



## *Trust and Fear*

---

*A Bridges of Light Bible Study*

*Written By: David Myrick*

© Copyright 2009, By Bridges of Light Ministries All Rights Reserved

## Instructions

---

This study may be used individually or in a group setting. The Leader's Guide is designed to be used by the Leader during a group discussion. The Guide is color coded to assist in directing the discussion. If you are going to lead a group discussion, then we suggest that you read the summary first, and then review the discussion, including the discussion points and answers. If you are using this study for your personal study time, then read the summary and then answer the questions on the Study Section. Make sure that you read and study the scriptures used in the Study. After you have completed the Study Section, then compare your answers to those that you will find in the Leader's Guide.

## Copyright

---

This study is protected by the Copyright laws with all rights reserved. You may make as many copies of this study as you need for use in your study group, personal study time, Sunday School Class or Bible College Class. You may not charge for any copy that you produce, including the cost of duplication. You may not change any part of the study or remove the references to Bridges of Light Ministries, David Myrick or Lisa Myrick.

©) Copyright 2009 By Bridges of Light Ministries, All Rights Reserved

### Color Code

◆ Scripture References in Red

◆ Leaders Guide points in Green

◆ Other comments

◆ Notes and Questions in black

◆ Summary of typical responses in blue

## Web Site

---

Check our website out for new studies, messages and other information.  
[www.bridges-of-light.org](http://www.bridges-of-light.org)

## Summary

---

This study examines the differences between trust and fear. Many of us might not want to acknowledge that a lack of trust is directly related to fear, although, in one degree or another, it is true. In Matthew 7, Jesus talks about the floods, wind and rains that threaten a house that is not built upon the rock. The question was asked about what that means exactly. Most of us agreed that it meant basing all that we do upon the Truth and righteousness of Christ - who is the Rock itself. The next question was if it is enough to simply do things according to scripture. We need to live our lives according to the True Word of God, absolutely. But is that enough? Is that all that God asks of us?

To simply live according to the scriptures would make us no different than the Pharisees. We must pursue relationship with Truth itself. To live according only to the requirements makes what Jesus did ineffective in our lives. It calls His work on the Cross null and void - says it is not necessary. God forbid, we call Jesus' sacrifice unnecessary. We have something that the old testament church could only dream of having - the indwelling Presence of God actually living within us. Moses, Abraham, David - they all sought the Living God with all their heart. They all found Him and sought to live in His house. God seeks to live in us and make us His home. Wow! What a gift He offers us - to abide not just with us each day - but literally within us. Allowing that requires trust. It requires a trust in the Almighty to be a safe God. It requires our ability to trust Him to know what is best for us and to give in to His plan.

Fear as a simple emotion is a gift from God. It allows us to know when danger is present and even when boundaries have been crossed. Fear as a constant, standard response is a stronghold that chips away at our foundation in the Rock. It undermines our ability to stand on that rock and see the salvation God has promised us. It does not affect His ability to act on our behalf, but will affect our ability to see what He is doing and respond in faith and trust. God so desires us to trust Him - to know and see that He is a just and faithful and loving God. He is also desiring for us to shore up the breaches in our "trust dams" - those areas where we find ourselves not quite able to relinquish full control to Him. He is fully trustworthy. God will willingly prove Himself trustworthy in whatever area you'll allow Him.

## Leader's Guide

---

### ✓ Jeremiah 17:7-8 (KJV)

7) Blessed is the man that trusteth in the LORD, and whose hope the LORD is.

8) For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.

1) How would you explain the symbol of the tree in Jeremiah 8?

☐ The tree has strength.

It draws life from fresh waters.

They provide shade and protection for the weak and small.

Many types bare good fruit.

As a man - the firmness of his beliefs/trust in God will get him through the drought.

Living trees - full of life; drawing from the Life; rooted and grounded in Love

Symbolic of God's intentions for the Church - His Bride - becoming strong by rooting into the Living Waters and providing comfort and shade for others on His behalf.

2) What are the waters that feed those who place their trust in the LORD?

☐ His life giving truth, Word and Love.

The Truth - Living Water;

Holy Spirit - out of our bellies will flow rivers of Living water

3) Why does it require trust in the LORD for you to receive His life giving water?

☐ If you do not trust in Him then you will not accept what He says as truth, unless it lines up with something that you already believe.

Trust is equal to faith and belief in God - when that is present you will receive from Him.

We trust because we know He loves us and has His best for us.

Trust comes with love - both grow within us as we walk in relationship with Him.

No trust - no ability to receive, no belief in the Truth, no acceptance of others/God or understanding of His acceptance of you. Lack of trust is equal to a lack of faith - you don't trust because you don't believe He will hold up His end of the bargain.

A) Can you receive life from Him if you do not trust Him?

☐ No. If you have no trust in Him, then you will not receive anything from Him.

No. Can't receive from someone we don't trust; We don't understand the Covenant He puts in place with us when we accept Christ -a covenant that loves us in an absolute way that cries out for trust.

B) What level of trust must you have in Him before you can receive something from Him?

☐ That of a mustard seed. You will receive more from him as your trust grows.

Faith the size of a mustard seed.

C) Where does the ability to trust in Him come from? What is that seed within you?

☐ He provides it. As we gain understanding then we can receive a greater ability to trust from Him.

He provides it. It is God Himself - Love inhabiting us.

D) If your ability to trust in Him comes from Him, then what happens when you act in rebellion?

- ❑ You reject a measure of trust in Him. You reject His truth and life.
- ❑ His life in you is diminished.

The reality of Him in us becomes diminished (from our perspective)- we choose to gaze upon other things, thus making Him smaller within our lives.

Our faith and trust diminishes - faith gives way to distrust and we begin to draw away; not because of anything He has or hasn't done, but because of our lack of faith in His ability to accept us.

✓ Jeremiah 17:8 (AMP)

8) For he shall be like a tree planted by the waters that spreads out its roots by the river; and it shall not see and fear when heat comes; but its leaf shall be green. It shall not be anxious and full of care in the year of drought, nor shall it cease yielding fruit.

4) What is meant by the phrase, "shall not be careful (anxious and full of care) in the year of drought"?

- ❑ Even in lean times, the man that trust in the LORD shall remain at peace, because he knows that the LORD will take care of him.
- ❑ It may be a time of drought, but someone who trusts in the LORD will sow at His command; knowing that the LORD will cause Him to reap.

Don't fret - I've made an oasis for you in the midst of the desert.

Trust Me - Have faith in Me;

{Verse 7 said the roots are spread out by a river - meaning even when drought comes, because you have set your roots by a river - they have dug down deep to find the hidden springs, the deeper source of life. It goes beyond a shallow, surface relationship to one of depth and security. The roots dig deep to find the wells that are not seen. (Faith is the substance of things hoped for, the evidence of things not seen.)

5) Why do you continue yielding fruit, even in dry times when you have placed your trust in Him?

- ❑ His Word causes life and spiritual fruit to come forth even in the difficult times.
- ❑ His Word brings forth physical fruit as well, regardless of the situation.

His Word causes you to reproduce Life from it when ever you draw from it. Whatever you draw from, it will reproduce with in you - for life or for death.

A) Where does the fruit come from?

- ❑ The treasure that you have laid up in your heart.

Trust based out of the revelation of Him and His faithfulness.

From the seed within you (which is God Himself) - therefore it comes from Him.

His love within us produces fruit.

Fruit comes from the storehouses of treasure within us which produces fruit after it's own kind.

{What are we storing within our hearts - bitterness and resentment or love and forgiveness?

The fruit of that will reproduce within our lives (and the lives of those who draw from us!)}

B) Can you yield good fruit in dry times if you do not trust in Him?

- ❑ No, good fruit only comes from a fresh supply of His Word; His Life.

Fruit is produced throughout whatever season we are in - as long as we are drawing from the waters of Life. Even in seasons where we are struggling with trusting God, there will be fruit produced in other areas of our life. Wanting to trust is different from refusing to trust - God looks at the heart and rewards according to the heart. Good fruit comes from a source of Life; bad fruit comes from sources of death.

- C) If you begin to draw away from Him, what happens to the fruit in your life?
- ❑ It becomes tainted with death.  
If we pull back (refusing to trust) and draw from other sources or not at all, the tree will begin to put forth fruit that is bitter or “woody” and inedible. Your roots become filled with distrust (instead of waters of Life) which poisons and taints the tree and fruit. Eventually the tree will cease to produce and die.
- D) What can cause us to draw away from God?
- Any circumstance that draws our faith and trust away from God and places it on man or things.

✓ Psalm 27:1 (KJV)

- <sup>1)</sup> The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

- 6) What does the first part of Psalms 27:1, “the LORD is my light” mean?
- ❑ The LORD gives us His Word to show us the way to go, how to respond, what to do.
  - ❑ Because of the truth imparted through His Word we know that our righteousness is of Him, therefore we know that we are acceptable to and in Him.  
He is the power that breaks through the darkness on my behalf.  
He sheds His love abroad in our hearts which pushes back the darkness.  
He is the center - the Source - our essence of our Life; the Revealer of all things.  
{Jesus is the flashlight that lets us see the map - which is God.}
- 7) How would you describe fear?
- ❑ Fear is false evidence appearing real.
  - ❑ Fear can be the evidence of a lack of trust.
  - ❑ Fear can be a momentary emotion - a God-given fight or flight response that serves for our protection. The problem comes when it lingers and remains as a stronghold. Fear as a continual response to circumstances is a stronghold.  
Lack of Trust; crowding of the Truth by the darkness of lies that are believed; doubt; root that poisons our faith and kills us.
- 8) Why do we become fearful at times?
- ❑ We forget that we are His children.
  - ❑ We forget His Word, character and ways.
  - ❑ We forget His vast love
  - ❑ We forget that He loves us and cares for us personally.  
Lack of trust in God and His character.  
Lack of understanding or knowledge of God and His nature.  
Giving place to the enemy - allowing the enemy entrance, opening doors. If you struggle with fear - don't sit and watch “dice ‘em and ice ‘em” or slasher movies that invoke a spirit of fear. Placing yourself in situations repeatedly that will provide opportunities to walk in fear, will most certainly draw upon fear within you - bringing torment and despair.  
If your fears are based on traumatic circumstances that you have undergone, then allowing God to minister to those fears and taking Him at His word - understanding the absolute nature of who God is (what He says, He will do; He is not a man that He can lie; His Word will not return to Him void but will accomplish what it was sent for, etc.) breaks the power of the enemy to torment us through fear.

## ✓ Luke 6:45 (KJV)

<sup>45)</sup> A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

9) How do we store treasure in our hearts?

- ❑ That which we dwell upon, the thoughts that we purposely and continually think upon fills our hearts.
- ❑ Those things that we read and watch.
- ❑ Those things that we discuss.
- ❑ The very words that we allow to escape our lips are both substance for our hearts and the evidence of the treasure of our hearts.

By what we dwell on and speak forth; the company we keep;

{Think like a turkey, act like a turkey - get eaten like a turkey.}

## ✓ Jeremiah 17:10 (KJV)

<sup>10)</sup> I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

10) When the LORD examines our hearts what is He looking for?

- ❑ True motivations
- ❑ Trust in His Word
- ❑ Our love for Him
- ❑ The treasure that we have stored in our hearts, good or evil.

Trying our hearts - searching for willingness and submission.

{Verse 9 says that He is acquainting Himself with our hearts. As He acquaints Himself with our hearts, we become acquainted with His.}

11) What is meant by "I try the reins"?

- ❑ He tests our obedience; our willingness to obey and follow Him regardless of what it looks or sounds like, regardless of the costs.
- ❑ He checks our level of obedience.
- ❑ He checks how much rebellion remains.
- ❑ He checks how much we really trust Him.

He's testing our obedience - submission - willingness to respond to His "pull". He holds the reins; even when they're being held steady, will we rear back or pull to one side or the other? Or will we stay the course He's set before us, moving with His leading. Will we resist the "bit" in our mouths and run off like a "Maverick" horse?

A) What happens when you pull back from His direction or resist something that He has asked?

- ❑ We are straining against the reins, acting in rebellion or a lack of trust.  
Opens the door for the enemy to come in and torment us; there's pain involved !

B) What is God's response towards us when we resist or pull back?

He draws closer; He extends His love to us (draws us with ropes of loving kindness).

{Picture a Maverick, runaway horse. The cowboy throws out his lasso (rope of loving kindness) and captures the horse and draws it back to his side. That's what God does for us. Some times He uses a really long rope - sometimes short rope is all that's needed!}

- 12) When God says, "I give every man according to his ways, and according to the fruit of his doings", what does He mean?
- ❑ God examines the treasure of our hearts, our actions, our willingness to follow him. He then causes us to receive the harvest of what we have sowed, for good or evil.  
He gives us according to what is in our hearts. What we sow, we also reap. Whatever we focus the attentions of our heart upon is what will fill our hearts. This is what we will draw into our lives - our hearts act like magnets; it draws like unto like.
- A) What does that mean for you, personally?
- ❑ I must search my heart to insure that the treasure I have laid up will bare the kind of fruit that I desire to receive.
  - ❑ I must make sure that what I am sowing is the kind of harvest that I desire to reap.  
Maintain focus upon the Lord and be obedient to best of ability.  
Is our spirit willing or rebellious?  
Judge our heart response to God and to others. It will reveal where we are really at.  
What am I filling my heart with?

✓ Psalm 26:1-3 (KJV)

- 1) Judge me, O LORD; for I have walked in mine integrity: I have trusted also in the LORD; therefore I shall not slide.
- 2) Examine me, O LORD, and prove me; try my reins and my heart.
- 3) For thy lovingkindness is before mine eyes: and I have walked in thy truth.

✓ Psalm 139:23 (KJV)

- 23) Search me, O God, and know my heart: try me, and know my thoughts:
- 24) And see if there be any wicked way in me, and lead me in the way everlasting.

- 13) What is the Psalmist saying in Psalms 26:1-3 and Psalms 139:23?
- ❑ He wants to walk in the ways of the LORD. He desires to have his heart full of good treasure and to fully trust in God.
  - ❑ He is asking God to point out those areas were he is lacking so that he can correct it.  
He is reminding the Lord of his willingness to give fully give himself for correction or rebuke or encouragement.  
Speaks of knowing God well enough to trust Him to keep your feet from slipping on the path He sets before you.
- A) Why is this important? Why should we desire God to search our heart and test our reins?
- ❑ When necessary, correct what we have planted before the time of harvest.
  - ❑ When our fruit is lacking, seek Him so that we can have a good harvest.  
It is good to know where we are so that we can make whatever corrections are necessary to get back on track. Without God trying the reins, we can easily find ourselves falling into deceit and/or pride - depending upon our own judgement instead of the wisdom of God.

## ✓ Psalm 27:1-5 (KJV)

- 1) The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?
- 2) When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.
- 3) Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.
- 4) One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.
- 5) For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.

14) What does the rock symbolize in verse 5 of Psalms 27?

☐ Jesus, the sure foundation.

A) What is the difference between what David sought compared to what we have today?

David desired to dwell in His house and God chose to make us His home through Jesus.

## ✓ Matthew 7:24-27 (KJV)

- 24) Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:
- 25) And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.
- 26) And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:
- 27) And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.

15) What does it mean to build a house upon a rock, according to Matthew 7:24?

☐ Base your life, family, ministry, business upon God's Word.

Build (determine and grow) every area of your life upon what is True and Righteous - Jesus.

A) Is it enough to just do things according to scripture?

☐ No, it is a matter of relationship and obedience. Not following a set of rules, but walking in a close meaningful relationship with God.

No - we need the relationship, not just requirements. Otherwise it is just dead works.

16) What do the floods, rain and wind symbolize?

☐ Normal natural events, attacks by the enemy

Trials and testings; circumstances of life; refining process;

Stumbling blocks or distractions of the enemy;

Mental strongholds - foundation of truth can be picked away with sledgehammer of lies that we believe about God, if we don't maintain a relationship based upon grace and love of the Father, coupled with His mercy and justice.

## ✓ Matthew 7:21-23 (KJV)

- 21) Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.
- 22) Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?
- 23) And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.

17) What separates those that the LORD recognizes and those He does not?

- ❑ One acts in obedience, fully submitted unto the LORD, out of a relationship with Him
- ❑ The other acts for their own gain  
Relationship (v. 23 - depart from Me, I never knew you)

A) How can you know that you are not in that crowd He refers to not knowing?

- Verse 21 - you seek to do the will of the Father.
- When you are in relationship with the Father, you begin to know His heart and you will seek to do those things that you know are pleasing to Him.
- Your heart will be to do the will of the Father - not your own will or only the will of others.

18) What does the LORD value more than anything else?

- ❑ You

19) What does the LORD desire more than anything else?

- ❑ Your love.

## Bible Study Questions

---

✓ Jeremiah 17:7-8

- 1) How would you explain the symbol of the tree in Jeremiah 8?
  
- 2) What are the waters that feed those who place their trust in the LORD?
  
- 3) Why does it require trust in the LORD for you to receive His life giving water?

✓ Jeremiah 17:8

- 4) What is meant by the phrase, "shall not be careful (anxious and full of care) in the year of drought"?

5) Why do you continue yielding fruit, even in dry times when you have placed your trust in Him?

✓ Psalm 27:1

6) What does the first part of Psalms 27:1, "the LORD is my light" mean?

7) How would you describe fear?

8) Why do we become fearful at times?

✓ Luke 6:45

9) How do we store treasure in our hearts?

✓ Jeremiah 17:10

10) When the LORD examines our hearts what is He looking for?

11) What is meant by "I try the reins"?

12) When God says, "I give every man according to his ways, and according to the fruit of his doings", what does He mean?

✓ Psalm 26:1-3 , Psalm 139:23

13) What is the Psalmist saying in Psalms 26:1-3 and Psalms 139:23?

✓ Psalm 27:1-5

14) What does the rock symbolize in verse 5 of Psalms 27?

✓ Matthew 7:24-27

15) What does it mean to build a house upon a rock, according to Matthew 7:24?

16) What do the floods, rain and wind symbolize?

✓ Matthew 7:21-23

17) What separates those that the LORD recognizes and those He does not?

18) What does the LORD value more than anything else?

19) What does the LORD desire more than anything else?