! Without understanding this purpose, we will not fully grasp what the Holy Spirit was communicating through the Apostle Paul in vs.28!

Without this perspective, when we face difficult seasons, we struggle to understand this promise. How can pain, death, disappointment, failure, humiliation, and suffering possibly be used by God for good?

When we recognise that God’s primary purpose for us is transformation into His image with ever-increasing glory (**2 Corinthians 3:18**), we begin to see that God uses a process to achieve this. That process includes all kinds of life events—pleasant and unpleasant.

Do you really remember that God’s primary plan/purpose for you is to transform you into His image with ever-increasing glory?

In psychology, there is a concept called post-traumatic growth—the positive growth people experience after traumatic events. Trauma often forces us to look deeper within ourselves and to step beyond our normal limits. When healing begins, people frequently develop a deeper appreciation for life, stronger relationships, and significant personal growth.

### **This leads us to reflect:**

How has God used a difficult situation in your life to bring growth or deeper meaning?

Like a baker who carefully mixes all the right ingredients in the right proportions to make a delicious cake, God is working in our lives to shape us into the likeness of Jesus, our Saviour. Individually, none of the ingredients tastes good on its own. If we were to taste the cake before it is fully baked, we probably wouldn’t like it. In the same way, we may not understand God’s plan while we are in the process—but He knows exactly what He is doing and will bring His perfect purpose to completion.

Therefore, let us learn to trust God. We may be tempted to trust ourselves or those around us, but let us choose to trust God’s plan for our lives.

Let us surrender our own plans and ideas to Him and trust that He works everything for our good according to His purpose and will. We should examine how God may be using our current circumstances to transform us into His image. Reflect on whether Jesus went through something similar, how He responded, and what we can learn from Him. When we follow in His footsteps, we truly become His disciples.

Now, read the verse just before the passage we have focused on: Rom 8:17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Which do we desire—to share in His glory or in His sufferings? Most of us want the glory without the suffering. But that does not work. God’s plan is clear: as co-heirs with Christ, we must share in His sufferings in order to share in His glory. There is no shortcut. As William Penn said, “No cross, no crown.”

Let us set our eyes on God’s plan: “Transform us into His image with ever-increasing glory.”

Let us be grateful that our creator has an extraordinary plan for our lives- far beyond what we could ever imagine. Let us remember the process He uses to fulfil that plan. And let us trust that “in all things God works for the good of those who love him, who have been called according to his purpose.”

With this trust, let us embrace everything God allows in our lives, confident in His loving plan to transform us and to share His image and glory with us.

**Imagine yourself being transformed into the very image of Jesus.**

**Imagine yourself sharing in His glory when Christ returns.**

**How can you practically remember God’s purpose for your life as you face various situations in your life?**

**Memorise: Romans 8:28**

# Quiet Time Series - Trust in The Lord

## Day 11 – Choosing to Trust, Overcome Doubt

This is a very important choice that all of us must make daily: to choose to trust God. We can either choose to live as doubtful people, or we can choose to trust the Lord.

**Psalms 56:3-4** When I am afraid, I put my trust in you. 4 In God, whose word I praise— in God I trust and am not afraid.

What can mere mortals do to me?

In the introduction of Psalm 56, we learn that this psalm was written “When the Philistines had seized David in Gath.” That story is written in **1 Sam 21:10-15**.

Samuel had anointed David as the future king of Israel. David’s life began with great victories—most notably his defeat of Goliath. But soon after, things took a painful turn. King Saul grew jealous and began to see David as a threat. David was forced to flee for his life, becoming a fugitive and living in caves. This was not a pleasant or secure situation. When every other source of support was stripped away, David turned to God. In psalm 142:5, he cries out:

I cry to you, LORD; I say, “You are my refuge, my portion in the land of the living.”

We often think of David as a fearless and courageous man—and rightly so. As a young shepherd, he fought lions and bears to protect his sheep. As a youth, he stood boldly before Goliath when even seasoned soldiers and King Saul were terrified.

Yet Psalm 56 shows us something important: there were moments when David was afraid. Fear is a human response, even for people of great faith. The key question is not whether we feel fear, but how we respond to it. As David said, are we able to put our trust in God? The next verse says that “in God I trust and am not afraid”.

**Psalm 56:3-4** expresses David's confidence and trust in God, particularly in times of fear and distress. The passage emphasises the psalmist's decision to place his faith in God rather than allowing fear to overwhelm him.

**Psalm 56:3** begins by acknowledging the presence of fear: "When I am afraid." However, instead of succumbing to fear, David chooses to put his trust in God.

This suggests a conscious decision to rely on God's strength, guidance, and protection rather than being consumed by fear. Take note of this lesson from David!

In verse **Psalm 56:4**, the psalmist further affirms his trust in God and his reliance on God's word. By praising God's word, he emphasises the faithfulness and reliability of God's promises. The psalmist declares that he trusts in God and is not afraid, recognising that there is no need to fear when God is on his side.

The last part of verse 4 highlights the limited power of human beings: "What can mere mortals do to me?" It implies that compared to God Almighty, the threats and actions of human beings are insignificant. This statement reinforces David's trust in God's ultimate authority and protection, diminishing the significance of any harm or opposition that may come from humans.

I will put my trust in the Lord

Can you say with David to God, "When I am afraid, I will put my trust in You"?

When you are faced with circumstances that stir overwhelming fear, the key to overcoming that fear lies in trusting God Almighty (El Shaddai). This trust grows as we actively experience and affirm who God truly is through His Word.

As we practice the presence of God, spending time with Him in Prayer, scripture, and quiet reflection, we begin to sense His reassuring and tranquil presence. Trusting God in this way builds confidence in His power to intervene and work in your circumstances.

Doubt, however, is a weakness that Satan seeks to cultivate in our hearts, which pulls us back from trusting in him. It is one of his oldest strategies, used even in the Garden of Eden.

That is why Paul says in **Philippians 4:6-7** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Once, Jesus’ disciples were rowing across the Sea of Galilee, and Jesus wasn’t with them, but he came later, walking on the water. Peter wanted to experience walking on the water. He says to Jesus:

“Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

29“Come,” he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. 30But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!” [**Matthew 14:28-30**].

Peter was in trouble. He was anxious. He had taken his eyes off Jesus and looked at the waves. Then he began to doubt and started to drown. But he cried out, ‘Lord, save me’, and Jesus did save him.

# Quiet Time Series - Trust in The Lord

## Day 11 – Choosing to Trust, Overcome Doubt

David also faced lots of metaphorical storms in his life. His psalms are full of references to persecution, trouble, danger, stress and accusations. He talks about his enemies' words being like arrows, about a deep mire, about a flood sweeping over him.

David did what Peter did. He called out to God to save him.

### **Reflection:**

- What are the areas you failed to trust God and got overwhelmed by doubt?
- Which are some scriptures that can help you to overcome doubt and gain trust in the Lord when you face trials?
- What are the ways you can grow in trusting God and overcome doubt?
- Meditate on Psalm 56 and pray as David did in that Psalm.



# Quiet Time Series - Trust in The Lord

## Day 12 - Honesty With God

When it comes to our relationship with God, honesty is essential.

The Bible encourages believers to be open and sincere in their prayers. Honesty is crucial for building strong relationships, both with God and with others. We need to be honest about our feelings, pains, discouragements, disappointments, and griefs. Have you ever experienced a situation that left you feeling disappointed, discouraged and frustrated? Plans had not gone as you had hoped. You had planned, prayed, and you did your part, yet you were left feeling disappointed, discouraged, and frustrated.

Let's read **Psalm 41:5-9 NIV**

*My enemies say of me in malice, "When will he die and his name perish?" [6] When one of them comes to see me, he speaks falsely, while his heart gathers slander; then he goes out and spreads it around. [7] All my enemies whisper together against me; they imagine the worst for me, saying, [8] "A vile disease has afflicted him; he will never get up from the place where he lies." [9] Even my close friend, someone I trusted, one who shared my bread, has turned against me.*

Here we see David going through the betrayal and malice of enemies. They wish for his death and spread slander and rumours, suggesting his illness is a fatal judgment from which he will not recover. Most painfully, David highlights the treachery of a "close friend" whom he trusted and who "ate [his] bread" but has "lifted up his heel against" him.

Psalm 41 is considered prophetically significant. In John 13:18, Jesus directly quotes Psalm 41:9 (about the trusted friend who betrayed him) to betrayal by Judas Iscariot, linking David's experience to that of the Messiah.

### Expressing grief and disappointment

**Lament:** The Bible encourages lamenting as a healthy way to process grief and pain, rather than suppressing it (Psalm 39:2).

**Prayer:** It recommends bringing your struggles to God through prayer, as exemplified in the psalms of lament (Psalm 13).

**Hope:** Despite pain, the Bible encourages us to hold on to hope, recognising that difficult times are a temporary "valley" to be walked through, not a permanent dwelling (Psalm 23:4).

Let us go through some examples from the Bible about a few who experienced deep grief and disappointment.

**Job:** Job experienced immense grief after a series of devastating losses, crying out to God in his agony.

**Mary:** Mary felt confused and heartbroken after Jesus's death, a feeling of hopelessness that was ultimately met with the hope of his resurrection.

**Jesus:** Jesus experienced disappointment when his disciples fell asleep in the Garden of Gethsemane.

**Paul:** Paul faced numerous disappointments, including the Galatian church turning away from the gospel.

The Bible repeatedly states that God is near to those who are broken-hearted and crushed in spirit (Psalm 34:18). God's heart is moved with compassion for human sorrow, and He does not leave believers alone in their pain. Also, the Holy Spirit is described as a Comforter who dwells with those who are grieving, offering hope and assurance. Do you see God's presence in suffering?

### 2 Corinthians 4:8-9

"We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed".

**Psalm 27:13-14** "I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord".

# Quiet Time Series - Trust in The Lord

## Day 12 - Honesty With God

While I was asked to prepare this devotional, I was at a point of major discouragement. One fine day, I started having a fever and headache. I went to the hospital, and they said there was an infection in my blood, and my total blood count was going down. I was hospitalised for almost 10 days. My family members also got a fever. The doctor advised no visitors, as I may get more infections due to my weak condition. I was waiting for the day to get discharged. On the day of my discharge, I started developing problems with piles. I had severe bleeding and pain. Coming home, I thought I would improve, but it got worse as days passed by. That pain was something more than I could bear. Going to the toilet has become a nightmare for me. I cried like anything. I was sad, tearful, unhappy, and gloomy.

Then I decided to express to God what I was really feeling, asked him why are you allowing me to go through this, why do you want me to go through this, don't you really see my pain, how long I have to go through this, what had I done that you made me go through this, what sin did I do that I have to face this pain. For three days, I lamented to God, and I could start a treatment, and my pain was subsiding. I can't express the way I got relief by lamenting and honestly expressing to God. I understood that the feeling of grief and disappointments are not a sign of a lack of faith.

I am so grateful that just as Scripture promises, we have already been given everything we need for life and godliness (2 Peter 1:3). When we experience that disappointment and discouragement, let's look to God's word for perspective. The enemy would love for us to focus on our disappointment and discouragement, but turning our attention back to God is a guaranteed attitude reset.

### **Reflection:**

- Are you honest with God about whatever you are going through?
- What are some situations in your life that make you lament before God?
- What are some things you learned from Jesus that you apply in finding peace when you go through trials?

# Quiet Time Series - Trust in The Lord

## Day 13 - Trusting When Life Hurts

**Matthew 5:4** “Blessed are those who mourn, for they will be comforted”

Among Jesus’ many comforting teachings, Matthew 5:4 stands out.

We mourn for various reasons. We mourn when we experience personal pain and loss of our dear ones. We mourn when we understand the weight of our sins and the cost Jesus paid for us.

David, the man after God’s own heart, mourned before God whenever he faced troubles in life. In moments of pain and agony, he cried out at God’s feet, giving voice to his suffering. These heartfelt cries became the beautiful psalms we treasure today.

**Psalms 6:2-3** “Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony. My soul is in deep anguish. How long, Lord, how long?”

**Psalms 6: 6-7** “I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.”

**Psalms 13: 1-2** “How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart?”

These verses portray David laying his broken heart before God. He wept bitterly. He pleaded for God’s rescue. He was fully aware that only God could be his refuge when his emotions became overwhelming.

Likewise, the opening of **Psalms 22** captures his deep sense of abandonment.

The year 2024 was one of the hardest seasons of my life. I suffered a fall that left me with a ligament tear. Before I had even begun to recover, I was confronted with the sudden loss of my father. My mother, who was already struggling with mental health challenges and living with me, could not bear his unexpected departure. Her condition deteriorated rapidly. Depression and anxiety intensified until we could no longer manage

I kept calling her doctor, pleading for help. All the medicines she had been taking no longer seemed to work. Day and night, I cried at His feet for her recovery. I got no answer. I wept bitterly during prayers. I poured out my sense of abandonment before Jesus. Nights turned into nightmares—sometimes I felt numb, sometimes confused, as though God wanted me to wait a long time for answers. In my pain, I cried, “Oh Jesus, my strength is failing. My suffering may consume me before you respond.”

One thing that stands out in the Psalms is how the psalmists often begin with lament and complaint, but end with comfort found in the Lord. The Psalmists also remember God’s past faithfulness to find comfort in the struggles. David’s prayers most often end with renewed trust and hope in God’s steadfast love, even when circumstances seemed unbearable.

**Psalms 13:5-6** “But I trust in your unfailing love, my heart rejoices in your salvation. I will sing the Lord’s praise, for he has been good to me.”

**Psalms 22:25** “From you comes the theme of my praise in the great assembly; before those who fear you, I will fulfil my vows”.

I tried to pray through the Psalms. Often, I had no words of my own to express the depth of my grief, but the Psalms spoke for me. I sought comfort in them. Each morning, a small ray of hope somehow returned when I emptied my heart before God and meditated from Psalms. I called my friends in the church and shared my agony and anguish and prayed with them. Through them, I experienced the comfort of God. I tried to recall the ways God has helped me during difficult times in the past.

Above all, the Bible offers one of the greatest promises we could ever hold onto in our times of suffering. **Revelation 21:4** “He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away”

Every child of God has this eternal assurance. Though we must endure many hardships in this life, they are only momentary. Ahead of us awaits an eternal life where there will be no more mourning, no more weeping. Every pain and agony we have carried will vanish when we see His glorious face. All our earthly cries will be transformed into everlasting joy and dancing. In that moment, we will fully grasp the meaning of Jesus’ statement, “Blessed are those who mourn, for they will be comforted”

### Reflection:

- How are you facing trials in your life?
- What are the ways God strengthened your trust in Him through pain and loss?
- **Memorise Psalms 16:8** “I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.”

# Quiet Time Series - Trust in The Lord

## Day 14 - Trusting the unseen God

### **2 Cor 5: 7 “For we live by faith, not by sight”**

Paul, in this passage, speaks of a renewed life that follows resurrection.

Jesus was laid in a tomb after his death, and he rose again on the third day in a renewed body. When we accepted Jesus as our Lord and Saviour through baptism, we received the assurance that we, too, would be raised to a new life.

Paul says in **Romans 6:4**, “We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.” (NIV)

The body we live in is susceptible to many hardships- ageing, illness, stress, and worries of life can all weaken it. The burden of sins can also weigh us down.

Paul, who had endured severe hardships for his faith, was confident that, when he left his earthly body, he would be clothed with a glorious one. His hope and confidence about eternal life with Christ enabled him to live by faith, not by sight.

Do we live by this unseen faith, just as Paul did?

Such a life means: relying on God each moment, trusting in His leading – even when our next step is unclear (unseen)!

Trusting in the promises of Jesus will help us to “**LIVE BY FAITH**”.

Living by sight can cause our faith to waver.

Sight tells us that the problem is too big to overcome, and Faith tells us God can do it!

Sight tells that you are a nobody. Trust in God tells you that you are God’s treasured possession.

Sight tells us the situation is hopeless. Faith tells us God is in control; therefore, there is hope.

When my wife met with an accident, I trusted in His promises and wholeheartedly believed I would get her back, though doctors didn’t give the assurance. I didn’t allow negative thoughts to dominate my mind and tried to feel His presence all the time. Believing and trusting in the One who is Unseen helped me stay confident during that challenging time.

In **John 20:29**, Thomas, a disciple of Jesus, believed only after seeing Jesus. But Jesus said to him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed”

**John 20:31** says, “Believing that Jesus is the Messiah, the son of God, you may have life in His name”.

How do we live today? Do we live by faith or by sight?

Hold on to the promises of Jesus, and we can live by Faith.

“The one who is victorious will, like them, be dressed in white. I will never blot out the name of that person from the book of life, but acknowledge that name before my Father and angels” (Rev 3:5)

“And surely I am with you always, to the very end of the age” (**Matt 28:20**)

“Come to me, all you who are weary and burdened, I will give you rest. (**Matt 11:28**)

He promised that he would prepare a home for us. He has promised that he would come back to receive us. (**John 14:2- 3**)

Let us pray that He will help us to walk by faith, not by sight. Let us trust even when our paths are unclear. Let us rely and trust in His promises, His wisdom and His timing.

**Memorise 2 Cor 5:7 “For we live by faith, not by sight”**

What does it mean to walk by faith in your personal life?

Which aspects of your life call for deeper faith? Family/Health/Work/Finance/ Relationships etc.?



# Quiet Time Series - Trust in The Lord

## Day 15 - Building Trust Through Prayer

Scripture Theme: **“Pray without ceasing.” – 1 Thessalonians 5:17**

- In a fast-moving world —filled with long workdays, family responsibilities, traffic, exams, deadlines, and constant noise—trust in God can easily be overshadowed by worry.
- Yet the Bible calls us to a life of continuous prayer, a life where trust is not occasional, but ongoing.
- When we pray without ceasing, we don’t just talk to God — we build trust with Him.

### 1. Prayer Creates a Daily Dependence on God

- In our culture, we value strong family ties and community.
- But sometimes, this also means we rely more on people than on God.
- Continuous prayer shifts our dependence from human strength to divine strength.
- Prayer reminds us that God is not just for temple days or Sundays; He is for everyday life — in our homes, offices, classrooms, trains, and streets.

#### Key Scriptures:

**Proverbs 3:5-6** – “Trust in the Lord with all your heart and lean not on your own understanding...”

**Philippians 4:6-7** – “Do not be anxious about anything, but in every situation, by prayer...”

**Psalms 20:7** – “Some trust in chariots and some in horses, but we trust in the name of the Lord our God.”

#### Reflection:

- Just as many of us begin our mornings with chai, let prayer be your first habit of the day. Over time, that habit becomes trust.

### 2. Prayer Trains the Heart to Trust During Uncertainty

- Life in our part of the world often includes uncertainty: exams, job markets, financial pressures, health challenges, and societal expectations.
- When we stop praying, fear fills the gap.
- When we pray continually, faith fills the heart.
- Prayer does not always change our situation instantly, but it always works on our trust.

#### Key Scriptures:

**Isaiah 26:3** – “You will keep in perfect peace those whose minds are steadfast, because they trust in You.”

**James 1:6** – “But when you ask, you must believe and not doubt...”

**Psalms 56:3** – “When I am afraid, I put my trust in you.”

#### Reflection:

- Just like farmers trust that rain will come after planting seeds, prayer teaches us to trust God even before we see the answer.

# Quiet Time Series - Trust in The Lord

## Day 15 - Building Trust Through Prayer

### 3. Prayer Strengthens Our Relationship With God

- Trust does not grow without relationship. In our families, trust is built through daily conversations, shared meals, and time together. It's the same with God—prayer is a relationship.

- When prayer becomes a lifestyle, God becomes more than a distant deity; He becomes our Father, our Shepherd, our daily guide.

#### Key Scriptures:

**John 15:7 – “If you remain in Me and My words remain in you, ask whatever you wish...”**

**Hebrews 4:16 – “Let us then approach God’s throne of grace with confidence...”**

**Jeremiah 33:3 – “Call to me and I will answer you...”**

#### Reflection:

- Just as a child calls out “Amma” or “Appa” without fear, God invites us to call on Him with confidence and trust.

Four additional reflection questions to deepen this devotional on Building Trust Through Prayer:

- When life becomes overwhelming or busy, what usually replaces prayer in your routine, and how can you reclaim that time for God?

- What is one area of your life (family, career, health, ministry) where you struggle the most to trust God, and how can you begin praying about it consistently?

- How would your daily decisions change if you truly believed God was listening to every prayer you pray?

- What practical steps can you take this week to build a lifestyle rather than just a moment of prayer based on the command “pray without ceasing”?

**Memorise: 1 Thessalonians 5:16-18 “Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” (NIV)**

#### Prayer

“Heavenly Father, teach us to pray without ceasing. In a land full of noise and pressure, help us hear Your voice daily. Build our trust in You through every prayer we whisper from our hearts. Strengthen our dependence, calm our fears, and draw us closer to You. In Jesus’ name, Amen.”

# Quiet Time Series - Trust in The Lord

## Day 16 - When Prayer Seems Unanswered

In our journey of faith, waiting on God is not only about how long we wait, but how we choose to wait. Whether we have walked with God for one day or many years, we know that His faithfulness never changes. Scripture reminds us again and again of His steadfast love—through the gift of His Son (**John 3:16**), through the strength He gives us in times of trouble (Psalm 18), and through the gentle ways He fulfills the desires of our hearts (**Psalm 37:3–4**).

God is generous and compassionate. Yet all of us—even the most devoted disciples—can recall times when waiting has been painful. Moments when our faith felt fragile. Moments when we struggled to trust God’s timing. Perhaps you are in such a season right now.

Please read **Lamentations 3:19–26**

Lamentations **3:19–26** gives us a powerful picture of how to wait with grace. The writer does not hide his sorrow:

- “I remember my affliction... the bitterness and the gall” (v.19)
- “My soul is downcast within me” (v.20)

Many in South Asia understand such depth of sorrow—through family pressures, financial struggles, health challenges, or the longing for marriage or children. In our culture, where expectations are high and burdens are often carried quietly, waiting can feel especially heavy.

There are times when we fast, pray, and cry out to God... yet we hear nothing. Silence. And in the silence, the heart may whisper, “Has God forgotten me?” Even though we know He is near, we may not feel it.

But this passage teaches us something essential:

When our emotions overwhelm us, our minds must return to the truth of who God is.

We lean on His character when we cannot lean on our feelings.

“Because of the Lord’s great love we are not consumed...” (**Lamentations 3:22**)

God’s faithful love holds us up even when our strength is gone. His compassion sustains us through every struggle—financial hardship, loneliness, delayed dreams, health concerns, or the grief of losing someone we love.

His mercies are new every morning. Every sunrise is God’s gentle reminder: “My child, I am still with you.”

Even when God says “not yet,” or even “no,” He is shaping our hearts to be more like Jesus. Just as Christ prayed, “Not my will, but Yours be done” (**Matthew 26:42**), we too are invited into deeper surrender—a surrender filled not with fear, but with trust.

Waiting becomes grace-filled when we let God’s character—not our circumstances—define our hope.

### Practical Reflection

Take a moment to reflect:

How are you waiting?

- With frustration?
- With fear or mistrust?
- With a heart that feels God must prove Himself to you?
- Or with a quiet grace that trusts His timing and His love?

Psalm 73 is another powerful passage to meditate on when your heart wrestles with waiting. It reminds us that when everything around us seems uncertain, God remains our strength and our portion forever.

May the Lord give you a spirit of patience, peace, and holy confidence as you wait in His presence.

May your waiting become worship.

May your surrender become strength.

And may His grace carry you gently until His answer comes.

**Memorise: Lamentations 3:22,23** “Because of the Lord’s great love we are not consumed, for his compassions never fail. 23They are new every morning; great is your faithfulness.” (NIV)

# Quiet Time Series - Trust in The Lord

## Day 17 - The Wisdom of Waiting

**Ecclesiastes 3:1** “There is a time for everything, and a season for every activity under the heavens:” (NIV)

God had set a specific time for the creation of the Universe. When the appointed time came, God spoke, and the entire Universe was formed.

God created everything on the earth, and in the end, created man in His own image. A designated time was set by God to bring His masterpiece into this world.

God also determined the hour for His Son to come into the world to redeem humanity.

And in His divine wisdom, God has also set a day for the second coming of Jesus, which will mark the day of judgment.

These truths remind us of the Omnipotence and Omniscience of our magnificent God. The Sovereign God knows the exact time for every activity on this earth.

Throughout the Old Testament, we see God’s wonderful hand at work at specific times in the lives of His people. Abraham waited 25 long years for the arrival of Issac, and that season of waiting was not in vain. It strengthened and deepened his faith. Gen 15:6 says “Abraham believed the Lord, and he credited it to him as righteousness.”

Though God delivered the Israelites from Egypt, they still had to wait forty years in the wilderness before entering the land of Canaan. During this period, God disciplined them, taught them patience and obedience, and led them to rely on Him daily. They were called to trust in God’s promise alone and move forward without doubt. In **Exodus 3:8b**, God says, “So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey.”

Although David was anointed as the King of Israel by God, he had to wait for around 13-15 years before receiving the throne. The season of waiting was marked by many trials and hardships, yet David chose to trust God and wait for His perfect timing. Hence, he wrote confidently like this

**Psalms 27:14** “Wait for the Lord; be strong and take heart and wait for the Lord.”

**Psalms 37:7a** “Be still before the Lord and wait patiently for him..”

The season of waiting in Joseph’s life challenges and convicts all. His journey from the cistern to Potiphar’s house, from Potiphar’s house to prison, from prison to Pharaoh’s palace, teaches us the value of waiting for God’s perfect timing. Over time, Joseph grew into a man of wisdom and understanding. His own words reveal how he viewed everything that happened in his life with a godly perspective. Gen 45:7 “But God sent me ahead of you to preserve for you a remnant on earth and to save your lives by a great deliverance” (NIV)

Waiting can be exhausting. Waiting for things to be done, waiting for a difficult situation to be lifted from our lives, for our children to turn around, for a breakthrough in our career, for financial struggles to end, or for new doors to open for ministry can all become exhausting.

Waiting can either leave us bitter, upset, hopeless, and faithless, or it can teach us the art of patience and fill us with hope.

We moved from Kannur to Kottayam, as a family, to take care of the church, hoping my husband would receive a job transfer within a short time. But our calculations went wrong. We ended up waiting more than two years to get a transfer to Kottayam. Two years were some of the most challenging times as my husband had to travel back and forth every weekend, balancing his job in Kannur and doing the ministry in Kottayam. Being in a new church, new surroundings, and among new friends, I had to depend a lot on God as I managed many things alone. My husband knocked on many doors for a transfer, but the answer was “no”. We decided to surrender and wait for God’s timing and consistently prayed. Finally, God blessed us in His time.

There is something valuable that we learn during seasons of waiting. In those moments, we must learn to listen to God’s voice. Let’s surrender to His plan while we wait for things to unfold. May the wisdom of God fill our hearts and minds, helping us to remain hopeful and patient. Job 12:13 “But true wisdom and power are found in God: counsel and understanding are His.” (NLT)

### Reflection:

Journal about how you handle situations when you have to wait for a long time to see things happen.

What practices have helped you stay faithful and patient while waiting for God’s timing?

**Meditate on Psalm 37:7 and memorise it:** “Be still in the presence of the Lord; and wait patiently for him to act” (NLT)

# Quiet Time Series - Trust in The Lord

## Day 18 - Trusting the Gift of Grace

**Scripture: 2 Corinthians 12:9**

"But He said to me, 'My grace is sufficient for you, for My power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

The words of Paul in 2 Corinthians 11 and 12 arise from a deeply vulnerable and difficult moment in his life. He is forced into a strange and uncomfortable position—boasting. Normally, Paul would never highlight his own experiences or spiritual credentials. He considered such boasting foolish. Yet the church in Corinth was being influenced by false teachers who measured spirituality by outward success, eloquence, and impressive experiences. To protect the church and defend the truth of the gospel, Paul reluctantly speaks of his sufferings and even of a powerful spiritual vision. His struggle to boast reveals his humility and his fear of spiritual pride.

When Paul refers to his heavenly experience in the third person, he is intentionally distancing himself from self-glorification. He refuses to build his authority on mystical encounters. Instead, he points to something far less glamorous—his weakness. Immediately after speaking of the vision, he introduces his personal burden: the thorn in the flesh. We are not told exactly what this thorn was, but we know it caused pain, limitation, and deep distress. It troubled Paul so much that he pleaded with the Lord three times to remove it. This thorn stood in tension with his calling, his gifting, and his desire to serve God without hindrance. It humbled him and reminded him daily that he was weak.

It is in this place of weakness that Paul hears the life-changing words of Jesus: "My grace is sufficient for you." Jesus does not explain the reason for the thorn. He does not remove it. Instead, He redefines it. Grace becomes the answer—not as escape, but as sustenance. For Paul, this meant that God's unmerited favour and divine strength were enough to carry him through what would not be taken away. Even more, Jesus reframes weakness as the very place where divine power is perfected.

Paul's response reveals a profound transformation of faith. Instead of continuing to beg for relief, he begins to boast in his weakness. He learns that dependence on God is not failure—it is the doorway to true strength. "When I am weak, then I am strong," he declares. This is not a denial of pain; this is trust in grace. The man who taught so powerfully about grace still needed to hear a personal word on grace from Jesus Himself. That alone reshapes our understanding of grace. Grace is not merely a doctrine for salvation or forgiveness; it is the daily power that sustains us when life is heavy.

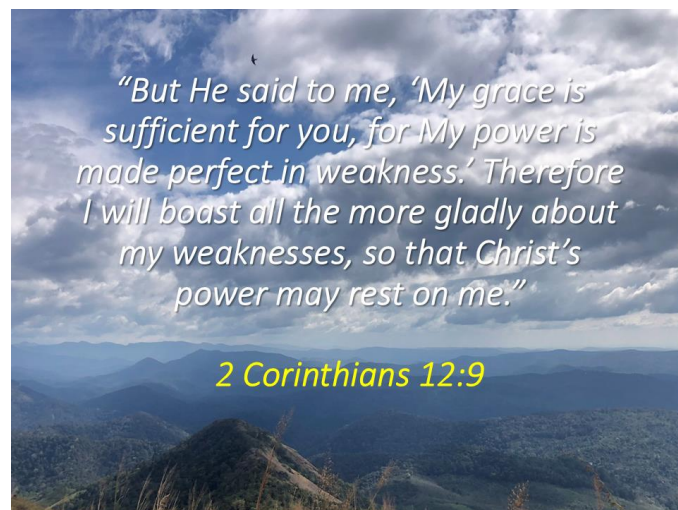
For us, the words of Jesus carry the same force today. Each of us has a thorn—an unresolved struggle, a lingering pain, an unanswered prayer, a burden that limits us. Like Paul, we often ask God to remove it. Sometimes, He does. Sometimes He speaks instead: "My grace is sufficient for you." This means His grace will sustain us, carry us, strengthen us, and work through our weakness. Grace does not always change our circumstances, but it always changes how we live within them.

Trusting the gift of grace means we stop pretending we are strong enough on our own. It means we allow God's power to rest on us in our weakness. It means we exchange self-reliance for God-dependence. The gift of grace assures us that we do not walk alone, even in what has not been healed or answered yet.

Today, listen again to the words of Jesus spoken to Paul and now spoken to you: "My grace is sufficient for you." Even here. Even now. His grace is enough.

### Reflection:

- What are some 'thorns' that are burdening you?
- How do you think God wants you to handle them when Jesus says to you, "My grace is sufficient for you"?



# Quiet Time Series - Trust in The Lord

## Day 19 - Trust and Obey

Scripture Reading: **1 Samuel 13:1-15**

Key Verse: "You have done a foolish thing," Samuel said. "You have not kept the command the Lord your God gave you; if you had, he would have established your kingdom over Israel for all time." - **1 Samuel 13:13**

Pressure has a way of warping our perspective. When the walls are closing in, our logic can become clouded by fear, and our faith can be eclipsed by the seeming urgency of the moment. It is in these crucibles of crisis that our trust in God is truly tested.

We find a powerful and sobering example of this in 1 Samuel 13. King Saul is in a terrifying situation. The mighty Philistine army has gathered, "as numerous as the sand on the seashore." His own troops are quaking with fear, hiding in caves and pits. They are outnumbered, out-equipped, and overwhelmed. To make matters worse, the prophet Samuel, the man of God, is late. Saul had been instructed to wait for Samuel to offer the sacrifice, but as the days tick by, his army begins to scatter.

The pressure becomes unbearable. The logical, human thing to do is to take action. So, Saul chooses to disobey God's direct command. He offers the sacrifice himself.

Just as the last embers of the offering glow, Samuel arrives. His question cuts to the heart of the issue: "What have you done?"

Saul's defence is a masterpiece of human reasoning:

- The people were scattering.
- You didn't come on time.
- The Philistines were poised to attack.
- I felt compelled to act.

It all made perfect sense from a human standpoint. But it was a catastrophic failure from a spiritual one. Samuel's reply is swift and devastating: "You have done a foolish thing... You have not kept the command the Lord your God gave you."

Saul's story teaches us that partial obedience is disobedience. He did a "religious" thing—he offered a sacrifice—but he did it in direct defiance of God's order. He trusted his own assessment of the crisis more than he trusted God's command. He obeyed his fear instead of obeying his God.

How often do we do the same? God gives us a clear command—to wait, to forgive, to speak, to be silent, to trust Him with our finances, our relationships, our future—but when the pressure mounts and His timeline doesn't match our anxiety, we take matters into our own hands. We justify our disobedience with impeccable logic: "I had no other choice," "The situation was critical," "I had to do something."

Yet, the heart of faith is trusting that God's command is more reliable than our circumstances. It is believed that His timing is perfect, even when it feels painfully slow. It is obeying, not because the path is easy, but because the One who gave the command is good.

Saul's impulsive act cost him his kingdom. Our acts of fearful disobedience may not have such a public consequence, but they always cost us the peace of living in God's perfect will and the blessing that comes from unwavering faith.

### Prayer:

Heavenly Father, forgive us for the times we have been like Saul. Forgive us for letting fear shout louder than Your promises. Forgive us for trusting our own limited understanding more than Your infinite wisdom and perfect timing. When the pressure builds, and our instinct is to take control, quiet our hearts with Your peace. Strengthen our trust in You, and grant us the courage to obey—not when it's easy, but when it's hard. Help us to wait on You, knowing that Your ways are always best. In Jesus' name, Amen.

### Reflection :

What are some situations in your life in which you acted similarly to King Saul and disobeyed God? What were the consequences you faced? What have you learned from those experiences? How can you be different in the future?

Where in your life right now are you feeling pressured to take matters into your own hands, rather than wait for God's timing and direction?

What fear is driving that impulse? Can you name it and surrender it to God?

What is one area where you can choose to actively trust and obey God this week, even if it goes against your human logic?

**Memorise: John 14:15** "If you love me, you will keep my commandments."



# Quiet Time Series - Trust in The Lord

## Day 20 - Joy That Stands Strong in Every Trial

**Philippians 4:11–13** I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13I can do all this through him who gives me strength.

“I have learned to be content whatever the circumstances... I have learned the secret of being content in any and every situation... I can do all this through Him who gives me strength.”

Paul’s words were not written from a place of comfort or ease. He wrote them from prison. Yet, instead of despair, his letter overflows with joy. This teaches us a profound truth: Christian joy is not tied to comfort, success, or favourable circumstances. It is anchored in Christ.

Jesus Himself prepared us for a life that would include suffering. In John 16:33, He said, “In this world you will have trouble. But take heart! I have overcome the world.” Trials are not exceptions in the believer’s life; they are part of the journey. Yet Jesus promises a deeper peace and courage that comes from knowing He has already secured the victory. That is the foundation of our joy.

Paul discovered the secret of contentment—not by escaping hardship, but by learning to trust Christ in the middle of it. His joy was not emotional cheerfulness; it was a steady confidence in God’s presence and power. Whether he had plenty or nothing, whether he was honoured or humiliated, Paul’s heart remained anchored. This is why he could boldly declare, “I can do all this through Him who gives me strength” (Philippians 4:13). Joy becomes possible in every season when our strength comes from Christ and not from circumstances.

Where does this kind of joy come from? Scripture reveals that joy flows from the presence of God. Psalm 16:11 says, “You will fill me with joy in Your presence.” True joy is not produced by external change; it is released when we dwell with God. Similarly, 1 Chronicles 16:27 reminds us, “Strength and joy are in His dwelling place.” When we intentionally seek God, we are strengthened from the inside out—strength that becomes joy in the soul.

**Psalms 46** paints a beautiful picture of this joy: “There is a river whose streams make glad the city of God.” (**Psalms 46:4**). God’s joy is not a stagnant feeling; it is a flowing river—constant, refreshing, and life-giving. While happiness rises and falls with circumstances, joy remains steady because its source never changes.

Paul also reminds us that this joy leads to deep inner satisfaction:

“Godliness with contentment is great gain” (**1 Timothy 6:6**). Contentment grows when we trust God completely, even when life feels unstable. It is not the absence of hardship that creates joy, but the confidence that God is present and faithful within it.

The people of Israel experienced this truth when they returned from exile. Though their situation was difficult, Nehemiah proclaimed, “Do not grieve, for the joy of the Lord is your strength” (Nehemiah 8:10). God’s joy did not remove their challenges instantly, but it empowered them to rise and rebuild. In the same way, joy does not deny pain—it overcomes it with divine strength.

Jesus Himself lived this reality. He endured rejection, suffering, and the cross, yet remained fully secure in His Father’s love. His joy was rooted in relationship, not circumstance. Paul followed that same path, and now we are invited to walk it too.

James encourages believers, “Consider it pure joy whenever you face trials of many kinds” (**James 1:2**). This is not because trials feel good—but because God uses them to deepen our faith, strengthen our character, and draw us closer to Him.

Today, whatever trial you may be facing, know this: your joy does not come from what is happening around you, but from who is strengthening you within you—Jesus Christ. When you dwell in His presence, joy becomes your strength, and contentment becomes your peace.

### Personal Reflection:

Where am I currently seeking happiness instead of lasting joy?

What is one area of my life where I need to trust Christ more deeply for contentment?

How has God already shown me His strength in past trials?

# Quiet Time Series - Trust in The Lord

## Day 21 - Choosing Trust Over Feelings

**Philippians 4:4-7** Rejoice in the Lord always. I will say it again: Rejoice! 5Let your gentleness be evident to all. The Lord is near. 6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Our emotions are real, but they're unreliable anchors. They fluctuate with circumstances, sleep quality, and many other factors beyond our control. One moment, we feel confident; the next, the same situation seems overwhelming. This passage offers something more stable: God's truth as our foundation.

### Reflect

Rejoicing is a choice, not a feeling. Paul wrote this from prison. He's not saying "rejoice when you feel like it" but "rejoice in the Lord always." This means anchoring yourself in who God is, regardless of how you feel or what's happening.

God's nearness changes everything. "The Lord is near" is the foundation for everything else. When emotions spiral, the antidote isn't trying harder to feel better—it's remembering God's presence. He is close. He sees. He hasn't left.

Anxiety has an alternative. "Do not be anxious" isn't a command to never feel anxious—it's an invitation to respond differently. When anxious thoughts come, we have somewhere to take them: to God in prayer. The opposite of anxiety isn't willpower; it's turning to God's power through prayer.

Thanksgiving shifts perspective. Presenting requests "with thanksgiving" means remembering God's past faithfulness while asking for present help. It is evidence against our emotions when they claim God can't be trusted.

Peace is a gift, not an achievement. The peace God offers "transcends understanding"—it guards our hearts even when circumstances haven't changed, and we don't understand how things will work out. We receive it; we don't create it.

### Apply

#### Today's challenge:

1. Name your emotion honestly. What are you feeling right now? Don't spiritualize it—just acknowledge it before God.
2. Redirect to truth. What do you know is true about God, even if your emotions say otherwise? (He is near. He is faithful. He hears you.)
3. Pray specifically. Bring your requests to God—the real ones, not sanitised versions. Include thanksgiving for past faithfulness.
4. Receive peace. Don't try to create calm feelings. Ask God for his peace to guard your heart, and trust him to give it in his time.

#### Personal Reflection Questions

- What emotions are dominating your heart right now?
- In what situations do you most forget that "the Lord is near"?
- What anxiety do you need to bring to God in prayer today?
- What past faithfulness can you thank God for, even as you face current uncertainty?

**Memory Verse: Philippians 4:6-7**

# Quiet Time Series - Trust in The Lord

## Day 22 - Forgiveness and Trust

**Psalm 103:2,3** (ESV) Bless the Lord, O my soul,  
and forget not all his benefits,  
3who forgives all your iniquity,  
who heals all your diseases

David describes amazing qualities of God in **Psalm 103**. One of the wonderful characteristics of God is that He forgives all our iniquities or sins! Many of us grew up believing that some of our sins were unforgivable. But once we come to know the truth of God, we are deeply moved to realise that there is no sin that is too big for Him to forgive. He is eager to forgive all our sins, even the sins that may cause the whole world to turn against us. That is who God is! Once we receive such complete forgiveness, God expects us to do the same to others! He expects us to 'pay it forward'! Look at what Apostle Paul wrote about it:

**Colossians 3:13** Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

We are called to forgive as the Lord forgave us! How did he forgive? He forgave all our sins. There is no sin that he says he will not forgive! He no longer keeps a record of our sins after He forgives us. This is how we must forgive others who sin against us.

### How does trust play a role in the way we forgive others?

1. We must trust that God forgave us all of our sins because that is how He is!
2. We must trust that God is transforming us to be like Him! So, we are also given the ability to forgive others as God has forgiven us.
3. We must trust in the presence of the Holy Spirit in us, who makes us capable of forgiving others as God has forgiven us.
4. We must entrust ourselves to God, who judges justly as Jesus did. For that, we must trust that He is truly just!

**1 Peter 2:21-23** (ESV) For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. 22He committed no sin, neither was deceit found in his mouth. 23When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.

Apostle Paul wrote this when many of the human masters were not treating their servants with kindness and justice. Yet he commands the servants who are Christians like this in **1 Peter 2:18** "Servants, be subject to your masters with all respect, not only to the good and gentle but also to the unjust."

After giving this instruction, Peter points our attention to our Lord Jesus and calls us to imitate his example. If we feel we are being treated unjustly, think of Jesus, who committed no sin. Yet, he was ridiculed, stripped naked, flogged, beaten, spat upon and finally crucified as if he were a criminal who deserved capital punishment. How did Jesus bear with this without being bitter and even praying for those who were mistreating him? Peter gives the answer here in vs 23:

**"When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly."**

Do you trust that God is just? If you trust that God is just, to whom should we entrust ourselves when others are treating us unjustly? Should we take justice into our hands? When we take justice into our hands, we want to punish others who hurt us because we think they deserve it, and no one else will punish them! By this thought, we are declaring God is unjust! That is a blasphemous thought! By choosing to punish others who sinned against us, we may not choose to literally punish by hurting them physically. But we are trying to punish them by choosing not to forgive and harbouring bitterness and hatred! This will be evident in various ways in how we treat them. Now, think of the ways Jesus treated Judas, who betrayed him, Peter, who denied him three times and all the Apostles who abandoned him when he got arrested. Think of how Jesus prayed for his enemies while he was going through the most intense pain ever: "Father, forgive them, for they do not know what they are doing." (**Luke 23:24 NIV**).

Memorise the following Scriptures, and any time others sin against you, bring them into your mind and act accordingly:

**Colossians 3:13** Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

**1 Peter 2:23** "When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly."

Write a thank-you note to Jesus for giving you complete forgiveness.

Examine your heart and see if there is anyone whom you have not forgiven from your heart, and if there is anyone, seek the help of the Holy Spirit to reach a position to forgive them as the Lord forgave you.

# Quiet Time Series - Trust in The Lord

## Day 23 - Our Purpose in Trials

### 1 Peter 1:6–7 (NIV)

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. 7 These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.

We know Peter himself was a person who had to forgive himself many times for the weak-willed decisions he made when he disowned Jesus when tested. When he was tested, he couldn't help but deny any closeness with Jesus.

Testing, temptations, disappointments, and denials cause us pain and anger at times towards the people who cause us heartache. But our faith is made genuine and turns to gold only when we prove to trust God during our difficult days.

The morning as I sat to write this devo, I was wrestling in prayer because I was disturbed and sad that someone close to me had insulted me, dishonoured me and caused me to feel disrespected and unwanted. I had gone to sleep sad and angry the previous night. When I began to pray, I was only talking to God about how I am going to react from today. That I would avoid, punish or push away from me such people, even if they have to suffer on their own.

In my groaning, I reflected on **GOD IS LOVE (1 John 4:8)** and then I read that if I love God (**1 John 4:16**) I will have to LIVE in LOVE, respond in LOVE. My only response should be the way God would always treat me every time I say sorry to him. My anger mellowed down, I decided to forgive that person and not harbour anger from now on, even before meeting them again.

We face trials of many kinds. For many of us, it's even harder things like debts, lack of stable job, rejection, insults, unhealed relationships, mistreatment, being unloved as a spouse, prolonged sickness with medication.

There is no answer to why I face these trials when I am a believer. But we can identify our purpose. What am I supposed to do? What am I expected to do? What would God like me to do as I am facing these hard times?

Look at God. He is always Love. His nature is Love. He only thinks of Love. If I respond in love, my faith becomes genuine. That is what God would want me to do. My faithful life becomes valuable as gold. Others should feel PINCHED by my love than by my anger. My response to my trial gathers honour before God. God smiles at me and is pleased that I reacted correctly. Keep yourself blameless, may the Lord sanctify you, give you peace until His coming. (**1 Thes 5: 23**)

When you reflect on God's love, you reflect on your purpose. Find the strength to forgive yourself, forgive a person or be patient with yourself until you find the strength that God promises you for your life.

**Memorise: 1 Peter 1:6** "In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials."

# Quiet Time Series - Trust in The Lord

## Day 24 - Finding Peace in the Storm

### Mark 4:35-41 NIV

That day when evening came, he said to his disciples, "Let us go over to the other side." [36] Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. [37] A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.

[38] Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" [39] He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. [40] He said to his disciples, "Why are you so afraid? Do you still have no faith?"

[41] They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

God is with us even in our difficulties. Storms in life come suddenly—sickness, financial problems, ministry pressure, relationship issues, or personal struggles. Like the disciples in the boat, we also ask Jesus, "Don't You care?"

**But the main truth is this: Jesus is always with us. He is in the boat with us.**

The Sea of Galilee was known for sudden storms that were dangerous. Even experienced fishermen like Peter and John were terrified by the storm they faced!

**Isaiah 41:10** NIV So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

This promise was given to God's people when they were scared, faced with adversities, and unsure about the future. God reminded them, "I am with you. I will help you." This promise is still true for us today.

### 1. His Presence Is Greater Than Our Panic

The disciples saw the storm, but Jesus was calm. He wasn't sleeping because He didn't care—He slept because He had complete confidence in who He is and what will happen next.

We should understand that our fear doesn't change His power or make Him powerless. We should not think that God has abandoned us when we face trials that scare us!

When Jesus calmed the storm, the disciples realised something important: they were with someone far greater than the storm itself. The same Jesus is with us today in our difficult situations. Do you believe it?

### 2. His Word Brings Peace

Jesus simply spoke: "**Quiet (peace)! Be still!**" and the raging storm listened and obeyed; the storm ended immediately! We know only Jesus can do that. He is the creator. He is the creator of us too.

The same Jesus still speaks peace into our hearts today—through the Bible, people around us with encouraging words, through our personal and communal prayers, He speaks to us in worship, and Christian fellowship. His voice has authority. When He speaks, fear loses its power. It is our responsibility to listen to Him in the midst of our distractions and voices of fear around us.

# Quiet Time Series - Trust in The Lord

## Day 24 - Finding Peace in the Storm

### 3. His Loving Strength Holds Us Together

God says in **Isaiah 41:10**, “I will strengthen you and help you.”

Storms may shake us, they make us feel hopeless and distracted by fears, but God holds us steady. Even when we feel weak and hopeless, His strength constantly supports us. He doesn't watch us from far away—He is right beside us, holding us up like a loving father or mother carrying their precious child.

### 4. His Purpose Is Working in the Storm

Jesus used the storm to grow the disciples' faith. After the storm, they didn't just fear the waves—they stood in awe of Jesus.

Sometimes God allows storms so we can know Him more deeply.

The storm becomes the place where faith grows stronger.

### Reflection:

- What storm am I facing that I need to invite Jesus into?
- How can I focus on His presence instead of my fear?
- What is Jesus teaching me through this storm?
- How can I prepare myself to remain unshaken by the future storms I may face?



# Quiet Time Series - Trust in The Lord

## Day 25 - Learning from the difficulties

**Please read: Hebrews 5:8; Job 42:1-6**

Learning from the School of Hard Knocks

In life, we often view difficulties as annoying, discouraging, irritating or even as punishments. We long for a smooth and easy path, yet the Scriptures reveal a greater truth with regard to difficulties or hardships: our greatest learning often occurs in the crucible of challenges. The Bible presents a better perspective on suffering—it is not something that we just need to endure, but suffering is the classroom designed by God for our spiritual growth and refinement.

### God's Curriculum for Life

The writer of Hebrews gives us a powerful example in the life of Jesus:

"Although he was a son, he learned obedience through what he suffered." (**Hebrews 5:8** ESV)

Think about this: the sinless Son of God, who was perfectly obedient, still had to learn or experience true obedience through the agony of suffering. This doesn't mean that Jesus was disobedient before; rather, it means His obedience was tested, proven and perfected through His experience as a human being, ultimately "becoming obedient to death - even death on a cross." (**Phil 2:8**) If Jesus Himself needed to go through this "divine curriculum," how can we expect to bypass it?

Difficulties are the means by which our faith is tested and purified, and our character is shaped. They remove our self-reliance and expose what we really put our trust in. Just as we get pure Gold through a process that requires extreme heat, God uses the pressure and heat of trials to refine us and purify our hearts to be a better reflection of the image of Christ.

### A Change in Perspective

Think about the suffering of Job. He lost everything—his wealth, his children, his health, yet he maintained his integrity, refusing to curse God. After enduring one terrible tragedy after another and having to listen to the misguided counsel of his friends, God finally speaks. Job's response is one of humble realisation and transformation:

"Then Job answered the Lord and said: 'I know that you can do all things, and that no purpose of yours can be thwarted. ... Therefore, I have declared that which I did not understand, things too wonderful for me, which I did not know. ... I had heard of you by the hearing of the ear, but now my eye sees you; therefore, I despise myself, and repent in dust and ashes.'" (**Job 42:1-6**, ESV, selective verses)

Job's difficulties led him to a place of unbelievable heights. We all know the way this story ended. More than all he lost being restored, Job gained something so much more significant. He moved from some knowledge of God to personal, experiential knowledge. His suffering changed him. He came to understand his smallness and God's sovereignty. The result of his trial wasn't just restoration; it was a deeper, clearer vision of God Himself.

### Application

When you are facing a trial today—whether it's a difficult relationship, a financial crisis, a health crisis, or a professional setback—ask yourself two questions:

What is this difficulty asking me to release? (Is it asking me to let go of control, pride, fear, or reliance on my own strength?)

What is this difficulty asking me to learn about God? (Is it revealing His faithfulness, sufficiency, comfort, or power in a way I hadn't experienced before?)

Instead of praying only for the difficulty to be removed, pray for the grace to learn the lesson embedded within it. Embrace the tension, knowing that the most valuable spiritual maturity comes not despite the suffering, but through it.

### Scripture to Memorize

**Romans 5:3-4** (ESV): "More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope."

# Quiet Time Series - Trust in The Lord

## Day 26 - Rest in Him

**Matthew 11:28-30** NIV “Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light.”

### **Finding rest for your souls in God’s presence. Practising stillness to recognise God’s will.**

The pace of modern life is relentless. We are constantly connected, constantly striving, and often, constantly exhausted. We search for relief in weekends, vacations, or entertainment, yet that deep sense of weariness does not go away. Our souls are tired. It's into this tired and weary world that Jesus speaks one of the most comforting invitations in all of Scripture:

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” (**Matthew 11:28-30**, ESV)

### **The Exchange Offer**

When Jesus says, "Come to me, all who labor and are heavy laden," He is addressing those who are carrying two kinds of burdens:

**The Burden of Sin and Legalism:** In Jesus's time, the religious leaders had piled up hundreds of restrictive rules on the people, creating a crushing burden of trying to earn righteousness. Jesus offers freedom from this guilt and performance-driven life.

**The Burden of Life and Worry:** This includes the stress of anxiety, grief, relentless ambition, financial pressure, and self-reliance—all the weights we try to manage alone.

Jesus offers a burden exchange. He doesn't offer a life without effort, but He offers to replace our heavy, ill-fitting yoke (our attempt to control life) with His own. A yoke is a wooden frame that joins two oxen together for work. By inviting us to take His yoke, Jesus is inviting us to be harnessed to Him. When we are yoked with Him, He carries the majority of the weight because His strength is greater, and His direction is perfect. He promises that His yoke is easy (well-fitting) and His burden is light.

### **Practicing Stillness and Soul Rest**

Jesus promises that the result of this exchange is "rest for your souls." This is more than physical sleep; it is a deep, internal peace—the stillness that comes from recognising and submitting to God's sovereignty. This is real trust!

Rest in Him requires learning from Him. Jesus describes Himself as "gentle and lowly in heart." When we learn from Him, we learn:

**Humility:** We stop striving to prove our worth and accept our identity as His beloved children.

**Trust:** We cease trying to manipulate outcomes and rely on His perfect plan.

This is where the practice of stillness becomes vital. We can only recognise God's gentle will when we intentionally quiet the noise of our mind and the demands of our schedules. Stillness is not doing nothing while waiting; it is the intentional pausing of personal striving to create space to listen and surrender. When you are still, you acknowledge that you are not the one in charge. In that quiet moment, the gentle whisper of God's Spirit can guide you.

### **Application:**

#### **The 5-Minute Sabbath:**

You don't need to wait for Sunday or vacation to practice stillness. Commit to taking a 5-minute Sabbath every day, ideally in the morning or before a stressful task.

Find a quiet spot.

Close your eyes.

Take a few deep breaths to calm your body.

Pray this simple prayer: "Jesus, I come to You. I lay down the burdens of [mention a specific worry or heavy task]. Teach me how to rest in Your presence and align my will with Yours."

Simply, sit in stillness for the remainder of the time, focusing on your breath or repeating a calming phrase like "My soul finds rest in God alone." Do it with the confidence that Jesus will take care of your burden.

This small practice is the daily exchange of your heavy burden for His light one.

### **Scripture to Memorise**

**Psalms 62:5** (ESV): "For God alone, O my soul, wait in silence, for my hope is from him."

# Quiet Time Series - Trust in The Lord

## Day 27 - Being still, knowing that He is God

**Psalm 46:10** He says, "Be still, and know that I am God. I will be exalted among the nations. I will be exalted on the earth." (NIV).

"One of the greatest of spiritual attainments is the capacity to do nothing." - Dallas Willard.

The idea of being still is not quite familiar to many of us. Pascal, a Christian philosopher, remarked, "I have discovered that all the unhappiness of men arises from one single fact, that they are unable to sit quietly in their own room."

So then, what is this stillness?

For some of us, it even seems scary as to what I'm supposed to do in the stillness or in the quiet? Our traditional idea of a 'quiet-time' involves noise, as in we are loudly praying alone or with others, or we are actively reading Scripture or even journaling.

The dictionary describes stillness as "not moving" or "not making a sound."

To understand the context of this verse, we must read the entire **Psalm 46. Vs.1&2** goes like this: God is our refuge and strength, an ever-present help in trouble. 2Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3though its waters roar and foam and the mountains quake with their surging. (Changed the format to save space)

How can we be still when there is an earthquake that swallows up mountains!

As we come closer to knowing God for who He really is, we will surely be changed for the better. Instead of trembling and yelling in fear when we face major challenges in life, we turn our attention to God Almighty rather than to the monumental problems that are before us. That allows one to "be still"!

If we think we are growing in our knowledge of the Most High, and yet our struggles, desires, and our spontaneous responses to life and people remain the same, maybe it's a good time to pause. Maybe it's a good time to take Knowing God seriously, and we will learn to be still.

Worship that does not change us has not really been worship. In stillness, we come to a place of worship that changes us from deep within.

### How to come to Stillness?

#### Accept our limits

Pete Scazzero talks about allowing ourselves to come to be still by accepting our limits. He said, "At the heart of the original sin there was a refusal to accept limits. When we cross limits, we end up in the enemy's land." We know we are no longer in the kingdom of God but in the enemy's land when we are consumed with impressing people, and we are pretending to be something that we are not.

We are weak, and God is mighty and strong. Yet he will not force us to abide in Him. He wants us to come on our own. That is why there are so many invitations in the Bible, such as 'come and see,' 'come and rest,' 'come and hear,' 'come and live,' and also 'come and die.' All are invitations. The invitation to be still before him is a beautiful one. It is something that will open the eyes of our hearts so that we may know Him better.

### Know God more and more deeply

Lack of knowing Him is also from a lack of stillness. We have to understand that the eternal life as described by Jesus in John 17:3 is knowing God and knowing him. We need to have a hunger for deepening his life in us as Saint Ignatius of Loyola wrote, "We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or a short one. For everything has the potential of calling forth in us a deeper response to our life in God. Our only desire and our one choice should be this: I want, and I choose what better leads to God's deepening his life in me."

What do you really want? Do you want to know God in a deep and personal way, and not just intellectually? Do you want to know Him in a way that helps you to abide in Him, rest in Him and become like Him in true holiness and righteousness? This kind of knowing transforms us into people of love.

### Practice silence and solitude.

To practice silence and solitude, we need to be willing to slow down and come to quietness. This involves a willing surrender, peacefully and joyfully, like a child with its parents. The child fully trusts that the parent is loving, kind and able. As we claim to be children of God, we need to know Him deeply. The more we know Him, the more we learn to be still before Him.

In his book "Divine Conspiracy," Dallas Willard writes about the real need for solitude and silence in order to be still before God, not just for the sake of being still but for drawing closer to God in such a way that it empowers us to be what we cannot be on our own. He writes- "Would you like to have no need for praise from others, and not be paralysed and humiliated by their dislike and condemnation? Would you like to have the inspiration to lead a constant life of creative goodness?"

He goes on to write that for us to have strength and understanding that enables us to genuinely and naturally bless those who are cursing us, cheating us, mocking us or mistreating us, we would need our entire inner self to be transformed. Our inner reality is the truth of who we really are. From there we either bring out the good fruit of joyful, grateful, obedience or the bad fruit of pretensions, lies and shallow living.

# Quiet Time Series - Trust in The Lord

## Day 27 - Being still, knowing that He is God

When we get to stillness, we will have a deeper sense of not only who we are but also of who God is. Our faith in Him will be strengthened, and our sharing in his power will increase. This will in turn, liberate us from our own bondages, strongholds, and sinful desires. The desire to love people and God will increase. Don't we all want this, to be able to love more naturally and spontaneously?

So let us come to stillness. Let us develop rhythms of solitude and silence in our lives. Let not the lack of experience deter us, but let us be more determined to start from just where we are. It can be as simple as waking up and just turning our minds to Jesus in silence for a few minutes. It can be deciding to take out 10 minutes just to be in God's presence before reading your Bible. It can be just a few deep breaths of taking in the vastness of God's love, surrendering your mind and soul, before talking to Him.

As we practice being still before Him in silence and solitude, I believe He will guide us and lead us to green pastures and still waters. He will guide us along the right paths. He will anoint us and prepare a feast for us. Surely our cup will overflow, and we will be refreshed and restored continually. Surely the darkest valley will bring forth his comfort and support like never before. Surely his goodness and mercy and love will be known by us. We will no longer be the same. We will be transformed from one degree of glory to another. We will be made new in the attitude of our minds, and our hearts will be more set on unseen things above. We will taste eternal life even as we grow in our intimacy with Him.

So today, start where you are. Just take some time. Come to stillness. Remove all kinds of noise. Keep your phones away. Decide to slow down and not to hurry. Tell God: Here I am. I want to know you. I want to be with you. I want to abide in you.

### **Suggested verses for further reading and meditation:**

Ephesians 1:17-18; Ephesians 4: 23-24; 2 Corinthians 3:18

Next time when you face a big trial in life, choose to be still, knowing that Almighty God is in control.

# Quiet Time Series - Trust in The Lord

## Day 28 - From Worry to Worship

### Read Psalm 37:1-9

Vs1&2 “Do not fret because of those who are evil, or be envious of those who do wrong; 2 for like the grass they will soon wither, like green plants they will soon die away.”

To “Fret” is to heat or inflame oneself with anger, or to “burn with jealousy”. It is easy for us to become discontented and envious of the prosperity of the wicked. I have felt this when I hear how the rich and politically powerful commit some heinous crimes and get away with it freely because they have money and power to bribe and suppress justice. We are exhorted not to do this because their success and prosperity are only temporary. Through this Psalm and many other Scriptures, God is constantly calling us to move from worry to worship. How do we do that? Let us learn a few points to achieve this:

### Trust In The Lord

(vs3-6): Trust in the LORD and do good; dwell in the land and enjoy safe pasture. 4 Take delight in the LORD, and he will give you the desires of your heart. 5 Commit your way to the LORD; trust in him and he will do this: 6 He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

**What does it mean to “trust in the Lord”?** It means to put our hope and our faith in Him. Our faith isn’t in our own strength, position, status, experience, knowledge, credentials, or finances. Our faith, our trust, our hope is in the Lord Himself. We know that He will not fail us, so we do good. But when we fret, we are not trusting. We are called to trust in the Lord, take delight in Him, and commit our ways to Him. Then He will surround us with safe pastures, meet the desires of our hearts, and pour out incredible blessings.

### Be Still Before The Lord

(v7-8): Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. 8 Refrain from anger and turn from wrath; do not fret—it leads only to evil.

When we are unjustly treated, cheated, betrayed, and taken advantage of, while our offenders seem unscathed, able to carry out all their wickedness unhindered, we are tempted to react with anger, indignation, frustration and take justice into our own hands. But we are called to be still before the Lord and wait patiently for Him, refraining from anger and wrath. In our anger, we end up sinning, becoming no better than the wicked who do not know God.

The remedy is to be “still” before the Lord. To be quiet, submitting our pain, anger and wrath into his hands, trusting Him to bring the ultimate Judgement, and surrendering our will to His will. We can experience inner peace despite our suffering when we accept that He is in control. He calms us, helps us to forgive our offenders, heals us, and comforts us when we entrust ourselves to Him as the righteous judge, just as Jesus did.

### Read 1 Peter 2:19-23

Vs23 When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.

**Philippians 4:6-7** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### Rejoice for Great is The Lord’s Reward:

**Psalm 37:9** For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.

**Colossians 3:24** ... since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

### Those who serve the Lord will receive an everlasting inheritance from Him!

**2 Thessalonians 1:5-10** teaches us that the Lord will judge the wicked, but His holy people will share His glory.

**1 Peter 1:3-9** The enormous result of our faith is the salvation of our souls.

**2 Tim 4:8** We will receive the crown of righteousness

Whatever temporary sufferings and grief we may go through in this world, we can rejoice in the presence of the almighty, gracious God of inexhaustible loving kindness. We have received the greatest reward of the salvation of our souls, in addition to the Holy Spirit, His Kingdom, His word, and the inexplicable joy of eternity with Him. So let us rejoice and worship in faith, in His goodness and righteousness at all times!

### Reflection:

What did you worry about this past week? Did you feel depressed, angry or defeated?

Write down the scriptures that will strengthen you and help you at such times, so that you can trust, hope and rejoice in God.

How can you delight in the Lord and commit your way to Him?

Decide to practice “stillness” before the Lord

# Quiet Time Series - Trust in The Lord

## Day 29 - Community and Trust

(Leaning on fellow believers during difficult seasons)

When we get baptized, we don't just receive forgiveness—we receive the gift of the Holy Spirit (Acts 2:38). And through that one Spirit, God placed us into the body of Christ (1 Corinthians 12:13).

For years, I wondered:

Why only the gift of the Holy Spirit?

Why not any other gift?

Why place me into God's family—why not let me rely only on my physical family?

As I walked through trials and temptations, the answer became clear:

The Holy Spirit and the Church were intentionally given to me so that I would never face life alone. It wasn't an accident, it was the purposeful loving design of God. The Scriptures show the purpose of community

Let us read: **Hebrews 10:24–25**

“Let us consider how we may spur one another on toward love and good deeds... encouraging one another—and all the more as you see the Day approaching.”

This passage is more than a simple instruction to “attend church.” It reveals the heart of God: Your perseverance is deeply connected to your relationships in the body of Christ. John MacArthur writes that love within the community of believers is one of the marks of a genuine response to the gospel. In other words, community is not optional; it is evidence of a transformed heart.

### CONTEXT: Why did this matter to the Jewish Christians?

The Jewish Christians struggled with leaving the Old Covenant, the temple system, the rituals and ceremonies—the external forms of worship behind. The writer of Hebrews tells them: If you want to hold fast to the REAL things of God, then you must cling to the NEW Covenant, community—the people of God. Because here you can love and be loved, serve and be served; be strengthened, remain steadfast, persevere through trials, keep hope alive. There is no better place to stay faithful to Christ than in fellowship with His people.

One of the clearest moments I experienced this truth was when my daughter, at just eight months old, became gravely ill. Doctors gave up hope. Those were some of the darkest hours of my life. But I was not alone. Disciples from across our region came to pray. Some stayed the entire night, praying, strengthening my faith, reminding me to trust God. The next morning, the doctor said, “It is a miracle.” My daughter recovered and was moved to the normal ward. I know without doubt—it was God's power through God's people that sustained me. We all have memories like this—times when brothers and sisters stood with us so that we would not give up our trust in the Lord. This is why God gives us His Spirit and His Church. Because He knows: Alone we fall; Together we stand.

**1 Corinthians 12:21** says, “The eye cannot say to the hand, ‘I don't need you.’” “Christianity is not a one-person journey. The Spirit places us in a body because faith grows best in community.”

**Ecclesiastes 4:9–10** says, “If either falls, one can help the other up.”

During difficult times, we tend to become emotionally and spiritually weak. We need someone to lift us when we cannot lift ourselves.

**Hebrews 3:13** says, “Encourage one another DAILY so that none may be hardened...”

Daily encouragement prevents spiritual drift. Sometimes God's comfort, guidance, and miracles come through the hands of fellow believers.

### CONCLUSION:

In every storm of life, God has given us two anchors—His Spirit within us and His people beside us. We were never called to walk this journey alone. When we lean on the body of Christ, we are actually leaning on God Himself working through His people. So, in every trial, choose fellowship over isolation, honesty over hiding and connection over fear.



# Quiet Time Series - Trust in The Lord

## Day 29 - Community and Trust

### REFLECTION QUESTIONS

- Do I believe that I genuinely need the body of Christ? Or do I try to walk through trials alone?
- Who is/are the ones God has placed around me right now? Am I leaning on them or avoiding vulnerability?
- What experiences in my life prove that God worked through His people to help me stand firm?
- What is stopping me (can be a past hurt, pride, or insecurity) from reconnecting with fellowship?

### PRACTICAL FAITH STEPS FOR THIS WEEK

- Share one current struggle with a trusted brother or sister.
- Pray together with at least one believer every day.
- Send encouragement (a scripture or voice note) to three people who may be struggling.
- Attend every fellowship opportunity—not out of duty, but for strength.
- Invite someone into your Bible study or prayer life for a deeper connection.

An unknown person has said,

***“The Church is not just a place—it is God’s arms around you.***

***And those arms will hold you until the day He returns.”***



# Quiet Time Series - Trust in The Lord

## Day 30 – Life Rooted in Confidence

### Jeremiah 17:7–8

“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

- Every one of us longs for stability—an inner confidence that does not get shaken when challenges come.
- God’s desire for us is not to trust him occasionally but to root our confidence in who He is.
- When we have consistent trust in God, who is consistent, our lives also become consistent.
- When our roots go deeper into God, our faith grows stronger on the outside.

Jeremiah paints a beautiful picture of what this life looks like: a tree planted by water.

This tree faces heat, dryness and harsh seasons, just like we do, but the difference is where it draws its strength from. Everything around it may look dry, but its roots are connected to a constant source of water - a river that never dries up.

God declared himself to be the “spring of living water” (Jeremiah 2:13) and Jesus referred to the Holy Spirit who lives in us as “rivers of living water that flows from within” (John 7:38). Imagine we are drawing from this living water every moment, how do you think our lives would look like?

God invites us to develop a life where our confidence does not come from circumstances, people, emotions or from ourselves, instead it comes from who God is.

A life rooted in such confidence is not a life free from difficulties; it is a life that remains steady in the face of difficulties.

“It does not fear the heat” - Trials will come for those who are rooted in Christ, yet they will not fear because their confidence is not in a trial-free life but in God, who saves them from those trials.

“It stays green even in drought” - trials will come, but those who trust God won't get dried up or crushed but they stay green - they get refreshed by the Living Water!

“It continues to bear fruit.” - Their fruitfulness is not based on circumstances or mood, but in all seasons - good and bad seasons, they continue to bear fruit - fruit of the Spirit (Galatians 5:22,23) As they depend on God and the Holy Spirit living in them they continue to grow in the likeness of Christ with ever increasing glory (2 Cor 3:18)

Our confidence in the Lord grows as we consistently rely on Him by choosing:

Prayer over worry, Scripture over fear, obedience over convenience, and surrender over control. As we make these choices, our roots grow deeper without us even noticing at times.

Imagine your life can be strongly rooted, unshakeable and fruitful in every season. This is the life God desires to give you, and it starts with one decision: to place your confidence fully in Him. This is the life Jesus promised when he said, “I have come that they may have life, and have it to the full.” (**John 10:10b**)

As we put our complete confidence in the Lord, we are not gripped by fear of the future because our source of living water never runs out.

### How is your life today?

Can you confidently say that your life is fully rooted in confidence in the Lord?

If not, how can you make progress with a goal to reach that full confidence in Him?

Identify one area where you tend to place confidence in yourself or in people.

How can you surrender that area to God?

Journal about it, pray and seek help from the Holy Spirit and seek guidance from people who are filled with such confidence in God.

### Scripture to Memorise

#### Jeremiah 17:7

“But blessed is the one who trusts in the Lord, whose confidence is in him.”

# Quiet Time Series - Trust in The Lord

## Day 31 - Trusting God When All Is Well

### Please carefully study Deuteronomy 8

For several days in this quiet time series, we focused on learning to trust God during various trials. That is because our trust in God is tested through trials. But what about when everything is going well in life? Is it possible for us not to trust him?

God has warned us not to drift away from trusting Him when all goes well. This is a stern warning. In fact, the rise and fall of Israel through the centuries, from the time they were saved from slavery in Egypt, depended on whom they trusted in the times of prosperity. **Deuteronomy 8** delivers God's warning to Israel just before they enter the Promised Land. Please read the entire chapter carefully and take notes.

One major expectation of God is mentioned in **verse 10**. "When you have eaten and are satisfied, praise the Lord your God for the good land he has given you." We can easily think like this: "Why should God command this? Isn't it obvious that we should be praising God when we receive His blessings?" But God knows our nature better than anyone! Ungratefulness is part and parcel of human sinful nature! God wants us to be aware of it and defeat it! Israel, like any other people, became ungrateful when they prospered! God predicted their exact words in **verse 17**: "You may say to yourself, My power and the strength of my hands have produced this wealth for me."

Before thinking, 'How could they say that?' ask yourself if similar thoughts have ever surfaced in your own heart. I admit they have in mine—many times, in moments of victory. All of us share the same sinful nature. We can forget that God is the one who gave us opportunities to do good and all the victories in life. God expects us to do just two things: acknowledge it is God who did it and glorify Him by thanking and praising Him. Many times, we might declare, 'It was God, not me,' but are we completely honest? There's often a part of us that craves the credit. **Romans 1:21** says, "For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile, and their foolish hearts were darkened."

God expects all His creation to thank and glorify Him, which stems from a heart of gratitude, the result of clearly acknowledging the source of our success. **Deuteronomy 8:18** says, "But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today."

If God is the one who gives us life, all physical, intellectual, artistic, and creative abilities, and all of our success, then what is our role? God expects us to be good stewards, making the most out of what He gives us. Considering this reality, can we ever claim "I did it" or "we made it"? Deuteronomy 8:19-20 pronounces the consequences of such false claims: "If you ever forget the Lord your God and follow other gods and worship and bow down to them, I testify against you today that you will surely be destroyed. 20 Like the nations the Lord destroyed before you, so you will be destroyed for not obeying the Lord your God." Paul calls the attention of the Israelites to their past failures to glorify God and resulted in God's judgment on them in **1 Corinthians 10:6** "Now these things occurred as examples to keep us from setting our hearts on evil things as they did." He continues in vs 11, 12 "These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. 12 So, if you think you are standing firm, be careful that you don't fall!" So let us also take this exhortation to heart!

Trusting God is not only about the present and the future, but also remembering the past and recognising that it is God who brought us this far and genuinely being grateful to Him and attributing to Him that all our success is a result of His grace. Through this, we glorify God. This is also trust. Trusting in Him rather than in ourselves.

Let us never dare to even imagine that "My power and the strength of my hands (or mind or intelligence or abilities) have produced these!" Rather, let us acknowledge the fact of life beautifully quoted by Apostle Paul in **Acts 17:28** "For in him we live and move and have our being." Remember how he lived his life in **1 Corinthians 15:9-10** "For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. 10 But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me."

### Reflection:

- Write down a list of successes that you have experienced in life and examine deeply how God was behind them all.
- How can you anchor yourself to trust God and attribute to Him all reasons for the past, present and future successes in life?

**Meditate on 1 Corinthians 1:26-31 and memorise vs 31** Therefore, as it is written: "Let the one who boasts, boast in the Lord."

# Quiet Time Series - Trust in The Lord

## Epilogue: The Sustaining Rhythm of Trust

We hope that this quiet time series has helped you learn to continue to trust in our Lord.

As our intentional journey of 31 days, meditating on the very important topic 'Trust in the Lord', draws to a close, the practice of trust in the Lord is far from over. It has only just begun to take root.

We have spent a month cultivating a vital spiritual discipline: choosing trust over anxiety, faith over fear, and resting in the sovereign goodness of a God who sees us, knows us, and holds all things together. Through the diverse voices of Scripture and moments of stillness, we have been reminded that the Almighty is our refuge and strength, a very present help in trouble.

You may be leaving this series feeling a profound peace, or you may still be wrestling with the same circumstances that brought you here. Both are expected. Trust is not a one-time decision made in the calm, but a continuous series of choices made daily in the storm. It is the steady rhythm of releasing control and receiving grace, again and again.

### A Call to Carry the Rhythm Forward

The real fruit of this quiet time series is not found just in the pages of a journal or the completion of a reading plan, but in how you live when the noise returns. As you step away from this structured time, carry these three truths with you:

**Trust is Active, Not Passive:** It requires deliberately remembering God's faithfulness in the face of doubt.

**God's Timing is Sovereign:** His delays are not denials; they are often the crafting of a greater good or a deeper transformation within you.

**Community Matters:** This path is not meant to be walked alone. Lean on fellow disciples for support and prayer.

May your heart be a quiet sanctuary, even amidst a busy world, anchored by a deep and abiding trust in the Lord. He is faithful. He was faithful from the beginning of creation. He is faithful today, and He will remain faithful tomorrow. (**Hebrews 13:8** Jesus Christ is the same yesterday and today and forever.)

Go forth in His peace, living not by sight, but by faith.

### For Further Reflection and Action:

**Revisit:** Go back through the daily readings and highlight the single verse or insight that spoke most directly to your circumstances.

**Journal:** Write down a final prayer of commitment, dedicating your current anxieties and future hopes to God.

**Continue:** Dedicate a good amount of time each morning to continue the habit of quiet reflection on the Scriptures and prayer. Memorise promises of God to help you trust in our wonderful, loving, ever-present Lord.

May God help you to continue the spiritual journey to the very end. We have the same confidence as Apostle Paul expressed it in **Philippians 1:6** "...He who began a good work in you will carry it on to completion until the day of Christ Jesus."

As you continue to grow in trusting our Lord, may He empower you to bear much fruit.

We want to thank  
all of us to re

and helped



These are the brothers and sisters who prepared the devotionals.

Quiet Time Series - Trust in the Lord		
Day	Theme	Name of the person who prepared
	Introduction	Shaijus Philip
1	Definition of Trust	Shaijus Philip
2	God is Trustworthy	Beena Philip
3	God's provision	Christy Varghese
4	Power of God's word	Sheeba Alex
5	God's faithfulness	Benny Soza
6	God our rock and fortress	Rajimol Soza
7	God' s unfailing love	John Britto
8	God's protection	Jasmine Britto
9	Letting go of control	Sachin JS
10	Trusting God's plan	Monica Sachin
11	Choosing to trust - Overcome doubt	Felix Francis
12	Honesty with God	Anjitha Felix
13	Trusting when life hurts	Suma Viswanath
14	Trusting the unseen God	Dr. Viswanath
15	Building trust through prayer	Scott Davis
16	When prayer seem unanswered	Dionne Davis
17	The wisdom of waiting	Suma Viswanath
18	Trusting the gift of grace	Dinesh George
19	Trust and obey	Kingston Singh
20	Joy That Stands Strong in Every Trial	Caroline George
21	Trust over feelings	Abraham Rajkumar
22	Forgiveness and trust	Shaijus Philip
23	Our purpose in trials	Andrew Santhanaraj
24	Finding peace in the storm	Thyagarajan
25	Learning from the difficulties	Roger Mathew
26	Rest in him	Susan Mathew
27	Being still and knowing that He is God	Toli Emmanuel
28	From worry to worship	Beena Philip
29	Community and trust	Praseetha Nishanth
30	Life rooted in confidence	Malu Saji
31	Trusting God when all is well	Shaijus Philip
	Epilogue	Shaijus Philip

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