

## FACE TIME WITH MY TRAINER

### PART 1: Answer these Bible study questions BEFORE reading the chapter

*Read Psalm 18:4 – 19 and answer the following questions.*

What is the only thing that David does in this entire passage (verse 6)?

What does God do on David's behalf (see vv. 7 – 19)?

*Read Psalm 18:29 – 40 to answer these questions.*

In this passage list the things that David does.

What does God do?

### PART 2: Questions & Reflection

1. In this chapter we explored several mental pictures of what it might look like to trust God. How would you describe the mental picture that you have now, or have had in the past?
2. What are some reasons why the command to trust God with all our hearts is one of the most challenging tasks of the Christian life? Why is it harder to truly trust God than merely go through the motions of “doing church?”
3. As you begin studying this book, what questions about trusting God would you like answered? (They may or may not be the same ones I had.) What would you consider to be your biggest challenge as you think about developing more trust in God?
4. Describe how you would explain to someone else the difference between passive and active trust. Think about what's going on in your life right now. Where could you begin now to practice some active trust in God?
5. How does that make you feel to read that God would be willing and happy to train you to trust Him? Would you like Him to “train your hands for battle?” If so, why not pray right now and ask Him?
6. What did you find to be the most encouraging or intriguing idea in this chapter?