

I Don't Have to *Understand* — to — Trust God

WHAT PROVERBS 3:5-6
TAUGHT ME THROUGH THE STRUGGLE



Trust in the LORD with
all your heart; do not
depend on your own
understanding. Seek his will
in all you do, and he will
show you which path to take.

➤ PROVERBS 3:5-6 ➤



— MY REFLECTION ON THE WEEKLY SCRIPTURE —

for the Week of August 9 to 15, 2026



I Don't Have to Understand to Trust God

First Prayer — August 9, 2026

Dear God,

I have been struggling this week. I was nervous about publishing the website You gave me. Friday and Saturday, I did nothing. No homework, no work on the website. I just stayed in my feelings and emotions. I am confident that You will give back to me what has been stolen from me. I believe that with my whole mind. I know Your Word, and I trust You.

But I still struggle in my flesh with the desire for that special someone You will use to restore something I have wanted for so long—the true intimacy I should have been able to experience with a man. Some of that was taken from me through what my stepfather and uncle did to me. I do not want what they did to define this part of my life, but I recognize that it affected how I experience and understand intimacy, love, and relationships.

Then there was my marriage. There was no true intimacy in the way I deeply desired it, and there were times when it felt more like we were roommates who cared deeply for each other. I made excuses for why things were the way they were, and I accepted them even when I wanted more. I loved my husband, and I appreciate the life we had together. I do not hate him, and I do not blame him for everything that happened in our relationship.

In fact, God, I thank You for him because You used him in my life. He showed me unconditional love in a human form, and he was the one who introduced me to You. I will always be grateful for that. We were both human, and we both allowed our flesh to be used in ways that hurt our relationship. But through it all, You were there, and I learned so much. Most importantly, I was able to begin this wonderful relationship with You.

I would not be who I am today if I had never met my husband. You used him to bring me into Your presence and eventually to a place where I could open my heart, mind, and soul to the amazing God that You are.



“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.” Romans 8:28

Thank You for allowing him to be part of my life.

Thank You, God.

I am writing all of this in this prayer because I need You—and anyone who may one day read this—to understand where I am at this moment today.

I believe in You, God. I believe in Your Son, Jesus Christ, and in the Holy Spirit. I trust You with all my heart, mind, and soul. But I still struggle with doubt. This week's Scripture is:



“Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.” Proverbs 3:5–6

and it tells me to trust You with all my heart and not lean on my own understanding.

I believe that. But I am beginning to understand something about myself. There are times in my life when I no longer need to know why before I move forward. There are times when I need to stop trying to understand everything about the struggle I am going through and simply seek You in it.





“My thoughts are nothing like your thoughts,” says the LORD. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your thoughts.” Isaiah 55:8–9

**I seek You in all things. I ask for Your guidance in everything I do.
Then when I hear You—I obey.**

But obedience does not mean that I never struggle. I am still human. I still have emotions and desires. My body and mind still respond to things I have experienced. Having those feelings does not automatically mean that I have stopped trusting You. What matters is what I do with them. Your Word teaches me to bring my cares to You because You care for me.



“Give all your worries and cares to God, for he cares about you.” 1 Peter 5:7

Your Word also teaches me to bring my anxieties to You in prayer.





"Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace , which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7

God, I am beginning to understand that sometimes I need to allow myself to feel what I am feeling instead of immediately trying to solve it, explain it, or make it disappear.

I need to bring those emotions and desires honestly before You and allow the Holy Spirit to minister to me through Your Word and lead me into truth.



"When the Spirit of Truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future."
John 16:13

I do not have to sit there until I understand everything. I do not have to force an answer from You. I can pray. I can wait. I can listen. I can trust You to teach me what I need to learn when I am ready to receive it.





“Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.” Psalm 27:14

“Be still and know that I am GOD! I will be honored by every nation. I will be honored throughout the world.” Psalm 46:10

“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.” James 1:5

See, it is not that I do not trust You, God. I have finally understood that when I start to struggle in my mind—with my emotions and desires—I need to pray to You. I need to allow myself to feel what I am feeling while bringing those feelings under the truth of Your Word. I need to allow the Holy Spirit to minister to me through Your Word and help me understand what You are teaching me through the struggle.

Maybe you are feeling this way right now too—like you are just sitting there, doing nothing, waiting for something to change or for God to give you an answer. That is exactly how I felt these last two days. I thought I was doing nothing, but God was still working.

I thought I was just sitting there.

But He was teaching me to stop.

He was teaching me that I did not have to figure everything out immediately.

He was teaching me that trusting Him means I do not have to understand everything first. I can trust His wisdom even when I cannot see what He is doing.

You were teaching me to wait on You.



He was teaching me to wait on Him and trust that renewed strength comes when I place my hope in Him. **Isaiah 40:31.**

He was teaching me that even when I cannot see what He is doing, He is still continuing the work He began in me. **Philippians 1:6.**

And You were teaching me that I do not have to be afraid of acknowledging the struggle because acknowledging it gives me the opportunity to bring it before You and examine what I am believing.

That is important because I know I have an enemy. Satan is a liar and a deceiver.



“For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.” John 8:44

Scripture also warns us to stay alert because the enemy looks for opportunities to devour and destroy. **1 Peter 5:8–9.** He is described as an accuser of God’s people. **Revelation 12:10.** From the beginning, we also see him trying to create doubt by questioning what God has said. **Genesis 3:1.**

That does not mean every emotion I experience comes from Satan, and it does not mean every struggle is caused directly by him. But it does mean that when I am hurting, confused, disappointed, or longing for something deeply, I need to be careful about the lies I may begin believing in the middle of those emotions.

For example, I can see this happening in the struggle I am dealing with right now. I have a deep desire for the kind of intimacy and relationship I have longed for, and when that desire becomes strong, a lie can begin forming in my mind: **“God is withholding this from me. Maybe He is never going to give me what I desire. Maybe I need to make this happen myself.”** See how quickly the struggle can move from a real human desire to questioning God’s goodness, His timing, and whether I can trust Him?



That reminds me of what happened in the Garden of Eden. Satan did not begin by telling Eve simply to reject God. He began by causing her to question what God had actually said and then distorted God's words. *Genesis 3:1–5*. The circumstances are different, but the warning for me is important: **when I begin questioning God's goodness or thinking I need to take control because His way or timing is not enough, I need to stop and examine what I am believing.**

And this is where God has been teaching me something different. Instead of following that thought, I can bring it to Him and ask, **"God, what is true?"** I may not know what He has planned for this desire or whether His answer will look anything like what I imagine. But I do know what His Word tells me about **who He is**. That is where my attention needs to return. *Psalms 84:11; James 1:17; Proverbs 3:5–6*.

This is why I have to come back to God's Word.

Satan may use lies to create doubt, but God's Word gives me the truth I need to recognize those lies and reject them. My focus cannot stay on what Satan is doing. My focus has to return to what God has said, because His Word is truth. *John 17:17*.

So when I am ready, I can begin getting to the truth behind the lie that has me doubting what You have said. I can ask You to show me what I am believing in the middle of that struggle and whether the enemy is using it to keep a lie alive in my mind. Then, through the Holy Spirit and Your Word, I can recognize that lie, take the thought captive, and bring it into obedience to Christ.



"We are human, but we don't wage war as humans do. We use God's mighty weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. "

2 Corinthians 10:3–5

Then I can answer the lie with Truth.

Your Word is Truth.



"Make them holy by your truth; teach them your word, which is truth." John 17:17

When I recognize that a lie is trying to shape what I believe, I do not have to fight it in my own strength. God has already given me what I need through His Word. I can stand in the truth He has revealed, submit myself to Him, resist the devil, and allow His Word to renew the way I think. **Ephesians 6:10–18; James 4:7–8; Romans 12:2.** This is how the struggle begins to change for me. I stop allowing the lie to remain unchallenged, and I bring it under the truth of what God has said. The more I return to His Word, the more I can recognize what is false, reject it, and replace it with what is true.

The lie may tell me that I will never experience the kind of intimacy and love I desire.

The truth is that I do not know what You have planned for that part of my life.

And that is where trust comes in.

You have not asked me to know my future. You have asked me to trust You.

I do not need to declare what You have not promised me. I do not need to force an answer about whether You will give me that relationship. I can tell You honestly what I desire, bring that desire before You, and trust You with whatever You choose to do with it.

"Take delight in the LORD, and he will give you your heart's desires. Commit everything you do to the LORD. Trust him, and he will help you." Psalm 37:4–5

"We can make our plans, but the LORD determines our steps." Proverbs 16:9

All I can do today is wait for You to give me the direction I need and then follow where You lead.

I must be obedient by allowing You to work in me wherever You need to work so that I am prepared for whatever You have planned. I do not want to rush ahead of You, force something You have not given me, or allow my own desires to become louder than Your wisdom.

Thank You, God, for keeping me. Thank You for giving me Your Word so that I can recognize what is true and what is a lie. Thank You for giving me the strength to endure. Thank You for teaching me that struggling does not mean I have abandoned my trust in You.



- **When I struggle, I can pray.**
- **When I do not understand, I can wait.**
- **While I wait, I can listen.**
- **When You reveal what is underneath the struggle, I can learn.**
- **When a lie is exposed, I can bring it before Your Word and answer it with Your Truth.**

So right now, I am asking You for clarity, wisdom, and the understanding I need for whatever lesson You are teaching me through this struggle. Help me not to force the lesson before I am ready to receive it. Help me remain still enough to hear You, humble enough to learn, and obedient enough to follow what You show me.

- **I do not have to understand everything today.**
- **I do not have to know what tomorrow will bring.**
- **I do not have to control the outcome.**
- **I need to trust You today.**
- **And when tomorrow comes, I will trust You again.**

Amen.



Learning to Trust God Beyond My Own Understanding

“Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.” Proverbs 3:5–6

Background of Proverbs

The book of Proverbs is a book of wisdom designed to teach God’s people how to live according to His wisdom in everyday life. King Solomon wrote many of the proverbs contained in the book, including the material that forms the major portion of **Proverbs 1–29**. **Proverbs 25–29** contains additional proverbs of Solomon that were later collected by the men of King Hezekiah, while **Proverbs 30 and 31** contain wisdom associated with Agur and King Lemuel. Much of the book is connected with Solomon’s reign before his death around 931 B.C., while the later collection of Solomon’s proverbs occurred during the reign of King Hezekiah.

Throughout the ancient Near East, collections of proverbs were used to pass down wisdom and practical guidance. Solomon, however, was especially known for the extraordinary wisdom God had given him. His wisdom was not simply the result of human intelligence. Scripture tells us that God gave Solomon exceptional wisdom and understanding, and people from many nations came to hear the wisdom God had placed within him.

“God gave Solomon very great wisdom and understanding, and knowledge as vast as the sands of the seashore. In fact, his wisdom exceeded that of all the wise men of Egypt. He was wiser than anyone else, including Ethan the Ezrahite and the sons of Mahol—Heman, Calcol, and Darda. His fame spread throughout all the surrounding nations. He composed some 3,000 proverbs and wrote 1,005 songs. He could speak with authority about all kinds of plants, from the great cedar of Lebanon to the tiny hyssop that grows from cracks in a wall. He could also speak about animals, birds, small creatures, and fish. And kings from every nation sent their ambassadors to listen to the wisdom of Solomon.” 1 Kings 4:29–34

Proverbs often speaks in the language of a father giving wisdom and instruction to his son. Yet its wisdom is not limited to Solomon’s sons. It calls all who will listen to learn how to live wisely before God. The book contains extended teachings about wisdom as well as collections of shorter wise sayings addressing many areas of everyday life.



Through them, we are continually brought back to the difference between living according to our own understanding and living according to the wisdom of God.

The purpose of Proverbs, then, is not simply to give us more knowledge.

God gives us wisdom so that His truth changes how we actually live. Proverbs teaches us to seek His wisdom, receive His instruction, and apply it through obedience.

The foundation of that wisdom is the fear of the LORD—recognizing God for who He is, revering Him, submitting to His authority, and understanding that true knowledge and wisdom begin with Him. (**Proverbs 9:10**)

“Fear of the LORD is the foundation of true knowledge, but fools despise wisdom and discipline.” Proverbs 1:7

Proverbs ultimately fits within the larger biblical revelation that finds its fulfillment in Jesus Christ. The New Testament identifies Christ as *“the wisdom of God”* and teaches that in Him are hidden all the treasures of wisdom and knowledge. (**1 Corinthians 1:24**)

“I want them to be encouraged and knit together by strong ties of love. I want them to have complete confidence that they understand God’s mysterious plan, which is Christ himself. In him lie hidden all the treasures of wisdom and knowledge.”
Colossians 2:2–3

Therefore, biblical wisdom is never merely about becoming smarter or making better decisions. True wisdom begins with God and ultimately directs us toward Christ.

And that brings me directly to Proverbs 3:5–6. These verses are not simply giving me good advice about making decisions. God is calling me to trust Him with my whole heart, to stop making my own understanding the final authority, to acknowledge Him in the way I live, and to trust Him with the direction of my path.

That is what makes these two verses so personal for me now.

Source: *Courage for Life: New Living Translation Study Bible for Women* (2023, p. 788), paraphrased and summarized.



What God Has Been Teaching Me About Trusting Him

As I read Proverbs 3:5–6, I realize that I have read these two verses many times over the past twenty years. I understood the basic message: trust God completely, do not make my own understanding the final authority, seek His direction, and follow where He leads. I believed those words when I first read them, but believing what God says and learning how to actually live according to what He says have been two different things for me.

For the past twenty years, God has been working in me and teaching me what these words mean. I struggled with these verses for a long time. I believed them, but I do not think I really began to understand what trusting God instead of leaning on my own understanding looked like in my life until these last four years.

When My Understanding Was Not Enough

I went through an extremely difficult season. My husband became sick, and after seven months of his health declining, he passed away. Then it seemed as though everything else disappeared with him. I lost my home, cars, and the family life I had known.

But there was one thing I did not lose.

I did not lose God.

There were moments when emotionally I felt as though I had lost Him. There were moments when He seemed distant, but He was not gone. God had already promised that He would never leave or forsake His people. (**Deuteronomy 31:8**)

“Don’t love money; be satisfied with what you have. For God has said, ‘I will never fail you. I will never abandon you.’” Hebrews 13:5

My feelings could tell me that God was absent, but my feelings could not change the truth of His presence.

Looking back now, I can see that I became so wrapped up in my pain and emotions that I was vulnerable to questioning things I already knew to be true about God. Scripture warns us that Satan is a liar and that believers must remain alert to deception. (**John 8:44; 1 Peter 5:8–9; Genesis 3:1**)



But even when I struggled and pulled away from God for a time, He remained faithful. **2 Timothy 2:13.** What I could not see then was that God was still working in me. Through His Word, He was beginning to confront lies I had believed and renew the way I thought so that my understanding could come into greater agreement with His truth. (**Ephesians 4:22–24; John 8:31–32**)

“Don’t copy the behavior and customs of this world but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:2

It was hard. It was emotionally draining. But when I look back now, I can see that God’s work in me did not begin when everything fell apart.

God had already been teaching me.
God had already been preparing me.

I knew God had called me to serve Him, so I continued doing what He had placed before me. I studied His Word. I went to school to gain a deeper understanding of Scripture and prepare myself to serve wherever He led me. God’s Word teaches us to handle His truth faithfully, and Scripture equips His people for the work He calls them to do. (**2 Timothy 2:15**)

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” 2 Timothy 3:16–17

Today, I can look back over fifty-four years of my life and see something I could not have understood while I was living through each individual experience.

God did not waste those years.

That does not mean God caused every painful thing that happened to me or that everything done to me was His will. Scripture shows us that people can intend evil while God remains sovereign and able to accomplish His purposes in spite of it.

“You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.” Genesis 50:20



God is also able to work through painful circumstances for the good of those who love Him and are called according to His purpose. **Romans 8:28.**

I cannot explain every reason God allowed everything I have experienced.

And maybe that is part of what **Proverbs 3:5–6** has been teaching me all along:

I do not have to understand everything in order to trust God.

What God Was Teaching Me Through the Struggle

If I had not walked through what I have walked through—especially these past four years—I do not believe I could say the following today with the understanding I now have:

See, it is not that I do not trust You, God. I have finally understood that when I start to struggle in my mind—with my emotions and desires—I need to pray to You. I need to allow myself to feel what I am feeling while bringing those feelings under the truth of Your Word. I need to allow the Holy Spirit to minister to me through Your Word and help me understand what You are teaching me through the struggle.

That is what Proverbs 3:5–6 is becoming for me.

Trusting God does not mean I will never struggle emotionally. It does not mean I will never have questions, desires, disappointments, or moments when I do not understand what He is doing.

It means that when my understanding conflicts with what God has revealed in His Word, God's Word has to remain the authority for what is true.

I am called to walk by faith even when I cannot yet see or understand what God is doing.

“For we live by believing and not by seeing.” 2 Corinthians 5:7

As always, I was listening to music while doing this study. As I was writing, the song **Made Me Stronger** by *Sherell Hodge* began playing. The timing caught my attention because its message fit so closely with what God had already been teaching me through His Word.

God is so great.



But I have also learned something important about moments like this. A song may encourage me or cause me to stop and think about what God has been teaching me, but a song does not determine what is true.

God's Word does.

Scripture tells us to test everything and hold firmly to what is good. **1 Thessalonians 5:21**. Jesus prayed to the Father, *"Your word is truth."*

"Make them holy by your truth; teach them your word, which is truth." John 17:17

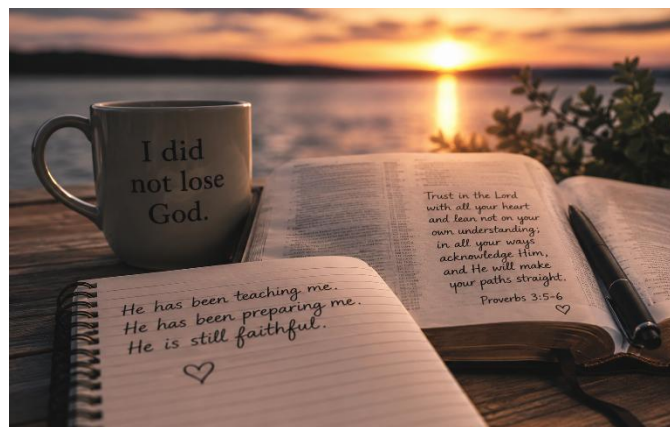
So when something encourages me or seems to confirm what I am learning, I bring it back to Scripture. My confidence cannot ultimately rest in a song, a feeling, or even my own interpretation of an experience. My confidence has to rest in God and the truth He has revealed in His Word.

That is how I become stronger against lies—not because I become strong enough in myself, but because God gives me the strength I do not have on my own. **Isaiah 40:29–31**

"Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong." 2 Corinthians 12:9–10

How amazing is it that God does not simply tell me to trust Him. He has given me His Word so that I can know who He is, recognize His faithfulness, and understand why He is worthy of my trust.

So, thank You, God.



But Back to the Lesson

God prepares us even when we cannot see what He is doing. He continues His work in His children, but we must remain willing to listen, learn, and submit ourselves to Him.

Philippians 1:6; Philippians 2:13; James 1:2–5.

That is what is different for me today compared with the woman who was saved in 2006 and had just begun this journey with God. I understand **Proverbs 3:5–6** differently now because I have had to live it.

I truly believe what Solomon is teaching here: **trust God rather than leaning on my own understanding.**

My understanding has been shaped by experiences, emotions, desires, wounds, and lies I have believed throughout my life. That does not mean everything I think or feel is a lie. But it does mean that I cannot make my own understanding the final authority for what is true.

God's Word must be my authority.

When something I believe contradicts what God has clearly revealed in His Word, I need to recognize it for what it is and bring that thought under His truth. **(Romans 12:2)**

"We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ." 2 Corinthians 10:3–5

This is the lesson God has been bringing together for me: **I can struggle and still trust God.** Having an emotional struggle does not automatically mean that I have stopped believing God or trusting what He has said.

The question is what I do when that struggle comes.

I am learning that I do not have to pretend the emotion is not there, and I do not have to be ashamed because I am struggling. I can bring what I am feeling honestly before God instead of allowing the emotion to control what I believe. **Psalms 62:8; 1 Peter 5:7.**



I am also learning that I do not have to force myself to understand everything immediately. There are times when I need to stop trying to solve the struggle myself and simply wait on God. **Psalm 27:14; Isaiah 40:31.** His understanding is greater than mine, and He knows what is happening inside me even when I cannot fully understand it myself.

Most importantly, I am beginning to recognize that my feelings cannot be the final authority for what is true. **God's Word must be that authority.** When something I am thinking or feeling begins causing me to question what God has clearly said, I need to bring it before Him and allow His truth to correct my understanding. **Romans 12:2; John 17:17**

I do have an enemy, and Scripture tells me to remain alert because Satan seeks opportunities to deceive and draw believers away from God's truth. **1 Peter 5:8–9; John 8:44. But my focus cannot remain on Satan. My focus must remain on God.** I submit myself to Him, stand upon His Word, and trust in the victory Christ has already accomplished. **James 4:7; Colossians 2:13–15.**

That is what I am finally beginning to understand about **Proverbs 3:5–6.** I do not have to understand everything happening in my life before I can trust God. I do not have to know what tomorrow will bring or understand every reason something happened. I simply need to know where to turn when my own understanding is no longer enough.

I turn to God.

I trust Him with all my heart. I refuse to make my own understanding the final authority. I seek Him, and I trust Him to direct my path.

Jesus never promised that following Him would mean I would never struggle. He told His followers that we would experience trouble in this world, but He also told us to take heart because He has overcome the world.

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

John 16:33

So the lesson I am beginning to understand is this:

CALL ON GOD AND SEEK THE KNOWLEDGE AND WISDOM HE GIVES THROUGH HIS WORD SO THAT WE CAN NAVIGATE THIS FALLEN WORLD WHILE FOLLOWING HIS SON, JESUS CHRIST.



When struggles come, I have somewhere to go. I have God and His Word. Scripture teaches me, corrects me, and equips me for the life God has called me to live. **2 Timothy 3:16–17**. His Word gives light for the path in front of me. **Psalms 119:105**. When I lack wisdom, God tells me to ask Him for it. **James 1:5**.

My prayer for anyone reading these words is that something God has taught me through my life will help you begin recognizing these truths sooner than I did. I do not want anyone who is struggling to believe that they have to figure everything out by themselves. I want those who are hurting to discover that they can bring their struggles to God and find truth, wisdom, strength, salvation, and hope through Jesus Christ. **John 14:6**.

“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” Matthew 11:28–30

I am not claiming that every thought I write comes directly from God or that my words carry the authority of Scripture. **Only God’s Word carries that authority**. I am simply His servant, sharing what I believe He has taught me as I have walked with Him and studied His Word. My responsibility is to remain faithful with what He has entrusted to me and point others toward Him. **1 Corinthians 4:1–2; 2 Corinthians 4:5–7**.

So, see, all I can do is continue being obedient to His Word and allow Him to keep working in me. **Philippians 2:13**.

Trusting God does not mean I will never struggle. It means that even in the struggle, I can choose to turn toward Him instead of away from Him.



What God Is Teaching Me: Trust Him, Release the Lie, and Walk in His Truth

The Courage for Life: New Living Translation Study Bible for Women explains in the Observe section that believers are called to trust God rather than ourselves. God has given us His Word to guide us, so our beliefs and decisions should come into agreement with Scripture.

Trusting God is not simply saying that I believe Him. Trust begins to show itself when I obey what He has revealed in His Word and allow His wisdom to guide the way I live.

I wholeheartedly believe this. God has not left us here trying to figure everything out for ourselves. He has given us His Word to teach us, correct us, guide us, and prepare us for the life He has called us to live. **Psalm 119:105.**

"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work."
2 Timothy 3:16–17

He has also revealed Himself through His Son, Jesus Christ. **Hebrews 1:1–3; John 14:6.**

But I also have a responsibility. **I must read God's Word, study it, seek His wisdom, and remain open to what He is teaching me.** Then I have to make the choice to obey and apply what I learn to my life. Simply knowing what Scripture says is not the end of what God calls me to do. James tells us not merely to hear the Word but to do what it says.

"But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it."
James 1:22–25



Jesus also connects loving Him with obeying Him. **John 14:15. Proverbs** teaches that true wisdom begins with reverence for God and submission to Him. **Proverbs 1:7; Proverbs 9:10.**

See, I have known many of these truths for years but knowing them and allowing God to make them part of the way I actually live are two different things. That is something I understand much more clearly today.

That is also why I write these papers, Bible studies, and testimonies. They are not meant to lead anyone to me.

They are meant to point you to God.

I cannot change another person. Only God can transform a heart and a life. **2 Corinthians 3:18.** My responsibility is to be obedient to what I believe God has called me to do and point others toward Jesus Christ and the truth of His Word. **Matthew 28:19–20; 2 Corinthians 4:5.**

Believe me, I never imagined God would have me writing. Writing does not come naturally to me. Yet here I am. With God's help, I am doing what I believe He has called me to do. That reminds me that my ability to serve Him does not have to come from my own strength. My sufficiency comes from God. **2 Corinthians 3:5; Philippians 2:13**

So thank You, God, for using me however You choose. Thank You for putting within me the desire to obey You. My life belongs to You. I want Your will rather than my own, and I want my beliefs and decisions to be shaped by Your truth rather than by the thinking of this world.

“And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don’t copy the behavior and customs of this world but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” Romans 12:1–2

There is also something I need to understand correctly about obedience. I do not obey God so that I can earn His love or make Him give me the things I desire. God's grace cannot be earned. **Ephesians 2:8–10.** Scripture does teach that God sees faithfulness and rewards His servants according to His wisdom and purposes. **Hebrews 11:6; Colossians 3:23–24.**



But I obey Him because I love Him, belong to Him, and trust Him—not because obedience gives me control over what God must do for me.

Obedience is not a way for me to control God. It is a way for me to surrender myself to Him.

The Interpret section of the study Bible brings this even closer to what God has been teaching me. It explains that God alone knows our future. Trusting Him means looking to Him rather than ourselves for security, direction, and understanding. When I lean on my own understanding, I can begin acting as though I am able to figure everything out without God's wisdom and guidance.

Those words describe how I see my life today much better than they would have been years ago.

- I used to think I needed to know and understand what was happening in my life.
- I wanted the explanation.
- I wanted to know why.
- I wanted to know where everything was going.

Now I understand something different:

- God knows what I do not know.
- God sees what I cannot see.
- God understands what I cannot yet understand.

“My thoughts are nothing like your thoughts,” says the LORD. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.”

Isaiah 55:8–9

That does not mean I stop asking God for wisdom. Scripture tells me to ask Him when I need wisdom and to wait on Him. **James 1:5; Psalm 27:14.** What has changed is that I am learning that I do not have to create my own explanation when I do not understand.

- I can pray.
- I can wait.
- I can remain in His Word.

And when God begins showing me what I need to understand through His Word, I can allow the Holy Spirit to guide me into truth and help that truth become part of the way I think and live. **John 16:13 ; Romans 12:2.**

That is Proverbs 3:5–6 becoming real in my life.



What Makes Me Anxious About the Future?

The study Bible asks what makes me anxious when I think about the future and what could help me trust God with my current and future circumstances.

Today, I can honestly say that I am not anxious about my future the way I once was. I have lived through enough now to look backward and see that God was there even when I could not see what He was doing.

Because I belong to Jesus Christ, I know where my final destination is. Jesus has promised that He is preparing a place for those who belong to Him and that He will return and bring us to be with Him. **John 14:1–3**. What I no longer need to know is every detail of how God is going to get me from where I am today to wherever He wants me tomorrow.

That is a big change for me because I like plans. I used to want to know what was going to happen, why it was happening, and where everything was going.

Now I understand something different:

I do not need to know the entire plan. I need to know **the One** directing it.

I may make plans, but God directs my steps. **Proverbs 16:9; Psalm 37:23–24**. So I am learning to seek Him, trust Him, and wait.

There is still an area of my future that I deeply desire God to restore. Something precious was wounded and taken from me when I was young, and I have longed for restoration in that area. But God has been teaching me that I cannot turn my desire into a promise He has not specifically made.

I do not know what restoration will look like.

But I know the character of the God I am trusting with it.

He is good. **Psalm 34:8**. He is near to the brokenhearted. Psalm 34:18. And His wisdom is greater than mine.

So instead of trying to determine what God must do, I can say:

God, You know what I desire. You know what was taken from me, and You know what is best for me. I give this desire to You. I trust You with what restoration looks like, how it comes, and when it comes. And while I wait, continue Your work in me.



The Area I Am Still Trying to Control

The reflection question asks:

Is there an area of your life that you're trying to control instead of trusting God with?

After these last two days, my answer is **yes**.

I can see that I have sometimes been trying to control the restoration of my desire for true intimacy with a man. I trust God with it, but sometimes my flesh becomes impatient.

And that is where God met me these last two days.

I thought I was sitting there doing nothing.

But God was working.

He was showing me that I did not need to make something happen. I did not need to figure out my future. I needed to give Him room to work in me.

I want what God has for me—not what my impatience tells me I need right now.

The Lesson God Has Been Teaching Me

And this is where **Proverbs 3:5–6** became more than verses I knew.

God showed me that trusting Him does not mean I will never struggle. It means I know where to go when I do.

When I struggle, I can bring it to Him. I can acknowledge what I am feeling without allowing those feelings to determine what is true.

I can return to His Word and allow His truth to correct what I am believing.

That is what God did for me these last two days.

He brought me back to Himself.

He showed me where I was still trying to control something I needed to surrender. He reminded me that I do not have to know what He is going to do with this desire. I only need to trust Him with it.



And suddenly **Proverbs 3:5–6** became very simple:

- I do not have to control everything.
- I do not have to understand everything.
- I do not have to know everything.
- I need to know God.

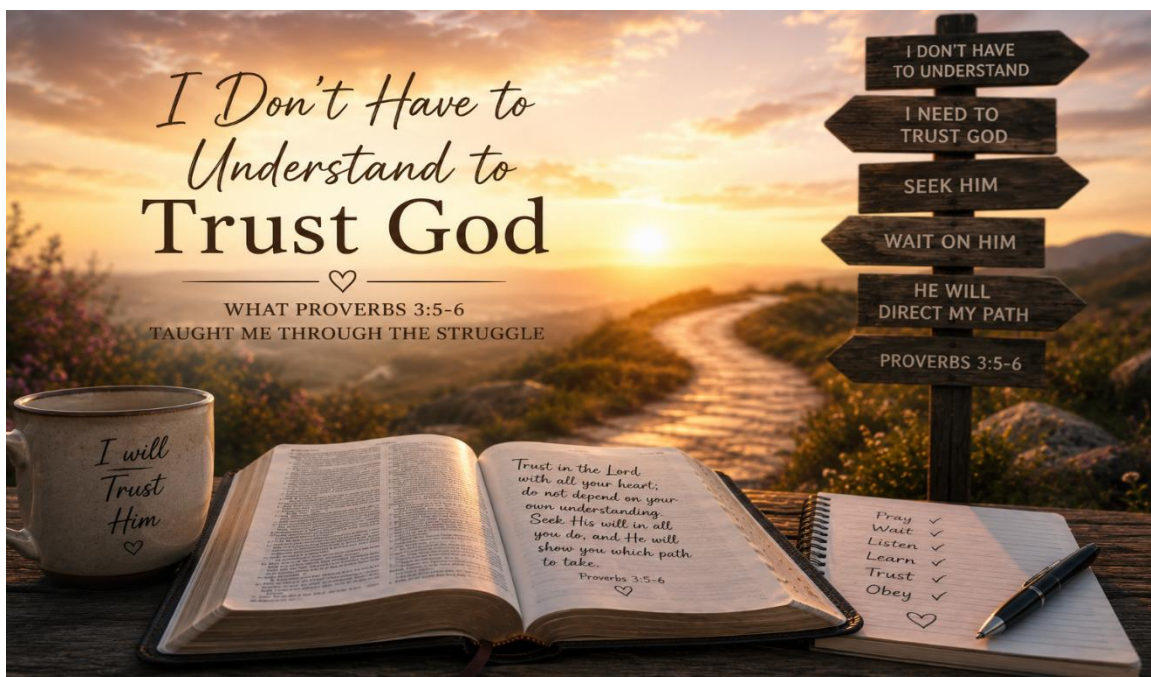
So when the struggle comes:

- **I pray.**
- **I wait.**
- **I listen.**
- **I learn.**
- **I return to God's Word.**
- **And I obey.**

That is what **Proverbs 3:5–6** means differently to me today.

I can struggle and still trust God.

God used this struggle to show me that I do not have to understand His plan before I can trust the One directing it. And if you are sitting in your own struggle right now wondering what God is doing, maybe the first thing He is asking you to do is the same thing He has been teaching me: stop trying to figure everything out, bring it to Him, and trust Him enough to let Him lead.





A Prayer of Trust and Surrender

Dear God,

Thank You for what You have taught me through **Proverbs 3:5–6** and through the life You have allowed me to live. I trust You with my life, my future, my desires, my unanswered questions, and even the parts of me that still struggle. When my emotions become strong and I do not understand what is happening inside me, I remind myself that I do not have to figure everything out. Teach me to come to You, to pray, wait, listen, and learn. Help me bring what I am feeling honestly before You and place it under the truth of Your Word. **Psalms 62:8; Proverbs 3:5–6.**

Holy Spirit help me recognize what is true and what is false. When an old lie begins speaking louder than Your truth, bring Your Word to my mind and renew the way I think. Help me take every thought captive and bring it into obedience to Christ. **John 16:13; Romans 12:2; 2 Corinthians 10:3–5.**

God, I surrender my desire for restoration to You. You know what happened, what I lost, and what I still desire. You also know what I need better than I do. Continue working in me, refining me, strengthening me, and preparing me for whatever You have planned. **1 Peter 1:6–7; Philippians 1:6.** I surrender my future to You. I do not need to know every step. Give me enough light for the step You place before me. When You tell me to move, help me move. When You tell me to wait, help me wait. When You teach me, help me listen. And when You show me truth, help me obey. **Psalms 119:105.**

Thank You for never abandoning me, even when my emotions made You feel far away. Thank You for using difficult seasons to strengthen my faith and draw me closer to You. **Hebrews 13:5; James 1:2–4.**

Father, I choose Your wisdom over my understanding, Your timing over my impatience, Your will over my desires, and Your truth over every lie. When I struggle again, remind me what You have taught me:

Pray. Wait. Listen. Learn. Bring it before Your Word. Hold on to the Truth. Then obey.

I trust You, God. Continue directing my path.

In the name of Your Son, Jesus Christ, **Amen.**



A Prayer for You, the Reader

Father God,

I pray for every person who is struggling with something they cannot understand. Help them bring their fears, emotions, desires, wounds, and questions honestly before You. Give them wisdom through Your Word and help them recognize any lie they have been believing. Through the Holy Spirit, lead them into Your truth and help them trust You even when they cannot see where You are leading. Most importantly, draw them closer to Your Son, Jesus Christ, and let them discover that they do not have to face their struggles alone. **Matthew 11:28–30; James 1:5; John 16:13.**

In Jesus Christ's name, **Amen.**

Final Thought

Twenty years ago, I could read **Proverbs 3:5–6** and tell you what it said. Today, after everything God has brought me through, I am beginning to understand what it means to live it.

Trusting God does not mean I will never struggle. It means that when I struggle, I know where to go. I go to God. I pray. I wait. I listen. I learn. I bring what I am believing before His Word, allow His truth to expose the lie, and then I choose to obey Him.

I do not have to understand everything because I trust **the One** who does.

Prayerfully prepared by

Christie Johnson

Christie Johnson

Servant of God

“Pointing people to the hope, healing, and transformation found in Jesus Christ.”

