

THE ESSENTIAL NATURE OF TRUST

DAVID: The Warrior Who Waited

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.



DAVID – The Warrior Who Waited.

1. WAIT → Trust in the Wilderness – Trusting God's Timing. Scripture: 1 Samuel 24. David refused to take Saul's life. Lesson: God's promises don't need shortcuts. Fearless Insight: David lived from identity, not fear.
2. CONFESSION → Trust Through Confession – Trusting God's Mercy. Scripture: Psalm 51. David owned his failure with Bathsheba. Lesson: Trust includes bringing brokenness to God. Fearless Insight: Identity transformation starts with radical honesty.
3. WORSHIP → Trust Beyond Victory – Trusting God's Presence. Scripture: 2 Samuel 6, Psalm 23. David danced before the Ark – God's presence mattered more than power. Lesson: Trust is anchored in presence, not position.



BOOK: FEARLESS by Jamie Winship

1. Winship says, “You cannot live in fear and hear from God at the same time.”

David models this by refusing to act out of fear, even when hunted.

2. He emphasizes identity rooted in God’s voice. David’s life is a reflection of listening—through psalms, prayer, and prophetic guidance.

3. Winship teaches that courage grows when we know who we are. David faced Goliath and Saul not because he was fearless—but because he knew whose he was.



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.



Breaking Your Barriers – Insights from Dr. Henry Cloud - TRUST.

1. **PAST → The Pain File – Your History Shapes Your Hesitation.** “The brain stores untrustworthy experiences like a filing cabinet—pain has a long memory.” We often avoid trust not because of the present, but because of past wounds.
2. **FEAR → Fear of Vulnerability – Trust Requires Risk.** “You can’t be fully loved if you’re not fully known. But being known means being vulnerable.” Vulnerability is the gateway to authentic trust.
3. **SURVIVAL → Defensive Modes – Control, Withdrawal, and Compliance.** “When people hit a trust wall, they respond in self-protective modes that actually reinforce disconnection.” Control: Trying to manage everything to stay safe. Withdrawal: Pulling away emotionally or physically. Compliance: Saying “yes” to avoid conflict but not really engaging.



Take Action!

Journal Prompts

1. David, hunted and betrayed by Saul, still chose to trust again—God, Jonathan, and his men. Reflect: What's in your pain file that might be blocking your trust today?
2. David's prayer in Psalm 51 shows raw, honest repentance. Reflect: Where might God be inviting you to drop your guard and be seen?
3. David faced loss and betrayal but resisted these defaults. Instead, he turned toward God. Reflect: What's your default defense, and what would stepping into trust look like instead?

