



THE ESSENTIAL NATURE OF 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.

JEREMIAH – Trusting God When Times are HARD!

Nothing in the world works without trust. Trust is established through relationship.

Who do you trust? Who do you follow?

Highland Colony Men's Roundtable

www.MensTable.com

September 18, 2025

Scripture: Jeremiah 1:1-10; Jeremiah 29:10-14; Jeremiah 31:31-34

Music: Struggle Jennings ft. Jelly Roll - Only God Knows <https://www.youtube.com/watch?v=tFwHooU4znk>

Videos: America is a Christian Nation! - <https://www.youtube.com/watch?v=A6R-AvCUsQ>

Resources: *Hitchhiking with Prophets – A Ride through the Salvation Story of the Old Testament* by Chad Bird

Trust – Knowing When to Give It, When to Withhold It, How to Earn It, and How to Fix It When It Gets Broken in Life and Business by Dr. Henry Cloud

Background on Jeremiah

1. **The Prophet:** Jeremiah, often called "*the weeping prophet*," ministered during one of the darkest times in Judah's history (late 7th–early 6th century BC).
2. **His Calling:** God set him apart before birth (Jeremiah 1:5) and called him as a young man to speak a hard but necessary word to His people. Jeremiah's message was marked by deep personal struggle, yet unwavering obedience.

Purpose of the Book of Jeremiah

1. The book is both prophetic and pastoral. Its purpose is to:
2. **Warn of Impending Judgment** – Jeremiah proclaimed that Judah's sin, idolatry, and injustice would lead to destruction by Babylon if they did not repent.
3. **Call for Repentance** – He repeatedly invited the nation to turn back to God, stressing that trust in idols, alliances, or human wisdom would fail.
4. **Offer Hope of Restoration** – Even while announcing exile, Jeremiah looked ahead to God's promise of a *new covenant* written on the heart (Jeremiah 31:31-34), fulfilled in Jesus.

JEREMIAH – Trusting God When Life is Hard!

Historical Context

1. **National Decline:** Judah was politically weak, caught between powerful empires—Egypt and Babylon.
2. **Spiritual Decline:** Idolatry, corrupt leadership, injustice, and false prophets dominated the land.
3. **The Crisis:** In 586 BC, Jerusalem and the temple were destroyed by Babylon, confirming Jeremiah's warnings.
4. Jeremiah lived through this catastrophe, giving him a unique voice of both lament and hope. He shows us what it means to trust God when everything familiar collapses.

Key Verse of Jeremiah

1. **Jeremiah 17:7** – "*But blessed is the one who trusts in the Lord, whose confidence is in him.*"
2. This verse captures Jeremiah's heart: even in exile, even when life unravels, trust in the Lord brings blessing and security.

JEREMIAH – Trusting God When Life is Hard!

1. _____ → **Trusting God When His Call Feels Overwhelming.** Jeremiah was young, insecure, and felt unqualified. Yet God said: "*Before I formed you in the womb, I knew you.*" Jeremiah's strength came not from his ability but from God's presence: "*Do not be afraid... for I am with you.*" **REMEMBER:** Trust begins with surrender—believing God equips the called, not calling the equipped. Jeremiah 1:1-10.
2. _____ → **Trusting God in Seasons of Loss and Exile.** Jeremiah warned of Babylonian exile. The people lost land, temple, and freedom. Yet God promised: "*I know the plans I have for you...*" Trusting God meant holding hope even when circumstances screamed despair. **REMEMBER** → Trust clings to God's promises, even when His timing and methods don't make sense. Jeremiah 29:10-14.
3. _____ → **Trusting God's New Covenant.** Jeremiah prophesied a new covenant—not written on stone, but on hearts. This points directly to Jesus. This covenant restores intimacy with God through forgiveness and inner transformation. **REMEMBER:** Trust rests in Christ's finished work—He is the fulfillment of God's promise to write His law on our hearts. Jeremiah 31:31-34.



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Roundtable



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REPAIRING BROKEN TRUST

Step 1 – Acknowledge the Breach → You cannot repair what you won't admit. Be specific about what happened and how trust was damaged. TRUST: Denial delays healing; humility begins restoration.

Step 2 – Own Your Role → Take responsibility for your part—even if it's partial. Avoid blame-shifting or minimizing. TRUST = Proverbs 28:13 — "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."

Step 3 – Understand the Impact → Show empathy for the pain or consequences caused. Listen fully before offering solutions. TRUST = People trust again when they feel seen, heard, and understood.

Step 4 – Make Amends → Offer a clear, specific plan to repair the harm done. Follow through on your commitments. TRUST = Trust grows when words and actions align.

Step 5 – Rebuild Through Consistency → Trust isn't rebuilt overnight; it's restored one consistent choice at a time. TRUST = Dr. Cloud calls this the "deposit effect"—small actions that slowly refill the trust account.

Step 6 – Establish Healthy Boundaries → Moving forward requires clarity on expectations, responsibilities, and limits. TRUST = Healthy relationships balance grace and truth.

Healing From What Happened to You

Dr. Henry Cloud, in *TRUST* (Chapter 13), reminds us that past wounds can block present trust. Healing those wounds is essential to living with freedom and confidence in God's promises.

1. Name the Wound → You cannot heal what you refuse to name. Jeremiah himself lamented openly before God (Jer. 20:7-9). Honesty is the first step toward healing.

2. Invite Healing Into the Hurt → Healing requires safe people and God's presence. Jeremiah 30:17 promises: "I will restore you to health and heal your wounds." God invites us to let Him and others into those broken places.

3. Reframe the Story With Hope → Healing doesn't erase the past but reframes it. The New Covenant (Jer. 31:31-34) gives us a new identity—we are no longer defined by our wounds but by God's redemption. Teaching Insight: Healing is a process of bringing wounds into the light, letting God and others walk with us, and allowing Him to rewrite our story. Trust becomes possible again when healing takes root.

Take Action! Journal This!

1. When has God called you to something that felt beyond your ability? How did you respond?
2. What helps you trust God in DIFFICULT TIMES?
3. How does Jesus give you confidence to trust God today?

"Only God Knows" By Struggle Jennings & Jelly Roll

Say there preacher man Could you lend a hand To this broken soul I could use a friend Someone who understands This road I'm on I've been lost Paid the cost a thousand times Now I'm down to my last dime God knows I've drank with the devil Been as high as the angels Dove in that lake of fire Yeah I've wrestled with demons For the secrets I'm keeping Found that I'd lost what's inside Now these ghosts that ain't holy They take me down slowly The bottom's where I feel at home No I ain't sold my soul But I damn near came close	Only god knows Only god knows Oh Say there preacher man Where's this promised land You keep promising Can't seem to find my way To amazing grace And I'm on my knees I'm tired as hell Of asking for help I need to be saved From this mess that I made What else can I say God knows I've drank with the devil Been as high as the angels Dove in that lake of fire Yeah I've wrestled with demons For the secrets I'm keeping Found that I'd lost what's inside Now these ghosts that ain't holy They take me down slowly The bottom's where I feel at home	I ain't sold my soul But I damn near came close Only god knows Only god knows Yeah I've drank with the devil Been as high as the angels Dove in that lake of fire Yeah I've wrestled with demons For the secrets I'm keeping Found that I'd lost what's inside Now these ghosts that ain't holy They take me down slowly The bottom's where I feel at home No I ain't sold my soul But I damn near came close Only god knows Only god knows Yeah I've drank with the devil Been as high as the angels Dove in that lake of fire
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