

Soul Care
Part 9: Trusting God
Proverbs 3:5-8

Basic Truths of Soul Care

1. My Soul Needs Care
2. Only God can care for my Soul
3. It is utterly foolish to seek soul care outside of a deep friendship with God
4. Spending quality & quantity time with God is essential for Soul Care (Solitude)
5. Begin your time alone with God with honest confession about your sin
6. Repentance supernaturally follows confession
7. (Forgive & Apologize)
8. Praise the Lord!

Proverbs Basics

Proverbs OUTLINE

Introduction: 1:1-7

Instructions from a Father to a Son: 1:8-9:18

Proverbs of Solomon: 10:1-22:16

Sayings of the Wise: 22:17-24:34

Proverbs of Solomon: 25:1-29:27

The Sayings of Agur: 30:1-33

The Sayings of King Lemuel: 31: 1-9

The ideal wife as a role model: 31:10-31

Proverbs 3:5-8

⁵ Trust in the Lord with all your heart and lean not on your own understanding;

Trust: strong & full confidence, to completely rely & depend on, lean wholly

The LORD: Yahweh—The Lord—The Great I Am

With all your heart: the totality of the inner self

Lean not on your own understanding:

Lean: turning toward and relying upon

Understanding: insight, intelligence

“Don’t turn to nor rely on yourself for answers to
life’s issues, problems and difficulties”

**6 in all your ways submit to him and he will make your paths
straight.**

In all your ways: everything you do--all circumstances of life

Submit to Him: accept God’s authority

He will make your paths straight: God will show you and take you down
the right path of life

7 Do not be wise in your own eyes; fear the Lord and shun evil.

Do not be wise in your own eyes: avoid thinking & believing that you are
wise and forgetting that the Lord is the source of wisdom

Fear the LORD: reverence, awe, respect and wonder of a Holy God—
implies reverential submission to God’s Ways, Will & Word

Shun evil: turn away from all that is evil wrong & bad

**8 This will bring health to your body and nourishment to your
bones.**

The Benefit: A healthy mind, body & soul supernaturally follow a life
that is submitted to the rule & reign of God

Trusting God = Soul Care

Is God Trustworthy? YES!!

The Bible Clearly Teaches that:

- God is Good
- God is All Powerful
- God is All Knowing & Wise
- God has a plan & is in control

The One & Only Living, Loving God of the Bible is the Sovereign Master
of the universe whose providential Hand is across history

Scripture examples: Proverbs 16:9, Proverbs 19:21, Proverbs
21:30, Psalm 103:19

God can be Fully Trusted

God is In Control! Of What?!

1. This life is only temporary, and for genuine Christians there's a better eternal life to follow, known as Heaven
2. God is devoting His power to an eternal agenda (4 that last forever: God, God's Word, Souls, Heaven & Hell)

The Problem: Our Agenda versus God's Agenda

Our Agenda: to live a comfortable, safe, happy and fulfilling life of material blessings

God's Agenda for Humanity: saving and nurturing souls by drawing people into a right relationship with Himself

Outcomes of Trusting God

1. We'll personally experience God
2. We'll experience community
3. We'll be transformed
4. Our Souls will be healthier

Trusting God is essential for Soul Care