

THE TRUST PROJECT



Let not your hearts be troubled. Trust in God: trust in me also. (John 14:1)

May God, the giver of hope, fill you with continual joy and peace because you trust in Him--so that you may have abundant hope through the power of the Holy Spirit. (Romans 15:13)

...so that your trust might rest not on the wisdom of man but on the power of God. (1 Cor. 2:5)

The meaning of "trust":

1. Firm reliance on the integrity, ability, or character of a person or thing or God.
2. Custody; care.
3. Something committed into the care of another; charge.
4. The condition and resulting obligation of having confidence placed in one. One in whom confidence is placed.
5. Reliance on something in the future; hope

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Here is a helpful quote from James Blanchard Cisneros:

Do you trust God? If you were asked this question, your immediate response would probably be, "Yes, I do trust God." If you were also asked: Do you ever worry? Your answer would probably be, "Yes, I worry sometimes." My friend, let me say that if you truly trust God, then you would never worry. If you choose to worry in any situation then know that you are not fully trusting in God.

Trust God or worry. Those are the two choices you have in every situation. Trust God and be at peace. Worry and experience stress. Your choices are that simple and you will make your life as peaceful or stressful as you choose to make it. Trust God and be at peace. This is all that is asked of you. Yet, over and over again, you choose worry over trust, and make your life a living hell.

Do you remember our summer 2005 *Surprised by Grace* project? Grace diaries were given to the congregation to write down moments of Grace. Many of you may still have your diary. There is more information at www.rideaupark.ca under *Spirituality* about *Surprised by Grace* and two other spirituality projects, *In All Things*, and *Wings of Prayer*. All of these resources can be used to help you to see evidence of God's action in the world. Choose one to help you grow spiritually over this summer period.

The Trust Project

This summer, we hope to help you take a few steps towards letting go of your need to try to control the people and the world around you. There are many situations over which we would wish to have control, but know that is impossible. We need to remember the characteristics of God when we go in prayer to sit with God and hand over our concerns.

God Is Love

God Is Peace

God Is All-Inclusive

God Is Abundance

God Is Well-Being

These five characteristics of God are taken from the book "Inspiration Your Ultimate Calling" by Dr. Wayne Dyer. Below we quote from Dr. Dyer's book about each of these characteristics.

God Is Love:

Emerson states: *Love is our highest word and the synonym for God* - in other words, if we dwell in love, we dwell in God. If God is love and cannot be anything other than what God is, and we wish to have a dialogue with God, then we must come to our Source in love or we're wasting our time. God cannot and will not respond to unloving requests. Unloving prayers, which originate in arrogance, hatred, or fear, are the work of ego, so they won't be answered. God's message is to love all people, without exception. Eph. 4:25 *We are all members of one body.* 7Cor. 16:14 *Let everything you do be done in love.* God must be approached from the vantage point of forgiveness – for any and all we perceive to have wronged us, and for ourselves. How can we expect God to hear our request for help in improving a relationship when we have hatred in our heart because of supposed misdeeds and maltreatment? So in the private, quiet, prayerful moments of asking for God's help, don't ask God to help defeat others in any way; rather, pray: "*Dear God, make me an instrument of Thy love. I want to be like You. I have forgiven them, and I have forgiven myself.*" And remember that there can be no forgiveness without love.

God Is Peace:

Psalm 46:10 *Be still and know that I Am God...* or in other words, be agitated and turbulent, and you will never know God. When we commune with God in a way that reflects an absence of peace, we'll have these nonpeaceful beliefs continually reinforced. By holding on to our panic, we'll believe even more in the disorder that our mind and body are accustomed to. Furthermore, we'll leave our prayerful state believing that our petitions aren't being answered, and very likely blame God for creating and allowing war and the other evils that define the world. Take time to "be still" before entering into prayer. Let go of any nonpeaceful thoughts. *"Lord, make me an instrument of Your Peace."*

God Is All-Inclusive:

We won't be heard by, or receive assistance from, God if we're touting our separateness from our fellow humans. It's impossible for God, who creates everyone (and is *in* everyone) to even have a dialogue with someone who's harboring ideas of their specialness or separation from everyone else. We must see ourselves as *connected to everyone* in order to communicate with God. So we've got to make every effort to avoid any thought that sets us apart from another being, such as a request to defeat someone, to have more than anyone else, to win a contest, to be considered first among many. In conversing with God, we strive to be more like God. So we need to see ourselves as connected to everyone in the Universe as we enter into prayer. *"Make me an instrument of You. Allow me to see You in everyone I encounter. Help me to see myself in others and to extend first to them what I aspire to myself. I've noticed that this is how You are, and I wish to be just like You."*

God Is Abundance:

All of God's gifts, including life itself, are given as freely and abundantly as oxygen, sunlight, and water. As Saint Paul said: *God is able to provide you with every blessing in abundance.* (2 Cor. 9:8) Human beings have brought the ideas of deficiencies and depletions of God's gifts on ourselves, largely by taking very un-God-like actions. God serves all of us, but our greed has made us forget others and focus only on ourselves. As a people and as individuals, we've brought lack to our lives, and we can only fix this deficiency by becoming more like our Always-Serving, Endlessly Abundant Spiritual Source. *"Lord, make me an instrument of Thy endless abundance."*

God is Well-Being:

As Earnest Holmes wrote *"The will of God is always good,"* which leads us to understand that disease, sickness, and suffering are not part of God's energy. If we use the word *heal* to mean "reconnecting to our Source of Well-Being," then we're open to the potential of receiving assistance to overcome any infirmity. Joseph Murphy says *"Know that God loves you and cares for you. As you pray this way, the fear gradually will fade away...Turn your mind to God and His love. Feel and know that there is only one healing presence and power...Quietly and lovingly affirm that the uplifting, healing, strengthening power of the healing presence is flowing through you, making you every whit whole. Know and feel that the harmony, beauty, and life of God manifest themselves in you as strength, peace, vitality, wholeness, and right action. Get a clear realization of this, and you will be cured in the light of God's love."* Pray *"Make me an instrument of God's well-being."*



In any situation which you feel called to pray, come with an attitude in tune with God - an attitude of love, peace, inclusivity, abundance, and well-being. Ask God to let you experience God's presence, and there will God be...not because God is letting you do so, but because you are allowing yourself to experience God. You can experience God in all difficult situations. God will turn a difficult situation into a wonderful gift for you. Try to focus on God and God's love for you. Let that love flow through you and touch your heart. God is there because God has always been there. Choosing fear will offer you anxiety, stress, pain, regret and confusion. Choosing Love will offer you peace and joy.

Keep a diary of your prayers and petitions. Keep your prayers rooted in the qualities of God and fill in your Diary of Trust as your prayers are issued and answered. Don't go through life in fear, but trust in God who will fill all of your needs, if you but have faith. Have a blessed summer, let go of your worries, and be an instrument of God.

