

Five “Trust-Building” Prayer Exercises

Learning to trust God can be a challenge. Here’s a little something that helped me so much. As I read and re-read these 5 promises in God’s Word, and noticed key words tucked inside, I felt my trust-o-meter needle leaning away from the fear/doubt side to the trust/faith side. By adding personal pronouns, these powerful scriptures become personal, “trust-building” exercises in prayer.*

*Scriptures are from the Amplified Bible



Exercise 1

Psalm 9:9-10, “The LORD also will be a refuge *and* a stronghold for me.
A refuge for me in my times of trouble; And because I know Your name [and have experienced Your precious mercy], I will put my confident trust in You,
For You, O LORD, have not ever abandoned me.”

Writing Prompt: Abandoned is a strong word. Sometimes, during hard times, we can feel as if God isn’t hearing our prayers. In this scripture, the psalmist is saying that God will never *desert* you. He will never *leave your side*. What does this mean to you, today?

Exercise 2

Psalm 5:11-12, "But let me take refuge in you and be glad; let me ever sing for joy. Spread your protection over me, God, because I love your name. May I rejoice in you. Surely, LORD, you bless me; you surround me with your favor as with a shield."

Writing Prompt: Surround. Just say this word out loud. What mental images come to my mind? I think of "circle the wagons," back in the days of the Wild West—bringing everyone together to defend an attack. Consider this all day today.

Exercise 3

Psalm 73:25-26, 28, "Whom have I in heaven [but You]? And besides You, I desire nothing on earth. My flesh and my heart may fail, But God is the rock *and* strength of my heart and my portion forever. For behold, those who are far from You will perish; You have destroyed all those who are unfaithful *and* have abandoned You. But as for me, it is good for me to draw near to God; I have made the Lord GOD my refuge *and* placed my trust in Him, That I may tell of all Your works."

Writing Prompt: The psalmist says, "It is good for me to draw near to God." Why is it good to draw near to God? Are there benefits to this spiritual practice?

Exercise 4

Psalm 90:1-2, "He who dwells in the shelter of the Most High will remain secure *and* rest in the shadow of the Almighty [whose power no enemy can withstand]. I will say of the LORD, "He is my refuge and my fortress, My God, in whom I trust [with great confidence, and on whom I rely]!"

Writing Prompt: Dwell is rich in meaning. Here, it means, "To stay permanently." What if we were to replace "dwell" in this first scripture and write, "He [or she] who stays permanently in the shelter of the Most High God, will remain secure." Does this bring any mental images to your mind? Speak to your soul? Offer any rest or peace of mind?

Exercise 5

Psalm 62:5-8, "For God alone my soul waits in silence *and* quietly submits to Him,
For my hope is from Him.

He only is my rock and my salvation;

My fortress *and* my defense, I will not be shaken *or* discouraged.

On God my salvation and my glory rest;

He is my rock of [unyielding] strength, my refuge is in God.

Trust [confidently] in Him at all times, O people;

Pour out your heart before Him.

God is a refuge for us. Selah."

Writing Prompt: Refuge—that safe place we can go to hide. To rest. To seek. As you consider this image, do you remember a "place" or "space" in your life that felt like a refuge? Write about this. In my life, I find refuge under my big, green beach umbrella. Tucked away from it all, I watch the waves as they lap on the shore. Peace comes as I sit in silence and quietly listen for God's whispers.