

***THE GUIDELINE****Psalms 31:3***TRUST**

Some companies put various exercise programs together for their employees. Some of those exercises are just basic calisthenics, jumping jacks, and running in place. One of the activities some have in their fitness programs plays a different role in its purpose. It is called the trust fall. They may put people in groups of three or four, or even just two. The fitness leader will instruct you on how to stand one with his back to the other. Then, he will instruct the one in the front to stand erect and fall back into the chosen partner. One must trust that the one standing behind them will not let them hit the ground. That may seem a bit silly, but the proposed claim is that it will produce a teamwork attitude and boost trust among coworkers.

If we think about this scenario for a moment which promotes the idea of trust, it really has some pertinent application to several aspects of life. For example, young children put great trust in their parents to catch them when they fall, and if they do fall, they know that Mom or Dad will be there to help them up again. We also may be able to relate to this concept in the marriage of a man and a woman. People put rings on their fingers and make a trust bond to love, honor, and cherish each other in sickness and health for better or worse, and promise that nothing but death will separate them. One has confidence that their spouse will never do anything to break that trust.

The problem with the above examples of trust is that people do break their promises. They violate that trust. Sometimes, we find ourselves in very difficult situations in the workplace, and no coworker will offer support. Sometimes, little children have parents who abandon them and are not there when they are needed most. Sometimes, one or maybe both marriage partners break their trust and become unfaithful to each other, but, you see, we are talking about the human element there. Man has a way of being fickle and promising things he never intends to carry through. The Bible speaks to this, *The heart is deceitful above all things, and desperately wicked: who can know it?* (Jeremiah 17:9) *There is a way which seemeth right unto a man, But the end thereof are the ways of death.* (Proverbs 14:12) Breaking a vow (which is a promise to conduct oneself in a certain way) is sin (Deut. 23:21). So, at the very best, man will disappoint from time to time for sure.

The Bible teaches us there is one in whom we can put our total trust and be sure he will never disappoint us; *Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.* (Hebrews 13:5) What a wonderful verse. God promises never to leave or forsake us. We will never find ourselves uncared for by him. That passage alone should produce a tremendous amount of trust in our heavenly father.

If you notice, I did quote the complete passage. I suppose I have heard this quoted only in part hundreds of times. Seldom, if ever, have I heard a preacher quote the whole verse, but if you look at it in its totality, it is a reminder that we are to behave ourselves as Christians. We are not to covet, and we should be content with the things we have. Far too many of us do not trust in the Almighty to supply our needs, so we make provisions for ourselves whether we can afford it or not! Be honest here and ask yourself if you really trust in the Lord to provide all your needs. †

James Cossey

**CONTACT INFORMATION:**

RED OAK CHURCH OF CHRIST  
 Meets at the Microtel Inn each Sunday morning  
 Bible study 9:00 am      Worship 10:00 am  
 201 Expressway Drive  
 Manchester, TN 37349  
 PHONE: 931-247-0172  
 EMAIL: redoakchurchofchristtn@gmail.com



**SEARCH FOR:**  
 “Red Oak church of Christ”



**SEARCH FOR:**  
 “Johnny Robertson”

**WEBSITE:** www.redoakcoc.org

