

That's all there is to it

Starter a

Sit on a chair. Before you sat down did you worry if you could trust it to hold your weight? Why do we trust things like chairs but always step tentatively onto a ladder?

Starter b

Play a few trust games (E.g. one blindfolded the others guide them, or falling back into people arms) Were some people easier to trust? Were some of the games easier to trust others in?

Discussion Questions

What would encourage you to trust someone? Is it how they look? What they say?

Would knowing someone for a long time make you trust them more?

Would you trust someone more if others knew them and said good things about them?

Do you trust the facts more than your feelings or is it the other way around?

Read

Romans 10: 9 - 11

About You

Do you ever find yourself saying or thinking, "If you want a job done properly do it yourself." We often trust in ourselves more than anyone else and the more vital the job the less we trust others to do it well.

This bit of the bible says all we need to do is two things, say Jesus is Lord, and believe that God raised Jesus from the dead then we will be saved. What will be saved from? The consequence of not living by God's plan, or sinning, is an eternity separated from God. That means an eternity of nothing good, kind, loving, selfless, gentle, not one thing. This isn't a nice thought, but to get out of this situation God made it really easy for us. All we have to do is two things.

Firstly say "Jesus is Lord." Easy, it is just three words but you have to believe what you are saying. Saying "Jesus is Lord" means that you trust Him to rule your life. It is easy to panic here and say "If you want a job done well do it yourself" especially with something as important as your life. Take time to remember though who you are giving the ruling of your life over to. Jesus, who left the fantastic, comfy niceness of heaven so that He could experience what it was like to be a person. He lived a life where everyone tried to make Him slip up and do or say something wrong. In the end He died one of the most horrific deaths, in public, and after God had brought Him back to life people didn't believe it was Him until they poked the scars. Why? Because He loves you and doesn't want you to end up in a place forever where there is nothing good. If He loves you that much He would not do anything bad with your life. If you are still not sure look at the accounts of His life in the first 4 books of the New Testament and find out how much He cared for the people He loves.

Secondly, believe God raised Jesus from the dead. Splitting this down a bit - Believe God. Most people believe in some kind of higher power than just people. Then believe God raised Jesus from the dead. If you think of God as having more power than the

most powerful you can think of, it isn't too hard to think that He could raise someone from the dead and if He could raise anyone He would raise Jesus wouldn't He. Why would God do that though? Because God loves you, created you, designed you, planned you and He wants to have a life in relationship with you. The only way for us to do that would be if someone who had never messed up (Jesus) died and took our punishment so that we didn't have to.

Finally remember the truth written in verse 11 and be encouraged.

To do

Think about the following question.

If you don't trust God fully with your life what is stopping you today? Talk through your answers with God, your leaders, parents, friend's etc.