

Glass-Bottomed Skywalk

Trust in God Completely

If you're afraid of heights, the thought of venturing out on a walkway suspended 4,770 feet in the air makes you sweat a little. But turning the fear factor up to eleven, the creators of the Grand Canyon Skywalk built a U-shaped *glass-bottomed* bridge for millions of thrill-seeking tourists to walk on each year. Standing at its apex, there aren't any visible supports to keep the structure or the people on it from falling to their deaths. Why would anyone voluntarily risk their life on such a bridge?

In the disciple's life of faith, we trust that God will support us. He's the firm foundation we stand on, even if it sometimes feels like we're on the glass-bottomed Skywalk. We may not understand how, but we trust that God is faithful, reliable, and utterly count-on-able to keep his promises and see us through!

Let's continue our [Cross Training](#) journey looking at faith, which encompasses our belief, trust, and loyalty. Last week, we explored belief, so now let's work our way to trust.

What You Need to Know

While belief starts in our *mind*, trust is an act of the *heart*. Belief defines *what* we think is true, but our trust decides *who* we'll rely on. It's the mortar that holds relationships together. No wonder faith is the basis for knowing God (Gal. 2:20; 3:11, 26).

Riches will fail (Prov. 11:28), our minds might lead us astray (Prov. 28:26), and even our closest friends could betray us (Psalm 118:8). But God has never let anyone down, made a promise he won't keep, or told a lie (Heb. 6:18). He always works for our good (Rom. 8:28). So we hope in him and wait on him (Psalm 62:5-8). Because we know him (2 Tim. 1:12), his character gives us stability and peace (Isaiah 7:9; 26:3-4; Phil. 4:7).

What You Need to Do

Like any relationship built on confidence, every interaction with the Lord should convey how much we trust him. Speak to him with trust through your regular and sincere prayers (Mark 11:24). Allow him to lead you wherever he desires (Prov. 3:6-8). Smile in hope, knowing all he has prepared for you (John 14:1-4).

Read Scripture to grow your trust in God, noticing his track record of love, power, and wisdom. Learn to pray with confidence by praying the psalms, holding onto the Lord "*my rock*," "*my fortress*," and "*my salvation*" (2 Sam. 22:2). Even in difficult times, let's echo the confidence of three faithful men long ago who said, "*... our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of your hand, O king. But if not, be it known to you, O king, that we will not serve your gods or worship the golden image that you have set up*" (Dan. 3:17-18).

Through the Week

- **Read** — John 14:1-4; Heb. 13:5-6; Jer. 29:11-14; Prov. 3:1-8; 2 Sam. 7:27-29
- **Reflect** — Ask yourself, "*Who is God?*"
- **Request** — Pray, "*Oh Lord, I trust in you without fear. What can anyone do to me?*" (cf. Psalm 56:3-4)
- **Respond** — List some problems you're unsure how to solve, and then sit in stillness, knowing that God is in control.
- **Reach Out** — Ask someone, "*When has God proven trustworthy in your life?*"