



Discussion Guide

Date: 5/3/2026

Sermon Title: How do I trust in God?

Scripture: Proverbs 3:5-8

This discussion guide is a layout to be used with a group or class. We have included opening and closing prayers to start and end your group. The guide may be used for personal or family reflection as well.

OPENING PRAYER

Gracious and loving God, we come with full hearts and distracted minds, carrying both joy and uncertainty. In a world that often feels unstable, teach us again what it means to trust in You. Open our hearts to Your Word and help us to listen; not just with our ears, but with our lives. Give us the faith of children, the courage of youth, and the wisdom of Your Spirit, that we may lean on You in all things. Amen.

OPENING QUESTIONS: (Choose one to start with)

1. When was a time in life you had to trust someone else completely? What made that difficult or easy?
2. What do children often trust more easily than adults? Why do you think that is?

DIGGING INTO THE SCRIPTURE:

Read Proverbs 3:5-8 (NRSV). Additional translations may be helpful for you and your group.

Observing the Text:

1. What words or phrases stand out to you in this passage? Why?
2. What does it mean to “trust in the Lord with all your heart”? What might “all” include? What makes it difficult for you to fully trust God? How have past hurts or disappointments affected your ability to trust?
3. What is the difference between “leaning on your own understanding” and trusting God?
4. Verse 6 says, “In all your ways acknowledge him.” What does that look like in daily life?
5. What promise is given in these verses? How do you understand “he will make straight your paths”?
6. What warning is given in verse 7 about being “wise in your own eyes”? Why is that important?
7. How are “fear of the Lord” and “turning away from evil” connected to trust?
8. Verse 8 speaks of healing and nourishment. How might trust in God affect us spiritually, emotionally, or even physically?

CONNECTING SCRIPTURES

Explore how trust in God shows up across the Bible

9. Psalm 56:3-4 – “When I am afraid, I put my trust in you.” What fears make trusting God difficult for you?

10. Jeremiah 17:7–8 – Trusting God like a tree planted by water. What roots help us stay grounded in trust?
11. Matthew 18:3 – Faith like a child. What can we learn from children and youth about trusting God?
12. Philippians 4:6–7 – Trust replacing anxiety. How does prayer help us grow in trust?
13. Romans 8:28 – God working for good. How does this shape our understanding of trust when life is hard?

Theological Reflection (Wesleyan Perspective)

In Wesleyan theology, trust is not just belief; it is relational reliance on God’s grace. John Wesley spoke of faith as “a sure trust and confidence in God.” Before we even choose to trust God, God is already at work drawing us in (Prevenient Grace).

1. How does it change your perspective to know God initiates relationship with you?

Wesley emphasized that faith is lived out daily. Trust is not abstract; it is practiced in decisions, habits, and relationships. The General Rules (UMC) are: Do no harm, Do good, Stay in love with God

2. How might trusting God help us live out these general rules in real ways?

SERMON QUESTIONS:

1. Pastors Clayton and Allison talked about a blueprint of life isn’t a great way to see our lives. How does the concept of God providing a compass rather than a blueprint change the way you approach decision-making and understand your own free will?
2. The sermon mentioned feeling pressure to follow someone else's "blueprint" for life. Have you ever felt this pressure? Whose blueprint were you trying to follow?
3. In the sermon the quote from Raymon Van Leeuwen said, “The Bible presents a paradox. The more one relies on God, the more independent one becomes. It is the most God-dependent persons who are the most independent of external controls and coercion.” Are you experiencing this freedom? Do you agree?
4. Pastor Allison read vs 7 “Do not be wise in your own eyes”. How have we become wise in our own eyes in life? What mistake is this and what can we do to keep our eyes on Jesus?
5. Pastor Allison shared about driving toward Kansas when she should have been going west; ignoring the compass right in front of her. When have you ignored God's "compass" even though it was clearly pointing you in a different direction?
6. The sermon mentions friends and others that will encourage us and pray for us. Who is in your community that encourages you to trust in the Lord?
7. Pastor Clayton talks about how the Beatles had to overcome the noise of the crowd to play their music at live concerts. How does the image of Ringo Starr watching his bandmates' feet to stay in rhythm relate to your own need for spiritual alignment and community?
8. When we “acknowledge God” we are seeking God in all that we do and aligns our hearts with God. Are you finding ways to align with God in all of life even the difficult? How?

REFLECTION:



1. What are the biggest obstacles to trusting God in today's world (news, social media, personal struggles, etc.)? What areas of your life are you most tempted to rely solely on your own wisdom rather than seeking God's direction?
2. What does it practically look like to acknowledge God in "all your ways"—in decisions big and small, in relationships, work, finances, etc.?
3. What spiritual practices help you acknowledge the Lord in all your ways and maintain alignment with God's heartbeat amid the competing voices of the world?
4. What would it look like to trust God in that specific situation right now?
5. Can you think of a time when trusting God led you in a better direction than you expected?
6. How can we tell the difference between our own understanding/desires and God's direction? What helps you discern God's voice?

CLOSING PRAYER:

Faithful God, you are trustworthy even when the world feels uncertain. You call us to trust You not just with part of our lives, but with all that we are. Help us to release our need for control and to rest in Your wisdom and grace. Strengthen our faith, especially in moments of doubt. Teach us to walk in Your ways, to acknowledge You in all things. May we leave this time grounded in Your love and empowered to live with courage and hope. In the name of Jesus Christ, Amen.

WAYS TO RESPOND:

Try following these practices to focus on this week:

1. Memorize Proverbs 3:5-6 if you haven't already
2. Journal about one time this week when you chose to trust God instead of leaning on your own understanding.
3. What is one concrete step you can take this week to "acknowledge God in all your ways"? Write it down, share it with a trusted friend, and make a commitment to God and yourself to do it.

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This season explores the intersection of faith and technology and asks what it might look like to stay human in an increasingly digital world. fumcr.com/morethansunday The new season launches a new episode each Wednesday and continues weekly through May 6.