

Family Devotional

From July 9, 2017

Try this: Do a trust exercise with your family. Blindfold a person and have someone else lead them around the house, give them something to eat, or do a trust fall. Take turns letting everyone be blindfolded and lead (as is age appropriate).

Reflect:

How difficult was it for you to be blindfolded and trust the others that were leading you?

What were you concerned might happen?

When might someone have a hard time trusting someone they know?

If the person leading you during the exercise had tripped you, given you something disgusting, or left you while you were blindfolded how would this effect your willingness to trust them in the future?

In life how do you decide who you can trust?

It is really hard to trust someone we do not know. When we build a relationship with them and come to know how they treat us and others we can better evaluate if they are someone we feel safe with. Our trust grows as we see they have been trustworthy in the past. The same is true with God!

Read: Psalm 40:1-10

Reflect: David proclaimed his trust in God because he knew God, and had witnessed His faithfulness throughout his life. When we are going through hard times it can feel like God has left us, but really, He is always working for our good, even if it is behind the scenes.

This can be hard to see when we are in the midst of a problem, but if we take time to reflect on it once we have made it through, we often see God's hand at work the whole time. In Psalm 40, David is writing down the ways he has seen God be faithful in the past, and choosing to trust that He will continue to be faithful in the future.

Challenge: Write your own list of ways you have seen God be faithful in your life and the lives of others around you. Keep this list handy, and the next time you are finding it hard to trust God review the list.

God has been faithful, and He will continue to be faithful!

Remember: Work together as a family to memorize and/or meditate on **Psalm 40A** this week.

"Blessed is the one, who trusts in the Lord"

Ideas: Write it down and hang it on the refrigerator. Say it together as a family during meal time each day. Write it on a chalk or white board and erase a couple words each day until you can say it by memory.

Respond: "Dear Jesus, thank you for being trust worthy, and proving yourself time and time again. Help us to continue to grow in our relationship with you, and trust you with every area of our lives.....Amen!"