MENTORING OTHERS

13-I'm Having Difficulty Totally Trusting Father

(This is a mentoring article)

STATEMENT: Trust is really an issue for me. I'm trying to totally trust Father, but much of the time I find myself sorting out issues for myself. It's not working. I promise myself I'll just rest, but again, I find complying with Father to rest isn't so easy. It's like, when an issue comes up, amnesia steps in and I try to sort it out for myself.

MY RESPONSE: You're not alone in struggling with trusting Father. I still can't do it perfectly.

What I've experienced over the past 15 years is a continual process of handling life situations where I've had to practise trusting Father. I'm not perfect at trusting him yet, but I'm much better than I was.

These situations I've experienced are no different to anyone else's life experiences. It's just that learning to trust takes centre stage in my mind now – even though I often get a moment of amnesia, just like you.

The important thing I've found is this: the more I take my hands off the situations, I then have more experiences of Father working things out without me having to do anything.

The more I take my hands off what I can't deal with, the more he solved the situations, and the more I'm encouraged to trust him because he's proved himself.

That's very important. Trust only comes through experience, not by mental ascent or by sheer 'grit'.

It's also important to realise that we've all been programmed by life – and that's from the time we were born – to solve every problem we face so that we survive. It's extremely hard to let go of our ability to do that problem-solving and stop doing everything ourselves.

That doesn't mean I don't do anything myself. Not at all.

I do what I can, while allowing the Spirit to give me insight and wisdom when I do things myself. When it's too hard for me, or I'm out of my depth to solve it, that's when I make a conscious step to hand it over to Father, and leave it with him.

So it's a long-term process of learning to trust him. And, it's the same with learning to rest in him. They go hand-in-hand, actually.

REMEMBER: (1) It's only you who can develop total trust in Father – or in anyone, for that matter – no one can do it for you. (2) You just have to stay the course, by enduring the processes, if you want to live in all the benefits the Kingdom has to offer.

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