

A Trustworthy God

Welcome to our study of the Psalms, “Learning to Trust.” If you’d like a study outline for class you can go to our website [RESOURCES](#) page where our Psalms study resources can be found. Use the pause button if you would like the transcript, or to read Scripture references as we go through this study together.

Review

Do you remember our key verse? *Ps. 62:8, “Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us.”*

Do you remember who the Psalms are about? Jesus! He Himself said they were written “concerning Him” in Luke 24:44, right along with the Law of Moses and all the Prophets. The Psalms are “Scripture!” And they are unique! They are full of descriptions of Jesus. Things which identify Him, and things which even describe His thoughts and experiences while he was on earth. And we saw how important the Psalms were to His self-understanding. He quoted them often and no doubt drew upon them for His own faith and hope as they spoke of His resurrection, ascension and coronation as Savior and Lord of the nations!

These things which God revealed to instill faith and hope in His people Israel, are the very things which will build our faith and hope.

THE PSALMS, ESSENTIALLY, BUILD OUR TRUST IN GOD.

Trust

Trust is key to healthy relationships. It is a foundation stone which makes it possible to build a lasting relationship.

Trust in a *human* relationship means you believe a person is reliable and has your best interests at heart. It means you have faith and confidence in them, and feel emotionally and physically safe with them. It means you expect integrity, loyalty, and honesty in your relationship. You expect that person to keep private matters between you, and to respect and support you, esp. when the going gets tough, and even if you need to hear hard things.

Of course, it means you will have to be and do the same for them! Do you trust yourself? You can’t expect to be trusted if you don’t trust yourself. And it is hard to trust others when you don’t trust yourself. Trust cannot be built if one person is willing and the other person is not.

That means the real obstacle to trust lies within our humanity. We are flawed. Everyone. Even if our character is impeccable, we are capable of negligence or error, and no one is immune to sin. We’re never so vulnerable as when we trust someone. We actually expose ourselves to risks that other people can impose on us!

It has taken me years to forgive, and decades to rebuild trust my older brothers who came to me when I was about 5 or 6 years old and wanted to see how fast I could eat a bite of Snickers bar they had hidden on a paper plate underneath a cup. They did it so fast, and thought I could do it faster, after all my nickname was chubbs. I got real close and when they said go I took a bite of a dead mouse they had found under the deep freezer. I forgave them and I love them, but when they come at me with a plate and cup I gotta decide if I'm going to trust them.

Trust is pretty fragile - it's hard to build and easy to break. But it's indispensable. It is what allows us to be authentic with one another and to know one another. If we cannot trust, neither can we know love, joy, and peace. Building trust is worth the effort.

This is the type of relationship God is calling us into - one based upon trust. Today, let's talk about God's trustworthiness. Next week, let's talk about ours. Let's begin in the Psalms.

A Trustworthy God

In our key verse, Psalm 62:8, David cries out, "Trust in Him at all times, you people..."! But neither God nor David ask you to trust blindly. That's impossible. So let's use Psalms 145-146 to explain why we may put our trust in the Lord.

First, we may trust in God's inherent goodness. Read Psalm 145:1-9; 14-16. God is good. All the time. He created us to trust in His goodness, and has proven to have our best interests at heart from the beginning of time. The creation was "very good," and He gave it to us to have dominion over. When we messed it up, He provided atonement for us through animal sacrifice. When we messed that up, He sent a Savior from heaven. When we mess that up, He runs out to meet us on the road back home. Everything God does is for our good. When He chastens us it is love (Heb. 12:5ff). Even His wrath is enveloped in the good of mankind.

He thinks about us all the time,

Psalm 8:3-5, "When I consider Your heavens, the work of Your fingers, the moon and the stars, which you have ordained, what is man that You are mindful of him, and the son of man that You visit him? For You have made him a little lower than the angels, and You have crowned him with glory and honor."

Since the Psalmists have psalmed, God has bolstered His case for trustworthiness in sending Jesus for our good. "For God so loved the world that He sent His only begotten Son, that whoever believes in Him should not perish, but have everlasting life," Jn. 3:16. And, "For God demonstrated His own love toward us in that while we were still sinners, Christ died for us," Rom. 5:8. "God desires that none should perish, but that all should come to repentance," 2 Pet. 3:9. Saints and sinners alike can trust that God has our good at heart. He loves us.

And now those of us who have trusted in Christ have trusted in a trustworthy God. My experience is that I have been a Christian for 37 years, and I have found Him only to be true and trustworthy, never deceitful or wrong. But don't trust my word alone, because...

Second, we may trust in God's eternal power. Read Psalm 145:10-13; 146:1-6. God not only desires to save us, but He is ABLE. It is He who *"made heaven and earth, the sea, and all that is in them,"* v6. God is able to declare the end from the beginning (Isaiah 46:9-10), and he knows us before we were born (Jer. 1:5). Man is limited in his ability to help or to save. And a man were able, there is no guarantee that he would be willing.

Paul said in Rom. 1:18-20 that it is He whose "invisible attributes can be clearly seen and understood by the things that are made, even His ETERNAL POWER and Godhead."

It is Jesus who is described in Hebrews 1:3 as *"upholding all things by the word of His power!"*

To the unbelieving Jews, Jesus said, *"My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand,"* Jn. 10:27-28. Once you trust Jesus and give your life to Him, no one is able to overpower Him and take you away. Only you can do that.

On the eve of his death, Christ said, *"Do not let your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. ...I will come again and receive you to Myself,"* Jn. 14:1-3. Jesus was confident in God's power, and instilled that confidence in his disciples.

Finally, while on the cross, Jesus cried out, *"Into Your hands I commit My spirit,"* a direct quote from Psalm 31:5. Jesus trusted God with His very soul! He trusted in Him in life and in death.

We should conclude what Paul did, *"I know whom I have believed, and am persuaded that He is ABLE to keep what I have committed to Him until that Day,"* 2 Tim. 1:12. I trust His ability.

Third, we may trust in His righteous judgment. Read Psalm 145:17; 146:7-10. The Lord is righteous in all His ways. In this world, there are injustices all around us. We see them and cry out "unfair, unfair," and don't think that God sees. And if he see we want to know why He doesn't immediately bring down the gavel. We are a nation of sports fans – we want the whistle, the flag, the red card, the penalty box, the ejection right when we see something. charges the guilty, and gives hope to the prisoner. We are a nation of justice-seekers – we want the verdict, the vengeance, the vindication right NOW.

But how does God work? There have been, and still are I believe, atrocities and injustices which draw an immediate response from heaven. The Jews thought every bad thing that

happened to someone was retribution from God. But Jesus asked his disciples in Luke 13 about a tower that fell and killed 18 people, if they were worse sinners than others, and answered his own question, “No.” God didn’t punish them, the tower was in disrepair and gravity took its course. But be careful when you demand that God execute justice immediately upon sin. It’s all well and good until we are the sinner.

It is much better for us all that “God is gracious in all His ways.” Instead of lightning bolts, He feeds the hungry, allows the blind to see, relieves the fatherless and the widow, raises up those who are bowed down, watches over the outcast, and even gives hope to the prisoners – you know, those who are actually serving a sentence. He wants them to live forever too.

We do not know every judgment of God on a day-to-day basis, but I do trust what He has told us in Psalm 145:20, *“The Lord preserves all who love Him, but all the wicked He will destroy.”* The Apostle Paul in Acts 17:30-31 tells us that there will be a day when every sin and injustice will be repaid. *“God...now commands all men everywhere to repent, because He has appointed a day on which He will judge the world in righteousness by the Man whom He has ordained. He has given assurance of this to all by raising Him from the dead.”*

In the resurrection of Jesus, God demonstrated that He has the intent, the power, and the right to administer justice - life to those who love Him and destruction to the wicked. Jesus will be the one to balance all the scales and right all the wrongs. I cannot think of anyone I trust more to do that. He calls on us to let Him deal with that. We must forgive.

Finally, we may trust in His salvation. Read Psalm 145:18-20.

When we’re talking about being saved, we’re talking about God forgiving our sins. If we were relying on a holy God to save us, and knew nothing else about Him, I would be awfully nervous. I wouldn’t be at peace nor would I have a lot of hope. But David gave us something here about the way the Lord works. He is “gracious in all His works,” 145:17.

Here’s what I’m counting on: Read Psalm 103:8-14!

Paul goes to painstaking efforts in the book of Romans to explain that our only recourse to having peace with God is to trust in His grace. In Ch3, we are all in sin. In Ch4, we are saved by faith that salvation might be according to grace, so that we trust in Him. In Ch5, we have access by faith into this grace through Jesus Christ. In Ch6, we offer ourselves in service to God because Jesus was a gift and we trust in Him not ourselves.

To summarize, IT IS BETTER TO TRUST IN THE LORD than in any earthly thing, or in any person. I have a friend who always says, “I trust people with a lot of things, but I only trust ONE person

with my soul.” No one can do what He is able to do for you. He desires you, He can uphold you, He can vindicate you, and He can save you.

Without the written testimony of the Lord contained in the Psalms and other Scripture, truly I would feel like David, when he said in Psalm 27:13, *“I would have lost heart unless I had believed that I would see the goodness of the Lord in the land of the living.”*

Saturating yourself in the Psalms will turn uncertainty into trust, and trust into eternal life.

See you next time when we’ll explore how WE can become trustworthy also.