

# THE ESSENTIAL NATURE OF TRUST

## JACOB – Wrestling with Trust

I invite you to walk with me through the Old Testament and discover how God uses the stories of broken men—not perfect ones—to help us learn to trust Him.

These lives aren't just ancient history; they are windows into our own struggles and hopes. Each story leads us closer to Jesus, the one in whom all trust finds its meaning.

Along the way, your “trust muscle” will be stretched and strengthened as we explore what it means to truly follow the One who is trustworthy.

Let's take the journey together.





# Series Overview

1. Goal: Strengthen trust in Jesus through Old Testament characters.
2. Theme: Who Do You Trust?  
Who Do You Follow?
3. Outcome: Build trust in relationships, make discerning decisions, and deepen your relationship with Jesus.



# JACOB: Wrestling with Trust.

1. **ENDURANCE → Trust Is Often Built Through Struggle, Not Certainty.** Jacob's defining moment wasn't a peaceful vision—it was an all-night struggle. He wrestled with God in fear, desperation, and determination. Trust grew not through answers, but through endurance. Genesis 32:22-32.

2. **FACE REALITY → Trust Requires Facing What You've Been Avoiding.** Jacob meets Esau after years of avoidance and guilt. Instead of using manipulation or gifts to control the moment, he approaches with humility. Trust begins when we stop hiding from what hurts. Genesis 32:1-12.

3. **PURSUED BY GOD → God's Faithfulness Often Follows Us Long Before We Trust Him Fully.** God meets Jacob in a dream before he's fully surrendered. He makes promises to Jacob not because Jacob deserves it—but because God is faithful. Trust grows when we recognize His pursuit of us, even in our wandering. Genesis 28:10-22.





# The 5 Essentials of Trust

## 1. Understanding

You trust people who 'get you.' They listen, empathize, and validate your perspective without quick fixes.

## 2. Motive

Trust is built when the other person's heart is for you, not just for their own interests. You feel safe when someone genuinely wants your good.

## 3. Ability

Good intentions aren't enough. We trust people who are competent—who have the skills, wisdom, or experience to follow through.



# The 5 Essentials of Trust

## 4. Character

You trust those who do the right thing when it costs them. Integrity, humility, and consistency over time shape deep trust.

## 5. Track Record

Trust is strengthened when someone has shown up again and again—when they've proven themselves trustworthy through real-life situations.





# ABILITY:

## The Third Essential of Trust

1. COMPETENCE → Trust is not just about good intentions—it's also about competence. We can only truly trust someone if they have the ability to follow through. This means they have the skills, strength, and resources to act on what they promise.

Jacob learns this truth through his relationship with God. Though he wrestled and resisted, he came to realize that God had the ability to sustain him, protect him, and fulfill the promises spoken over him—even when Jacob could not.

2. CAPABILITY → Many people misplace trust by confusing character with capability. We must assess: Can this person actually do what they say they will do?

Three Key Questions to Assess Ability:

1. Do they have the experience or track record to deliver?
2. Are they consistent and dependable over time?
3. Can they remain strong under pressure, especially when things get hard?

Jacob's transformation happens when he stops trusting in his own ability and starts trusting in God's. That's where real faith begins.





# Take Action!

## Journal Prompts

1. When have you had to wrestle with God before you could trust Him more deeply?
2. What relationships or past regrets might God be asking you to confront with humility and courage?
3. Have you seen evidence of God's presence in your past, even before you were walking closely with Him?

