

TRUST

Do you believe God is good?

Do you believe God is in control?

Will you TRUST Him until He proves it?

A 31-Day Devotional
By Jon Haley

TRUST – A 31-Day Devotional
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Fort Worth, Texas

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Introduction

Trust is vital to grow and develop any relationship. A relationship with God is not possible without trust. ⁸ *For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, ⁹ not of works, lest anyone should boast.*¹ Relationship with God is possible because of God's grace.

Faith is the only requirement for a person to receive God's grace. If you have never placed your faith in Jesus for salvation, forgiveness of sins, and eternal life, I encourage you to call Him now. ⁹ *that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.* ¹⁰ *For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.*²

Trust is the vehicle that brings us to God's saving grace. Trust is also necessary to grow into a deeper relationship with the Lord. ⁶ *But without faith, it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.*³

I pray this 31-day devotional will lead you to a deeper level of trust. I pray you will create a daily habit of seeking God diligently because he rewards those who do. I pray you will read each day with the intent of taking each step of faith

¹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Eph 2:8–9.

² [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 10:8–10.

³ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Heb 11:6.

God compels you to take. I pray you will trust him with all your heart and let Him direct your steps. I ask you to reflect on these three leading questions each morning.

- 1. Do you believe God is good?**
- 2. Do you believe God is in control?**
- 3. Will you TRUST Him until He proves it?**

Instructions

- Take time each day before you read to pray and ask God to reveal Himself through His Word, by His Spirit.
- Take time to read, meditate, reflect, and apply the passage.
- Take time to read the entire chapter in which the key verse is a part and strive to get the context of the verse.
- Take time to try and memorize the key verse.
- Take time to journal and apply.
- Respond in prayer to what God reveals to you.

I have provided a format to help you process and apply the daily readings. Remember, you will get out of this in proportion to what you put into it. In the book *Growing Up* by Robby Gallaty, one of the appendices is a sample from the H.E.A.R. journal. Follow this pattern as you read your Bible each morning.

Sample H.E.A.R. Entry

Read: Philippians 4:10-13

H (Highlight)

*I can do all things through Christ who strengthens me.
Philippians 4:13*

E (Explain)

Paul was telling the church at Philippi that he had discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply)

I will experience many ups and downs in my life. My contentment is not found in the circumstances. Instead, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength to be content in every life circumstance.

R (Respond)

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face."

DAY 1

Proverbs 3:5-6

- ⁵ *Trust in the LORD with all your heart, And lean not on your own understanding;*
⁶ *In all your ways acknowledge Him, And He shall direct your paths.*⁴

Read Proverbs 3

Have you ever been asked to take a *trust fall*? I vividly remember a trust fall that goes back around 25 years. I took a group of junior high students from church to a nearby camp to participate in a leadership ropes course.

The day was filled with challenging, thought-provoking, and team-building activities that involved little risk or faith. However, the time for trust would be the climax of the leadership training.

The instructor informed the group that their youth pastor (me) would be climbing up onto the 6ft platform. He then indicated to me I would be blindfolded and turned around backward on this platform.

I assume you get the mental picture, but let me help paint a comprehensive view. I am about 6'0" tall and weigh around 225 pounds. The kids are 12, 13, and possibly 14. If my

⁴ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Pr 3:5–6.

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memory is correct, most students were female, and it would take five or six of them to equal my weight.

They were coached on how to stand correctly and hold their arms interlocking to make this a safe “trust fall.” On the count of three, I was to lock my legs, display complete trust, and fall off the platform, believing confidently these junior high girls would catch me.

I bravely and boldly displayed my trust and fell off the platform as instructed, ...they caught me. All was well, and they were proven to be trustworthy.

The admonition here in Proverbs is two-fold.

- 1. Trust God**
- 2. Don't trust yourself.**

“We must trust in the Lord with all our hearts, believing he is able and wise to do what is best. Those who know themselves find their understandings a broken reed, which, if they lean upon them, will fail,”⁵

“‘Acknowledge Him’” by referring all thy ways to His will, trusting in His power, wisdom, providence, goodness, righteousness, and feeling that without Him you can do nothing”⁶

⁵ Matthew Henry and Thomas Scott, [*Matthew Henry's Concise Commentary*](#) (Oak Harbor, WA: Logos Research Systems, 1997), Pr 3:1.

⁶ A. R. Fausset, [*A Commentary, Critical, Experimental, and Practical, on the Old and New Testaments: Job–Isaiah*](#), vol. III (London; Glasgow: William Collins, Sons, & Company, Limited, n.d.), 419.

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H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

DAY 2

2 Samuel 22:3

*³ The God of my strength, in whom I will trust;
My shield and the horn of my salvation,
My stronghold and my refuge;
My Savior, You save me from violence.⁷*

Read 2 Samuel 22

2 Samuel 22 is a song of Thanksgiving to the Lord for His deliverance of David from the hand of Saul. This song of David is an excellent reminder of God's faithfulness and trustworthiness. He is a God who can be trusted. Samuel begins with Hannah's prayer of thanksgiving for the birth of Samuel (1 Sam. 2) and ends with David's song of praise for God's deliverance from his enemies.

This song was written after David's victory. Remember, the past faithfulness of God is often the best remedy for fear while in the middle of a current battle. I have no doubt David would sing this song over and over in the future.

I have often said you are either coming out of a storm, in the middle of a storm, or headed into another storm. An excellent spiritual discipline is to rehearse the time God has proven to be your rock, fortress, deliverer, shield, and horn.

⁷ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), 2 Sa 22:3.

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“In a manner characteristic of this literary form, the Psalmist David first acknowledged the greatness and glory of **the LORD** in a series of designations—**Rock ... Fortress ... Deliverer ... Shield ... Horn of ... Salvation, Stronghold, Refuge, and Savior**. All God’s exploits in the past and promises for the future are predicated on who He is. These descriptions of **the LORD** are especially appropriate considering the song’s setting, flight, conflict, and victory.”⁸

“If you are not currently in a struggle, rejoice in the goodness of God. If you are presently struggling, choose to trust in the nature and character of God.”⁹ “They that trust God in the way of duty shall find him a present help in their greatest dangers: David did so.”¹⁰

⁸ Eugene H. Merrill, [“2 Samuel,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 477.

⁹ Herbert M. Wolf, [“1-2 Samuel,”](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 227.

¹⁰ Matthew Henry and Thomas Scott, [Matthew Henry’s Concise Commentary](#) (Oak Harbor, WA: Logos Research Systems, 1997), 2 Sa 22:1.

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H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

DAY 3

I Peter 5:6-7

*⁶ Therefore humble yourselves under the mighty hand of
God, that He may exalt you in due time,
⁷ casting all your care upon Him,
for He cares for you.¹¹*

Read I Peter 5

Have you ever been humbled? I have! Many years ago, when my kids were small, I recall a time in which the words of my daughter humbled me. It was a lazy Saturday afternoon, and I was flipping through the channels. As usual, there was nothing to watch. It must not have been football season.

The Incredible Hulk flashed across the screen, and I proudly asked my daughter, who was probably around six then, if she thought I was more powerful than the Hulk. She boldly and proudly shouted, “Yes!” I was full of pride and continued to flip through the channels. The T.V. was full of women bodybuilders flexing their muscles. I then asked my daughter, “Is, Daddy more muscular than these ladies?” She

¹¹ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), 1 Pe 5:6–7.

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cautiously stated, “No, they would destroy you, Dad.” There it was, my prideful moment quickly turning into humility.

Peter reminds the church that pride keeps us from trusting God. Humility is necessary to trust in God. “Humility preserves peace and order in all Christian churches and societies; pride disturbs them. To be humble and subject to our reconciled God will bring greater comfort to the soul than the gratification of pride and ambition”.¹² Pride will keep you from trusting and will lead to more anxiety and stress. Humble yourself and trust God by casting your cares, worries, and concerns on Him. Remember, He cares for you.

Knowing God’s attitude should cause Christians to be subject to others and deliberately subject themselves to God’s sovereign rule. The command “humble yourselves” could be translated as “allow yourselves to be humbled.” Those suffering persecution for Christ’s sake could be encouraged because the same mighty hand that let them suffer would one day lift them (cf. James 4:10).

Peter then referred to Christ’s classic words of encouragement in the Sermon on the Mount (Matt. 6:25–32), quoting Psalm 55:22: *Cast your cares on the Lord, and He will sustain you.* “All a believer’s anxieties can be cast ... on Him. Christ sustains because He cares. A Christian’s confidence rests in Christ being genuinely concerned for his welfare.”¹³

¹² Matthew Henry and Thomas Scott, [Matthew Henry’s Concise Commentary](#) (Oak Harbor, WA: Logos Research Systems, 1997), 1 Pe 5:5.

¹³ Roger M. Raymer, “[1 Peter](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 856.

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H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

DAY 4

Isaiah 26:3-4

³You will keep the mind that is dependent on you in perfect peace, for it is trusting in you.

*⁴Trust in the LORD forever,
because in the LORD, the LORD himself, is an everlasting
rock! ¹⁴*

Read Isaiah 26

Peace of mind. Doesn't that sound amazing? Who doesn't want a mind that is at peace? These two short verses written by the prophet Isaiah reveal a key to having peace of mind.

“The prophet wrote a song that will be sung by the redeemed when the Messiah will establish the millennial kingdom. Isaiah pictured himself standing in the redeemed land with the remnant listening to the people express their thanks and confidence in God”.¹⁵

“The song of the redeemed (**26:1–6**) is not merely a song of thanksgiving but it is a celebration of trust in God whose “city” of salvation will be glorious (cf. Ps. 46). The godly

¹⁴ *Christian Standard Bible* (Nashville, TN: Holman Bible Publishers, 2020), Is 26:3–4.

¹⁵ John A. Martin, “[Isaiah](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 1074.

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community awaits the moment of their redemption. In this section, Isaiah addresses those who trust in Yahweh. He encourages the godly to wait in hiding for a little while until the Lord completes his judgment upon the wicked. ¹⁶

The prophet Isaiah is speaking of the future when followers of Jesus will reign with Him forever and ever. However, this song is one that a follower of Jesus can sing today. The reality of Jesus's return and future reign reminds us this world is not our home and we are just passing through. Remember, even in the struggles, God is near and with you. This is the song of the Redeemed, and God has promised never to leave or forsake you.

¹Now this is what the LORD says—the one who created you, Jacob, and the one who formed you, Israel—“Do not fear, for I have redeemed you; I have called you by your name; you are mine. ²When you pass through the waters, I will be with you, and the rivers will not overwhelm you, When you walk through the fire, you will not be scorched, and the flame will not burn you. ³For I am the LORD your God, the Holy One of Israel, and your Savior.¹⁷ Peace of mind comes to those who trust and depend on Him for their eternal destiny and daily necessities.

¹⁶ Willem A. VanGemen, [“Isaiah,”](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 491.

¹⁷ [Christian Standard Bible](#) (Nashville, TN: Holman Bible Publishers, 2020), Is 43:1–3a.

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H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

DAY 5

Psalm 5:1-2

¹¹But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name Be joyful in You.

¹²For You, O LORD, will bless the righteous; With favor You will surround him as with a shield.¹⁸

Read Psalm 5

Psalm 5 is often referred to as a morning prayer, while the preceding is an evening prayer. King David wrote this prayer seeking guidance from God the Father while dealing with an enemy.

“In petitioning God to hear his morning prayer, David expressed his confidence in drawing near to God (who hates iniquity). He prayed for divine leadership, blessing for the righteous, and destruction for the wicked.”¹⁹

David concludes his evening prayer of Psalm 5 by trusting in God, which allows him to sleep. We should learn from David and begin a habit of prayer before bed to give all our cares, concerns, and worries to Jesus. Allow him to be our last interaction before bed, not our phone. Just a thought.

¹⁸ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Ps 5:11–12.

¹⁹ Allen P. Ross, “[Psalms](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 794.

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“When he opens his eyes on the following morning, he not only remembers but feels the happiness of which he spoke; with his first recollections, he meditates on the goodness and mercy of God and the glorious state of salvation into which he had been brought. He calls on God to give ear to his words, probably words of God’s promises, which he had been pleading”.²⁰

You can pray to God anytime, but I believe praying before your day starts is a valuable spiritual discipline. Charles Spurgeon said, “An hour in the morning is worth two in the evening. Let grace drop upon the soul while the dew is on the grass. Let us give God the mornings of our days and the morning of our lives. Prayer should be the key of the day and the lock of the night.”

This Psalm can be divided into three sections.

1. **Proper Posture** (1-3)

David acknowledges His prayer is to the LORD, His King, and His God.

2. **Proper Perspective** (4-10)

David acknowledges the Holiness of God. He realizes and embraces the truth that God is Holy and Just. God will not allow the wicked to have access to Him.

3. **Proper Praise** (11-12)

David concludes by encouraging those who trust in God to be joyful in Him.

Prayer with proper posture and proper perspective leads to proper praise. Joy and Protection are byproducts of placing your trust in the Lord.

²⁰ Adam Clarke, [*The Holy Bible with a Commentary and Critical Notes*](#), New Edition., vol. 3 (Bellingham, WA: Faithlife Corporation, 2014), 230.

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H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

DAY 6

Isaiah 50:10

¹⁰“Who among you fears the LORD? Who obeys the voice of His Servant? Who walks in darkness And has no light? Let him trust in the name of the LORD And rely upon his God.

¹¹Look, all you who kindle a fire, Who encircle yourselves with sparks: Walk in the light of your fire and in the sparks you have kindled—This you shall have from My hand: You shall lie down in torment.²¹

Read Isaiah 50

This chapter can be separated into three sections.

- 1. The rejections of the Jews (1-3)**
- 2. The suffering Servant (4-9)**
- 3. The admonition to the believer and a warning to the unbeliever. (10-11)**

“The statements about Israel’s future were to evoke an ethical response. Israel was rebellious, but the prophet pleaded for her to trust in the Lord, not in her own devices.”²²

“Because of the great guilt of the people of God and their lack of responsiveness, Yahweh has justly exiled them (**50:1–3**). He called them tenderly in the past, but there was

²¹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Is 50:10-11.

²² John A. Martin, “[Isaiah](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 1104.

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no response. He has the power to avert the exile, as seen in the plagues in Egypt, but he acts freely by deciding to let it happen. Yet even though he sent them away, he has not divorced or sold Israel to the creditors.”²³

God’s punishment is always just, and His discipline is a plea for his people to repent and turn back to Him. *9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*²⁴

Isiah closes this chapter with a comparison. Verse ten describes those who will trust and rely upon God. Verse eleven reveals the fate of those who do not trust God.

A human fears the Lord when he understands God is far superior and man is a mere creature. Such fear does not lead to flight, but to a faith that can trust in God for protection. The opposite is depicted in verse eleven. The self-reliant person tries to produce their own light. They will end in judgment. “The song concludes with an appeal for the servant’s faithful followers to continue to trust the Lord and with a warning of judgment to those who reject the Lord’s guidance.”²⁵

My plea, as the prophet pleaded with the people, is that you would choose to trust God. What has He been asking you to do that you have been reluctant to respond? Will you trust in the name of the Lord and rely upon God?

²³ Willem A. VanGemeren, [“Isaiah,”](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 505.

²⁴ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Jn 1:9.

²⁵ Robert B. Chisholm, [“The Major Prophets,”](#) in *Holman Concise Bible Commentary*, ed. David S. Dockery (Nashville, TN: Broadman & Holman Publishers, 1998), 286.

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H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

DAY 7

I Timothy 6:17-19

¹⁷ Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy. ¹⁸ Let them do good, that they be rich in good works, ready to give, willing to share, ¹⁹ storing up for themselves a good foundation for the time to come, that they may lay hold on eternal life.²⁶

Read I Timothy 6

Before you tell me, this passage does not apply to you, let me clearly and boldly tell you, “You’re wrong.” You saw the word “rich” and assumed this passage was not for you. Let me kindly tell you, if you are reading this in your climate-controlled house, which also has electricity and water, you are rich. You may not think you are, but you are.

Now that we have dealt with the excuse, let’s unpack what Paul is instructing Timothy to do. Paul first deals with contentment. If we fail to be content with what God has blessed us with, it reveals a lack of trust in the goodness of God. If we fail to trust in God's goodness and be content, we will quickly fall into greediness.

⁹ But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which

²⁶ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Ti 6:17–19.

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drown men in destruction and perdition. ¹⁰ For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.²⁷

Paul continues by telling Timothy to flee the pursuit and love of money and to pursue being like Christ. ¹¹ *But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness.²⁸*

Paul teaches Timothy and then Paul tells Timothy to teach others. Paul wants Timothy to tell the other followers of Jesus to be content and to trust in God, not money.

“These words are an addition to those in verses 6–10. They indicate how the rich should live.

- First, they should not presume that they are better than others or think that their wealth gives them a basis for hope or security.
- Second, and most importantly, their hope must be in God, who himself richly provides us with everything. The controlling principle must be what God desires in our life.
- Third, those who are rich must involve themselves in doing good; they must be as generous in doing what God commands as they are wealthy because God has richly given to them.
- Fourth, they must be generous in giving to those in need. In conclusion, Paul reminds us that the proper use of wealth is the best investment one can make of money, an investment that will pay dividends in

²⁷ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Ti 6:9–10.

²⁸ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Ti 6:11.

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heaven (see Matt. 6:19–21). One cannot pay his way into heaven, but the proper use of wealth evidences genuine faith.”²⁹

²⁹ George W. III Knight, [“1-2 Timothy/Titus,”](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 1109.

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H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

Day 8

Psalm 13:5

⁵But I have trusted in Your mercy; My heart shall rejoice in Your salvation.³⁰

Read Psalm 13

David is dealing with three questions we began this devotional with:

- 1. Do you believe God is good?**
- 2. Do you believe God is in control?**
- 3. Will you TRUST Him until He proves it?**

“The bread of sorrows is sometimes the saint’s daily bread; our Master was a man of sorrows. When trouble lasts long, it is a common temptation to think that it will always last. Those who have long been without joy begin to be without hope. We should never allow ourselves to make any complaints, but what drives us to our knees? Nothing is more killing to a soul than the want of God’s favor; nothing more reviving than the return of it.”³¹

I, like David, have often felt overwhelmed, abandoned, isolated, and as if God was hiding from me. How should I

³⁰ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Ps 13:5.

³¹ Matthew Henry and Thomas Scott, [*Matthew Henry’s Concise Commentary*](#) (Oak Harbor, WA: Logos Research Systems, 1997), Ps 13:1.

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respond during times of darkness? How should you respond in the dark days? How did David respond?

Let's look at the outline of this poem and draw an application from David.

1. He complains to God. (1-2)
2. He cries out to God. (2-3)
3. He trusts God. (5-6)

David expressed his trust in the mercy of God. The Hebrew word translated as mercy is (**hesed**). **Hesed**, found some 250 times in the Old Testament, expresses an essential part of God's character. When God appeared to Moses to give the Law a second time, He described Himself as "abounding in" or "filled with" *hesed*, which is translated "love and faithfulness," "unfailing love," "faithful love," "steadfast love," and "loyal love," depending on the Bible version ([Exodus 34:6-7](#)). The core idea of this term communicates loyalty or faithfulness within a relationship. Thus, *hesed* is closely related to God's covenant with His people, Israel. As it relates to the concept of love, *hesed* expresses God's faithfulness to His people.

When you feel as if God is not near, remember the goodness of God and His faithful love which endures forever. ²¹*This I recall to my mind, Therefore I have hope.*
²²*Through the LORD's mercies we are not consumed,*
*Because His compassions fail not.*²³*They are new every morning; Great is Your faithfulness.*³²

³² [The New King James Version](#) (Nashville: Thomas Nelson, 1982), La 3:21-23.

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H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 9

Luke 8:48

⁴⁸ And He said to her, “Daughter, be of good cheer; your faith has made you well. Go in peace.”³³

Read Luke 8:40-56

The verse for today highlights a different word. The first eight days we have looked at the word “trust.” Today the word I want you to focus on is the word “faith.” “Trust” and “Faith” are interchangeable of course, so let’s look at these powerful words Jesus spoke. He stated, *your faith has made you well.*

Jesus was walking through a crowd when a ruler of the synagogue approached him. He fell to his feet and begged Jesus to come heal his 12 year-old daughter who was dying. Seemingly, Jesus was on his way to the house when he was interrupted.

⁴³ Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, ⁴⁴ came from behind and touched the border of His garment. And immediately her flow of blood stopped.³⁴

³³ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 8:48.

³⁴ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 8:43–44.

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Jesus immediately asked who touched Him. The disciples were baffled because they were engulfed in a crowd. How could anyone determine who Jesus was talking about? The lady was healed immediately. She had exhausted all her money and the doctors' wisdom and had not received relief. She lived in isolation as she would have been ceremonially unclean. She could not be around people, and she could not enter the synagogue. She was immediately healed by one touch of the hem of Jesus' garment.

*⁴⁶ But Jesus said, "Somebody touched Me, for I perceived power going out from Me." ⁴⁷ Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately.*³⁵

"The woman's faith became public when she **fell at His feet**. The woman's **faith** had **healed** her (8:48)—faith that Jesus could make her ceremonially clean and therefore faith that He really is the Messiah."³⁶

Take a moment to consider this story from another perspective. The woman believed Jesus could heal her if she could only touch the hem of his garment. She was right and healed by Jesus the moment she touched his garment.

However, her faith was private and needed to go public. Your faith is personal but shouldn't be private. When Jesus asked her to identify herself, she could have slid away in the midst of the crowd. However, she decided to take the next

³⁵ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 8:46–47.

³⁶ John A. Martin, "[Luke](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 227.

[TRUST]

step of faith and go public with her belief that Jesus was the Messiah.

How about you? Do you need to take a step of faith by sharing your faith?

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 10

Luke 5:20

²⁰When He saw their faith, He said to him, “Man, your sins are forgiven you.”³⁷

Read Luke 5

The story found in Luke 5 is one of my favorite stories. As a student pastor, I often taught this passage of scripture. There are many layers to unpack in this story.

Let's first take this from the perspective of the paralyzed man. He had probably never seen Jesus. I am sure he had heard of him. I assume someone said, “Hey, I have an idea”. We all have that friend who says, “I have an idea,” and immediately you know this will not end well.

The four men apparently think this is a good idea. They place their paralyzed friend on a mat and begin to go all over the city looking for this man they call Jesus. Did the paralyzed man have a say? Was he being dragged around the city at the direction of his friends? Was he excited? Was he nervous? Was he afraid? Possibly, all the above.

Exhausted and tired, they reach the crowd of people. The voice muffled sounds like the voice of the one they call Jesus. Emotions began to heighten as the excitement and anticipation mounted. The paralyzed man must be feared

³⁷ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Lk 5:20.

[TRUST]

with every emotion possible. I wonder if he could think about standing, walking, and potentially running. Dare he allow his imagination to be filled with hope?

His excitement and hope are dashed instantly as he hears his four friends mutter. “They say there is no room.” We can’t get our friend near Jesus. Hope gives way to hopelessness.

“I have an idea,” one of the friends yells out. Oh no, here we go again. “Let’s take him on top of the roof and lower him in front of Jesus. If we can get through the crowd, we will go over it.” I have had friends like this. You know what I am talking about. No matter the situation, things seem to escalate to an unhealthy level.

The four men work together to get their friend on the roof. They cut a hole in the roof, and they carefully lower their friend right in front of Jesus. Jesus looks at the paralyzed man; he then glances at the friends, and because of their faith, he heals the man of his sins. After a brief discussion with the religious people, Jesus tells the man to get up and walk. ²⁵ *Immediately he rose up before them, took up what he had been lying on, and departed to his own house, glorifying God.* ²⁶ *And they were all amazed, and they glorified God and were filled with fear, saying, “We have seen strange things today!”*³⁸

WOW! This man’s life was changed because his friends believed Jesus could heal him. How about

³⁸ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Lk 5:25–26.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

Day 11

Psalm 34:8

⁸Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!

Read Psalm 34

“This song of praise is attributed to David when he escaped from Abimelech by feigning insanity (1 Sam. 21:11). In the psalm, David called on the congregation to praise the Lord for their salvation. After affirming that God is good to those who trust Him, he instructed the people on how to live a long life.”³⁹

“If we hope to spend eternity in praising God, it is fit that we should spend much of our time here in this work.”⁴⁰ I love this statement. King David teaches us in Psalm 34 to praise the Lord. He gives four different admonitions in light of God’s deliverance to His people. As followers of the Lord, we should:

³⁹ Allen P. Ross, “[Psalms](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 819.

⁴⁰ Matthew Henry and Thomas Scott, [Matthew Henry’s Concise Commentary](#) (Oak Harbor, WA: Logos Research Systems, 1997), Ps 34:1.

[TRUST]

1. Bless the Lord. (1-3)

We should bless him constantly, continually, and corporately.

2. Seek the Lord (4-8)

David says if we seek the Lord, He saves, delivers, and satisfies.

3. Fear the Lord (9-16)

“Fear of the Lord can be defined as ‘the continual awareness that our loving heavenly Father is watching and evaluating everything we think, say, and do’ (Matthew 12:36; Psalm 139:2; Jeremiah 12:3). As Jesus told each of the seven churches in Revelation 1—2, ‘I know your works.’ Nothing escapes His attention.”⁴¹

4. Trust the Lord (17-22)

¹⁷The righteous cry out, and the LORD hears, And delivers them out of all their troubles. ¹⁸The LORD is near to those who have a broken heart, And saves such as have a contrite spirit. ¹⁹Many are the afflictions of the righteous, But the LORD delivers him out of them all. ²⁰He guards all his bones; Not one of them is broken. ²¹Evil shall slay the wicked, And those who hate the righteous shall be condemned. ²²The LORD redeems the soul of His servants, And none of those who trust in Him shall be condemned.⁴²

⁴¹ Gotquestions.org

⁴² [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Ps 34:17–22.

[TRUST]

We should first trust God with our eternal life and then trust Him with our daily life. “Taste and see God’s goodness; take notice of it and take the comfort of it. He makes all truly blessed that trust in him”⁴³

⁴³ Matthew Henry and Thomas Scott, [*Matthew Henry’s Concise Commentary*](#) (Oak Harbor, WA: Logos Research Systems, 1997), Ps 34:1.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 12

Matthew 8:10

¹⁰ When Jesus heard it, He marveled, and said to those who followed, “Assuredly, I say to you, I have not found such great faith, not even in Israel!” ⁴⁴

Read Matthew 8

I would love for Jesus to say this about me. I would love to be known as a person of faith. However, I often find myself doubting and not living as this Centurion lived. Would you like to live a life that exemplifies faith? Do you know someone who lives daily in faith?

“This centurion was a heathen, a Roman soldier. Though he was a soldier, yet he was a godly man. No man’s calling or place will be an excuse for unbelief and sin. See how he states his servant’s case. We should concern ourselves for the souls of our children and servants, who are spiritually sick, who feel not spiritual evils, who know not that which is spiritually good; and we should bring them to Christ by faith and prayers.”⁴⁵

Humility is required to trust in the Lord. Pride will keep a person from faith. A prideful person cannot recognize his or her need for help. The Roman soldier, a man of authority,

⁴⁴ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Mt 8:10.

⁴⁵ Matthew Henry and Thomas Scott, [*Matthew Henry’s Concise Commentary*](#) (Oak Harbor, WA: Logos Research Systems, 1997), Mt 8:5.

[TRUST]

humbled himself and asked Jesus to heal his servant. Humility is a key to trusting the Lord.

*I am not worthy that you should come under my roof.*⁴⁶ “This was an expression of great humility. It refers, doubtless, to his view of his *personal* unworthiness, and not merely to the fact that he was a *Gentile*. It was the expression of a conviction of the great dignity and power of the Savior, and of a feeling that he was so unlike him that he was not fit that the Son of God should come into his dwelling. So every truly penitent sinner feels—a feeling which is appropriate when he comes to Christ.”⁴⁷

*I have not found such great faith.*⁴⁸ “The word ‘faith,’ here means ‘confidence or belief’ that Christ had power to heal his servant. It does not necessarily imply that he had saving faith; though, from the connection and the spirit manifested, it seems probable that he had. If this was so, he was the first Gentile convert to Christianity and was a very early illustration of what was more clearly revealed afterward—that the heathen was to be brought to the knowledge of the truth.”⁴⁹

⁴⁶ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Mt 8:8

⁴⁷ Albert Barnes, [*Notes on the New Testament: Matthew & Mark*](#), ed. Robert Frew (London: Blackie & Son, 1884–1885), 85.

⁴⁸ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Mt 8:10

⁴⁹ Albert Barnes, [*Notes on the New Testament: Matthew & Mark*](#), ed. Robert Frew (London: Blackie & Son, 1884–1885), 85.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 13

Jeremiah 17:7

⁷Blessed is the man who trusts in the LORD, And whose hope is the LORD.⁵⁰

Read Jeremiah 17

“The Gentiles will one day forsake their idols and turn to God. However, in Jeremiah’s day, the people of Judah were permeated with idolatry. They were so entrenched in their ways that it was as if their **sin** were **engraved** or etched on **their hearts** with **an iron tool** or **a flint point**. Both iron and flint, being extremely hard, were used to chisel words into stone tablets (cf. Job 19:24). The sin of Judah, however, extended beyond their hearts and showed up **on the horns of their** idolatrous **altars**. The “horns” were stone projections at the top of each altar on the four corners.”⁵¹

The Bible clearly spells out to us there are two ways to live your life. There is a narrow way and a wide way (Matthew 7:13-14). There is a wise way and a foolish way (Mathew 7:24-27). The Psalmist speaks of the godly and ungodly way (Psalm 1). The nation of Israel had a choice between blessing and cursing.

⁵⁰ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Je 17:7.

⁵¹ Charles H. Dyer, [“Jeremiah,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 1151.

[TRUST]

²⁶ I've brought you today to the crossroads of Blessing and Curse. ²⁷ The Blessing: if you listen obediently to the commandments of GOD, your God, which I command you today. ²⁸ The Curse: if you don't pay attention to the commandments of GOD, your God, but leave the road that I command you today, following other gods of which you know nothing.⁵²

Jeremiah preached the message of repentance, striving to get the people of Israel to live in obedience. They chose not to repent, and eventually, they would experience the curse of their disobedience.

Jeremiah reminds them of the consequences of their choice. ⁵ *Thus says the LORD: "Cursed is the man who trusts in man And makes flesh his strength, Whose heart departs from the LORD. ⁶For he shall be like a shrub in the desert, And shall not see when good comes, But shall inhabit the parched places in the wilderness, In a salt land which is not inhabited. ⁷"Blessed is the man who trusts in the LORD, And whose hope is the LORD. ⁸For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit.⁵³*

Does this passage of scripture remind you of a familiar Psalm?

⁵² Eugene H. Peterson, [*The Message: The Bible in Contemporary Language*](#) (Colorado Springs, CO: NavPress, 2005), Dt 11:26–28.

⁵³ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Je 17:5–8.

[TRUST]

¹ Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; ² But his delight is in the law of the LORD, And in His law he meditates day and night. ³ He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. ⁴ The ungodly are not so, But are like the chaff which the wind drives away. ⁵ Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. ⁶ For the LORD knows the way of the righteous, But the way of the ungodly shall perish.⁵⁴

Today you can choose to live for yourself or for God.
What will you choose?

⁵⁴ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ps 1:1–6.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 14

Ephesians 1:13-14

¹³ In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, ¹⁴ who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.⁵⁵

Read Ephesians 1

In Christ, three spiritual blessings (vv. 7, 11, 13) have been made ours, which together amount to a whole new God-determined existence.

First, we have redemption, which is made available through the payment of a price—the blood, or death, of Christ (v. 7). Redemption is the foundation of God’s work on behalf of humanity. Without redemption, nothing else could be done. We have this redemption, this new standing with our Creator, not because of our own worthiness but simply according to the wealth of his grace—another assurance of the security of the situation (v. 8).

The negative value of the first blessing is balanced by the second blessing, which indicates for what we have been redeemed. In Christ, we have been appointed to participate (v. 11). The purpose of this is that we may praise God’s glory and so be enabled to fulfill our proper destiny as creatures of a holy God (v. 12). What place we have been allotted has been hinted at already in verses 5 and 10 and will be detailed

⁵⁵ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Eph 1:13–14.

[TRUST]

in 2:11–22. It is a place in God’s new family whose head is Christ.

To this point Paul has been speaking in the first person plural, which could mean either that he includes his readers or that he does not, contrasting them instead with some other group to which he himself belongs. This other group he has called *we, who were the first to hope in Christ* (v. 12). Now he draws the readers into the picture by centering the third blessing on them.

“They have heard the ‘word of truth,’ the true message, the Good News which brought them, too, into God’s salvation once they had believed it (v. 13). Thus, they are also ‘in Christ,’ and in him have received the third blessing—the ‘*seal*, the promised Holy Spirit’ (v. 13). Just as Pilate sealed the tomb of Christ and thereby prohibited unauthorized tampering with it, God has set his seal upon his adopted family, proclaiming to all beings whose interference would endanger them that they belong to him and are not to be harmed. But there is more: the Spirit is a downpayment, a ‘deposit guaranteeing our inheritance’ while we await the full redemption of God’s possession. As will be seen in 3:14–19, the Spirit’s presence implies more than a passive guarantee. It also means the power necessary to live out in this doomed age, the ethics of the new age to come, which in Christ has already entered the scene. This new ethic, good for us and for everyone else, is rooted in the praise of the glorious Creator.”⁵⁶

⁵⁶ Richard J. Erickson, “[Ephesians](#),” in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 1022.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 15

Joshua 1:9

⁹ Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.⁵⁷

Read Joshua 1

I am not sure how many people would sign up to be the guy who followed Moses. I have always heard you do not want to be the guy who follows the guy. This seems to be true in sports, church, or political arena.

Taking over a new college football program is difficult for anybody. You must get used to new players, coaches, and a fanbase that is used to having things done a certain way, and then you must find ways to win games. There is a lot of pressure on you to succeed; it is a business that not everybody has the heart to get done.

When replacing a legendary head coach, the pressure is magnified by 1,000. Forget about making an impact early on; you must do everything perfectly and convince everybody involved that everything will be alright without the former coach on the sidelines. While nobody in their right mind expects you to fill those shoes, plenty of guys

⁵⁷ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Jos 1:9.

[TRUST]

couldn't escape the shadow and quickly crashed and burned before the gig started.⁵⁸

Moses was the only leader the nation of Israel had ever known. He led them through amazing victories. He was the one who led them out of Egyptian bondage. He was the voice of God to the people and the voice of the people to God. Joshua would not be the new leader. He, no doubt, was filled with fear. In three verses, God tells him to be courageous and not afraid.

The third call to courage addressed to Joshua was based on the promise of *God's presence*. This did not minimize the task Joshua faced. He would encounter giants and fortified cities, but God's presence would make all the difference.

Joshua probably had times when he felt weak, inadequate, and frightened. Perhaps he considered resigning before the Conquest even began. But God knew all about his feelings of personal weakness and fear and told Joshua three times, **Be strong and courageous** (vv. 6–7, 9; cf. v. 18). God also urged him **not to be afraid or discouraged** (cf. Deut. 1:21; 31:8; Josh. 8:1). These charges with their accompanying assurances (**God's promise, God's power, and God's presence**) were sufficient to last a lifetime. The same three assurances can uplift believers today.⁵⁹

⁵⁸ <https://bleacherreport.com/articles/1562914-10-coaches-who-have-successfully-replaced-a-legend>

⁵⁹ Donald K. Campbell, "[Joshua](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 329.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 16

Esther 4:15-16

¹⁵ Then Esther told them to reply to Mordecai: ¹⁶ “Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!”⁶⁰

Read Esther 4

The book of Esther is filled with divine and ironic reversals. The book of Esther is one of two books in the Bible that does not mention the name of God. The other book is Song of Solomon.

The absence of His name does not infer the absence of His presence. The book of Esther causes the reader to answer the three questions displayed on the back cover of this devotional book.

- 1. Do you believe God is good?**
- 2. Do you believe God is in control?**
- 3. Will you TRUST Him until He proves it?**

Queen Esther is faced with a life and death situation. Her people, the Jewish nation, is on the brink of being annihilated. The man who raised her, Mordecai, pleads with

⁶⁰ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Es 4:15–16.

[TRUST]

her to go and speak to the King on behalf of the Hebrew people. Esther sends word back to Mordecai conveying what a dangerous proposition this would be.

Esther talked it over with Hathach and then sent him back to Mordecai with this message: “Everyone who works for the king here, and even the people out in the provinces, knows that there is a single fate for every man or woman who approaches the king without being invited: death. The one exception is if the king extends his gold scepter; then he or she may live. And it’s been thirty days now since I’ve been invited to come to the king.”⁶¹

Mordecai encourages Esther to consider God has made her a Queen for such a time as this. His message and encouragement are exactly the words Esther needed to hear. She responds with faith.

Esther sent back her answer to Mordecai: “Go and get all the Jews living in Susa together. Fast for me. Don’t eat or drink for three days, either day or night. I and my maids will fast with you. If you will do this, I’ll go to the king, even though it’s forbidden. If I die, I die.”⁶²

The step of faith could have cost Esther her life. However, God has placed her in the palace for such a time as this. Have you considered God has you right where he wants you and He is wanting you to take a step of faith?

⁶¹ Eugene H. Peterson, [*The Message: The Bible in Contemporary Language*](#) (Colorado Springs, CO: NavPress, 2005), Es 4:10–11.

⁶² Eugene H. Peterson, [*The Message: The Bible in Contemporary Language*](#) (Colorado Springs, CO: NavPress, 2005), Es 4:15–16.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 17

I Samuel 17:45

⁴⁵ Then David said to the Philistine, “You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied.”⁶³

Read I Samuel 17

The giant, Goliath, mocked the nation of Israel and thus mocked the God of Israel. Goliath issued a call to battle. He challenges the nation of Israel to send their greatest warrior to engage him in a one-on-one battle to the death. The nation whose warrior proved to be victorious would rule over the nation whose warrior was defeated.

¹⁰ And the Philistine said, “I defy the armies of Israel this day; give me a man, that we may fight together.” ¹¹ When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.⁶⁴

King Saul was a warrior and should have had the faith to seek God and fight the enemy. No doubt, if he had trusted God for the victory, God would have empowered him to defeat the enemy. However, he hid in fear. The taunting of

⁶³ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Sa 17:45.

⁶⁴ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Sa 17:10–11.

[TRUST]

the giant continued for 40 days as no one had enough faith to accept the challenge.

“No one in all of Israel had the courage to face him. And that’s when a little shepherd boy bringing lunch to his brothers wandered into the story. Upon hearing Goliath’s boasts, David was outraged. He marched into the tent of King Saul and volunteered for duty. Saul tried to fit David in his armor, but David refused. He told Saul that, as a shepherd, God had given him victory over lions and bears and that God would now deliver this giant into his hands! Saul was moved by the young boy’s faith and sent him to face the Philistine.”⁶⁵

“After waiting for forty days, Goliath is disappointed and disgusted when he sees the youthful, unarmed David coming toward him. How much glory is there in killing a defenseless youth? David listens to Goliath’s curses and then acknowledges that his main weapon is *the name of the LORD Almighty*” (v. 45). Because of David’s apparent weakness, the glory for the victory will go to the Lord, and this could be a testimony to the whole world. Like Saul’s son, Jonathan, David believes that the battle is the Lord’s, and that victory does not depend on who has the best weapons or the most soldiers. Just as the parting of the Red Sea terrified the nations (Exod. 15:14–15), so the death of Goliath will demonstrate the power of Israel’s God.”⁶⁶

⁶⁵ <https://www.sharefaith.com/blog/2016/08/top-10-examples-of-faith-in-the-bible-for-sunday-school/>

⁶⁶ Herbert M. Wolf, “[1-2 Samuel](#),” in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 205.

[TRUST]

How about you? What battle are you facing? Will you trust God or lean on your own understanding? Will you allow Him to fight with you? Will you believe there is no problem too small or too big For God?

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 18

Exodus 14:13-14

¹³ And Moses said to the people, “Do not be afraid. Stand still, and see the salvation of the LORD, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever. ¹⁴ The LORD will fight for you, and you shall hold your peace.”⁶⁷

Read Exodus 14

I can't fathom the emotions and excitement the Israelites were experiencing as they plundered Egypt without losing a single life. God revealed his power through the 10 plagues of Egypt. The final plague of the death of the firstborn son finally broke the heart and the spirit of Pharaoh.

The joy and celebration quickly turn to fear and trepidation.

¹⁰ And when Pharaoh drew near, the children of Israel lifted their eyes, and behold, the Egyptians marched after them. So they were very afraid, and the children of Israel cried out to the LORD. ¹¹ Then they said to Moses, “Because there were no graves in Egypt, have you taken us away to die in the wilderness? Why have you so dealt with us, to bring us up out of Egypt? ¹² Is this not the word that we told you in Egypt, saying, ‘Let us alone that we may serve the

⁶⁷ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Ex 14:13–14.

[TRUST]

Egyptians’? For it would have been better for us to serve the Egyptians than that we should die in the wilderness.”⁶⁸

The people quickly lost faith and were overtaken with fear. Although the people respond with fear, Moses responds with faith.

¹³ And Moses said to the people, “Do not be afraid. Stand still, and see the salvation of the LORD, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever. ¹⁴ The LORD will fight for you, and you shall hold your peace.”⁶⁹

“God told Moses He would miraculously deliver the people through the sea. Moses only needed to raise his staff over the sea and the water would divide and the floor of the sea would be dry ground. Pharaoh’s charioteers would foolishly pursue the Israelites into the sea. There, as with the plagues, God would demonstrate His power and glory in the destruction of the Egyptian military. The Egyptians, God said, will know that I am the LORD.”⁷⁰

Moses and the people of God camp out by the Red Sea, anticipating God’s rescue in the morning. While they were sleeping, “the angel of God, perhaps a theophany or an angelic messenger, moved from the front of the Israelites to the rear to protect them from the charging Egyptians. The angel shifted from guide to guardian! All through that night, the pillar of cloud, which also had moved to the rear to be

⁶⁸ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ex 14:10–12.

⁶⁹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ex 14:13–14.

⁷⁰ John D. Hannah, “[Exodus](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 131–132.

[TRUST]

between the two camps, brought such darkness that military advance was impossible for the Egyptians.”⁷¹

*³⁰ So the LORD saved Israel that day out of the hand of the Egyptians, and Israel saw the Egyptians dead on the seashore. ³¹ Thus Israel saw the great work which the LORD had done in Egypt; so the people feared the LORD, and believed the LORD and His servant Moses.*⁷²

When you and I are faced with a situation which seems like there is no way out, what is our first response? Fear or Faith? I pray you and I will choose faith over fear and trust God is good and God is in control until He proves it.

⁷¹ John D. Hannah, “[Exodus](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 132.

⁷² [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ex 14:30–31.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 19

Daniel 3:17-18

*17 If that is the case, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king. 18 But if not, let it be known to you, O king, that we do not serve your gods, nor will we worship the gold image which you have set up.*⁷³

Read Daniel 3

The story of the three young Hebrew men inspires me, and most who read their story. These three young men had been taken captive and raised in a foreign land. They were taken from their homes, parents, customs, culture, and religious activities. However, like Daniel, they had decided to live for the Lord and not for man.

*8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.*⁷⁴

King Nebuchadnezzar has a HUGE image of himself made from gold set up for all to see and worship him. He has made a decree for all the people and officials to bow and worship him at the appointed time.

⁷³ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Da 3:17–18.

⁷⁴ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Da 1:8.

[TRUST]

“In demanding that these officials fall before the image of gold, Nebuchadnezzar demanded a public display of recognition and submission to his absolute authority in the kingdom. The fact that the officials were commanded not only to fall before the image but also to worship it indicates that the image had religious and political significance.”⁷⁵

These brave and loyal Hebrew young men chose not to worship the image. Remember, they had purposed in their heart not to defile themselves. They would bow in worship to only the TRUE AND LIVING GOD of Israel. Immediately the tattletales rush to the King to inform him of the non-compliant Jews. ¹² *There are certain Jews whom you have set over the affairs of the province of Babylon: Shadrach, Meshach, and Abed-Nego; these men, O king, have not paid due regard to you. They do not serve your gods or worship the gold image which you have set up.*⁷⁶

The King is angry and brings these non-conformists into his presence. He informs them he will give them one more chance. They declined a second chance, informing him they would not bow to His image.

¹⁶ *Shadrach, Meshach, and Abed-Nego answered and said to the king, “O Nebuchadnezzar, we have no need to answer you in this matter. ¹⁷ If that is the case, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king. ¹⁸ But if not, let it*

⁷⁵ J. Dwight Pentecost, [“Daniel,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 1338.

⁷⁶ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Da 3:12.

[TRUST]

be known to you, O king, that we do not serve your gods, nor will we worship the gold image which you have set up.”⁷⁷

They proclaim their faith and allegiance to the LORD GOD. King Nebuchadnezzar threw them in the furnace, and God showed up. God rescued these three men and honored their faith. Most likely you will not be faced with the same situation these men were faced with. However, culture often wants us to conform to its image and in faith we must stand against the culture and stand for the Lord.

⁷⁷ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Da 3:16–18.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 20

Luke 1:38

³⁸ Then Mary said, “Behold the maidservant of the Lord! Let it be to me according to your word.” And the angel departed from her.⁷⁸

Read Luke 1

Mary, the mother of Jesus displayed amazing faith and trust in the plan of God. A young Hebrew girl who had her life planned out. Her Father, no doubt, had arranged for her to be married to Joseph.

This young Jewish girl was planning and preparing for her wedding day. I would assume, like any girl in this culture, she was filled with anticipation, excitement, concerns, and thoughts of the future. She, no doubt, wondered what marriage would be like, how many kids they would have, and how long it would take to have their first child. She had no idea what God would do in her and through her.

We read in Luke the angel Gabriel appears to her and tells her this life-changing message”

⁷⁸ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Lk 1:38.

[TRUST]

²⁸ *And having come in, the angel said to her, “Rejoice, highly favored one, the Lord is with you; blessed are you among women!”* ²⁹ *But when she saw him, she was troubled at his saying, and considered what manner of greeting this was.* ³⁰ *Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God.* ³¹ *And behold, you will conceive in your womb and bring forth a Son, and shall call His name JESUS.* ³² *He will be great, and will be called the Son of the Highest; and the Lord God will give Him the throne of His father David.* ³³ *And He will reign over the house of Jacob forever, and of His kingdom there will be no end.”*⁷⁹

The choice Mary had before her would forever change her life. To embrace this plan of God would result in a cloud of suspicion and shame hanging over her and her family for the rest of their lives. It would cause her heart to suffer untold pain and grief as her son would die a brutal and unjust death. It would place her on the front lines of an eternal struggle between the forces of heaven and hell.

Yet, despite these things, Mary told Gabriel, ‘*Behold the maidservant of the Lord! Let it be to me according to your word.*’⁸⁰ What a powerful statement of faith! In response, the prophecy of Isaiah 7:14 was fulfilled: ‘*The virgin will conceive and give birth to a son and will call him Immanuel* (which means ‘God is with us’). Mary’s words exemplify all who would follow the Lord in faith. No matter the obstacle, the cost, or the danger, we all would do well to make the

⁷⁹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 1:28–33.

⁸⁰ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Lk 1:38.

[TRUST]

words of Mary our own personal declaration of faith: *Behold the maidservant of the Lord! Let it be to me according to your word.*

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 21

Hebrews 11:8

⁸ By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going.⁸¹

Read Genesis 12

Abraham lived in Ur, a big city in its day, and with his extended family he had moved to Harran (Genesis 11:31) (Ur was in modern-day Iraq. Harran was in modern-day Turkey.)

Abraham was a man of wealth and was not a follower of God. He was not looking to follow God, but God was looking to pursue Abraham. God had a unique plan in mind for Abraham. Because of this, Abraham's life changed in a BIG WAY.

At the time God approached Abraham, his name was Abram. God would change his name from Abram to Abraham. (Genesis 17:5) God approached Abram and told him to leave everything he knew, his family, his culture, his land, and follow me. That's not easy to do when you are 75 years old and successful and settled, as Abraham was. And God didn't give Abraham a map to follow. God said, *Go to the land I will show you.* ⁴ *So Abram departed as the LORD*

⁸¹ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Heb 11:8.

[TRUST]

*had spoken to him, and Lot went with him. And Abram was seventy-five years old when he departed from Haran.*⁸²

Pause for a moment. Consider your current situation and stage of life. What would your first question be if God showed up tomorrow and asked you to pack everything and move? I think mine would be, “WHERE?” However, God did not tell Abraham where; he said, I will let you know when you get there.

When it comes to God’s calling in our lives, we like to have both clarity and details. We want a detailed description of where to go and what to do when we get there. I know I would love a detailed itinerary.

But God seldom works that way. God wants us to exercise faith, not simply our intellect. He wants us to learn to walk by faith in him, rather than simply by sight. Not every call of God involves relocation, but every call does involve leaving some of our past behind and venturing into the unknown with God as our guide.

⁹ By faith he dwelt in the land of promise as in a foreign country, dwelling in tents with Isaac and Jacob, the heirs with him of the same promise; ¹⁰ for he waited for the city which has foundations, whose builder and maker is God.

¹¹ By faith Sarah herself also received strength to conceive seed, and she bore a child when she was past the age, because she judged Him faithful who had promised.

¹² Therefore from one man, and him as good as dead, were

⁸² [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ge 12:4.

[TRUST]

*born as many as the stars of the sky in multitude—
innumerable as the sand which is by the seashore.*⁸³

Abraham and Sarah exemplified living a life of faith. They were not without failures and momentary lapses of trust. However, because of their willingness to walk in faithful obedience, God used them in an unbelievable way. What steps of faith is God asking you to take? Are you hesitant to ask God for more details? Don't wait for all the answers. Take the next step God has clearly asked you to take.

⁸³ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Heb 11:9–12.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 22

I Kings 17:12-13

¹² So she said, “As the LORD your God lives, I do not have bread, only a handful of flour in a bin, and a little oil in a jar; and see, I am gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it, and die.”

¹³ And Elijah said to her, “Do not fear; go and do as you have said, but make me a small cake from it first, and bring it to me; and afterward make some for yourself and your son.”⁸⁴

Read 1 Kings 17

And Elijah the Tishbite, of the inhabitants of Gilead, said to Ahab, “As the LORD God of Israel lives, before whom I stand, there shall not be dew nor rain these years, except at my word.”⁸⁵

Elijah, the prophet of God, tells the King God will not allow it to rain for the next three years because of the people's sins. God sends Elijah to a safe place where he will protect him and provide for him.

⁸⁴ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Ki 17:12–13.

⁸⁵ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Ki 17:1.

[TRUST]

² Then the word of the LORD came to him, saying, ³ “Get away from here and turn eastward, and hide by the Brook Cherith, which flows into the Jordan. ⁴ And it will be that you shall drink from the brook, and I have commanded the ravens to feed you there.” ⁵ So he went and did according to the word of the LORD, for he went and stayed by the Brook Cherith, which flows into the Jordan. ⁶ The ravens brought him bread and meat in the morning, and bread and meat in the evening; and he drank from the brook.⁸⁶

WOW! What an incredible display of God’s provision. The ravens will feed the prophet. God has control over all things, even the birds of the air. “Ravens are voracious eaters and robber birds. But, at the Lord’s direction, these birds bring food. Elijah has direct confirmation that not Baal but the Lord is the Master of creation.”⁸⁷

However, we read in verse seven, the brook dries up. God then tells Elijah to go to another location. God informs Elijah a widow will prove for his needs. Elijah, in faith, goes where God tells him to go.

¹⁰ So he arose and went to Zarephath. And when he came to the gate of the city, indeed a widow was there gathering sticks. And he called to her and said, “Please bring me a little water in a cup, that I may drink.” ¹¹ And as she was going to get it, he called to her and said, “Please bring me a morsel of bread in your hand.”⁸⁸

⁸⁶ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Ki 17:2–6.

⁸⁷ Gerard Van Groningen, “[1-2 Kings](#),” in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 247.

⁸⁸ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Ki 17:10–11.

[TRUST]

Elijah meets this widowed lady and asks her for a piece of bread. She informs Elijah she only has enough supplies to make one last meal, and then she and her son will die. This information does not phase Elijah. Elijah has seen the miraculous provision of God, and he believes God will provide for himself and her family if she bakes him bread.

Elijah instructs her to go ahead and go inside and prepare food for him first and then for her and her son. Wait, did you see that? Did you catch the sequence he gives her? He tells her to make him a small cake first, and then after she makes his, she will be able to make a cake for her and her son.

Elijah has experienced the provision of God. He is now expecting this widow lady to trust him and trust God. Honestly, it doesn't really take Elijah in faith to ask her to make his bread first. The faith step is one she is going to have to take, not Elijah. Elijah tells her if she trusts God and makes his cake first, God will continue to provide. God always blesses faith. What would you do if you were this widow lady? What did she choose?

¹⁵ So she went away and did according to the word of Elijah; and she and he and her household ate for many days.

¹⁶ The bin of flour was not used up, nor did the jar of oil run dry, according to the word of the LORD which He spoke by Elijah.⁸⁹

God was faithful to His word, as he always is, and provided for this widow lady. Remember, without faith, it is impossible to please God.

⁸⁹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Ki 17:15–16.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 23

Numbers 14:8-9

⁸ If the LORD delights in us, then He will bring us into this land and give it to us, 'a land which flows with milk and honey.' ⁹ Only do not rebel against the LORD, nor fear the people of the land, for they are our bread; their protection has departed from them, and the LORD is with us. Do not fear them. ”⁹⁰

Read Numbers 13-14

God instructs Moses to send out 12 spies to spy out the land God has promised to give them. Look at verse one of chapter 13. God says send the spies to look at the land I am giving you. God had promised to give them the land and again confirms this promise when he speaks to Moses.

Numbers 13 records a few of the details of the 12 spies. They went into the land and were astonished by the size of the fruit. ²⁷ *Then they told him, and said: “We went to the land where you sent us. It truly flows with milk and honey, and this is its fruit.”⁹¹*

⁹⁰ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Nu 14:8–9.

⁹¹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Nu 13:27

[TRUST]

The spies confirm the land is abundant and fruitful as God had told them. The story would have been much different if their description would have stopped here. However, it does not. ²⁸ *Nevertheless the people who dwell in the land are strong; the cities are fortified and very large; moreover we saw the descendants of Anak there.*⁹²

Ten of the ten spies took their eyes off the promises and put them on the “problems.” They failed to be men of faith. They failed to remember God had told them He would fight for them. Caleb spoke up and spoke in faith. However, the ten spoke against him and again focused on the problems instead of the promises.

The people of Israel mourned all night. The next morning, they complained to Moses and revealed they lacked faith. Joseph and Caleb again challenged the people to remember the words of God and believe He would deliver them if they had faith and went to battle. The people were ready and willing to kill Joshua and Caleb.

The nation of Israel would spend the next 40 years wandering in the wilderness because they failed to have faith. I want to be like Joshua and Caleb. I pray you want to live in faith as they did. Trust God. He will do what he has promised.

⁹² [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Nu 13:28.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 24

2 Chronicles 20:12

¹² O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.⁹³

Read 2 Chronicles 20:1-30

King Jehosaphat did not do everything correctly in the eyes of the Lord. However, in chapter 20, he gets it right. He is faced with a more powerful enemy. He realizes his only hope is the Lord.

² Then some came and told Jehoshaphat, saying, “A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar” (which is En Gedi).³ And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. ⁴ So Judah gathered together to ask help from the LORD; and from all the cities of Judah they came to seek the LORD.⁹⁴

⁹³ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 2 Ch 20:11–12.

⁹⁴ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 2 Ch 20:2–4.

[TRUST]

He cries out to the Lord and acknowledges they will not win the battle without His protection and provision. He appeals to God's character and promises.

Jahazeil speaks...

*He said, "Attention everyone—all of you from out of town, all you from Jerusalem, and you King Jehoshaphat—GOD's word: Don't be afraid; don't pay any mind to this vandal horde. This is God's war, not yours. Tomorrow you'll go after them; see, they're already on their way up the slopes of Ziz; you'll meet them at the end of the ravine near the wilderness of Jeruel. You won't have to lift a hand in this battle; just stand firm, Judah and Jerusalem, and watch GOD's saving work for you take shape. Don't be afraid, don't waver. March out boldly tomorrow—GOD is with you."*⁹⁵

Jahaziel speaks and the people break out into worship through song. God defeats their enemies for them and they return home worshipping.

The key verse to consider is verse 12. When you are faced with what seems to be insurmountable obstacles, keep your eyes on God. We tend to glance at God and glare at our problems. We need to glance at our problems and glare at God.

⁹⁵ Eugene H. Peterson, [*The Message: The Bible in Contemporary Language*](#) (Colorado Springs, CO: NavPress, 2005), 2 Ch 20:15–17.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 25

Philippians 4:6-7

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.⁹⁶

Read Philippians 4

Paul exhorted the Philippians to prayer instead of anxiety. Praying with thanksgiving involves trusting God. Four words are used here to describe a believer's communion with God.

1. **Prayer** (*proseuchē*) describes a believer's approach to God.
2. **Petition** (*deēsei*) emphasizes requesting an answer to a specific need.
3. **Thanksgiving** (*eucharistias*) is an attitude of heart which should always accompany one's prayers.
4. **Requests** (*aitēmata*) speak of definite and specific things asked for.

⁹⁶ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Php 4:6–7.

[TRUST]

When the exhortations of verses 4–6 are heeded, the peace of God (v. 7) will flood one’s troubled soul. The Lord Jesus Christ is a believer’s peace (Eph. 2:14), and every child of God has peace *with* God through justification by faith (Rom. 5:1). But the peace *of* (or from) God relates to the inner tranquility of a believer’s close walk with God.

This peace of God transcends all understanding; that is, it is beyond man’s ability to comprehend. This peace guards the believers. Guard (*phroureōsei*, also used in 1 Peter 1:5) translates as a military term that means “to protect or garrison by guarding.” Like soldiers assigned to watch over a specific area, God’s peace garrisons the hearts and ... minds, that is, the emotions and thoughts, of God’s children.⁹⁷

Anxiety, worry, and fear are byproducts of a lack of trust. Paul reminds us that as followers of Jesus who are indwelled by the Spirit of God, do not fear or be anxious. Prayer is the antidote to fear. Prayer leads to peace.

The results speak for themselves. A lack of faith leads to anxiety. Faith expressed through prayer leads to the peace of God. Which one will you choose today, tomorrow, and the day after?

⁹⁷ Robert P. Lightner, [“Philippians,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 663–664.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 26

Daniel 6:16

¹⁶ So the king gave the command, and they brought Daniel and cast him into the den of lions. But the king spoke, saying to Daniel, "Your God, whom you serve continually, He will deliver you."⁹⁸

Read Daniel 6

The quote from above is peculiar. The statement is not odd, but who is making the statement is shocking. The King of Persia who is not loyal to the God of Israel proclaims these words of faith.

Daniel, a Hebrew boy who has been taken captive and is a slave of the King of Persia, has been a loyal servant. He has been so loyal he has created enemies among the other leaders in the King's court who are not Hebrew.

The other leaders are jealous of Daniel but acknowledge he has done nothing wrong. They can't find anything to charge him with therefore they devise a plan to entrap him.

They know his routine is to pray three times each day to the God of Israel. Therefore, they get the King to make a

⁹⁸ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Da 6:16.

[TRUST]

decree that no one can pray to anyone but King Darius for the next thirty days.

¹⁰ Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.⁹⁹

These men who had schemed against him caught him praying to the LORD; they knew he would, and of course, they immediately went and told the King. The King cannot change the law and must throw Daniel in the lions' Den. This is where we get the statement of faith from King Darius. He believes God can and will save Daniel. God does exactly that, and the next day, the men who conspired to have Daniel killed are thrown to the lions who feast on them.

Daniel displayed faith by praying to the Lord and God protected him. Daniel quickly gave God the glory after a night with the lions.

*²¹ Then Daniel said to the king, "O king, live forever!
²² My God sent His angel and shut the lions' mouths, so that they have not hurt me, because I was found innocent before Him; and also, O king, I have done no wrong before you."*

²³ Now the king was exceedingly glad for him, and commanded that they should take Daniel up out of the den. So Daniel was taken up out of the den, and no injury

⁹⁹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Da 6:10.

[TRUST]

whatever was found on him, because he believed in his God.¹⁰⁰

Daniel had lived a life of faith in front of a pagan King. Because of Daniel's faith, King Darius believed in His God. The same should be said of me and you. Our lives of faith should draw others into a relationship with our Lord.

¹⁰⁰ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Da 6:21–23.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 27

Joshua 2:10-11

¹⁰ For we have heard how the LORD dried up the water of the Red Sea for you when you came out of Egypt, and what you did to the two kings of the Amorites who were on the other side of the Jordan, Sihon and Og, whom you utterly destroyed. ¹¹ And as soon as we heard these things, our hearts melted; neither did there remain any more courage in anyone because of you, for the LORD your God, He is God in heaven above and on earth beneath.¹⁰¹

Read Joshua 2 and 6

“Looming in the middle of the path the invaders must take was the walled city of Jericho, the key citadel of the Jordan Valley, which commanded the passes into the central highlands. But before attacking it, Joshua needed complete information about this fortress—its gates, fortified towers, military force, and the morale of its people. So, two secret agents were chosen and sent on a carefully concealed mission. Not even the Israelites were to know of it lest an unfavorable report dishearten them as it had their fathers at Kadesh Barnea (Num. 13:1–14:4).”¹⁰²

¹⁰¹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jos 2:10–11.

¹⁰² Donald K. Campbell, “[Joshua](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 330.

[TRUST]

I find it interesting Joshua chose two spies instead of 12. Remember, 40 years before this event, Joshua was sent with 11 other spies to check out the land God had promised them. Joshua and Caleb were the only two of the 12 who believed God was big enough to keep His promise. I wonder if Joshua was thinking about that day when he sent two spies.

“A sinful woman was there whom God in His grace purposed to spare from the judgment soon to fall on the city. So, the Lord, moving in a mysterious way, brought together two secret agents of the army of Israel and a harlot of Canaan who would become a proselyte to the God of Israel.”¹⁰³

“Then Rahab declared her faith in Israel’s God: **For the LORD your God is God in heaven above and on the earth below.** Responding to the word she had received about the mighty working of God, Rahab believed, trusting in His power and mercy. And that faith saved her.”¹⁰⁴

The story of Rahab is astounding. This Gentile Harlot would have her name written in the “Hall of Faith” written down in Hebrews. ³¹ *By faith the harlot Rahab did not perish with those who did not believe, when she had received the spies with peace.*¹⁰⁵

¹⁰³ Donald K. Campbell, “[Joshua](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 330.

¹⁰⁴ Donald K. Campbell, “[Joshua](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 331.

¹⁰⁵ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Heb 11:30–31.

[TRUST]

Rahab reminds us God can turn your MESS into His MESSage. He can use your story for His glory. The prerequisite is faith. Do you trust God can do what He says He will do?

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

Day 28

I Samuel 1:10-11

¹⁰ And she was in bitterness of soul, and prayed to the LORD and wept in anguish. ¹¹ Then she made a vow and said, “O LORD of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the LORD all the days of his life, and no razor shall come upon his head.”¹⁰⁶

Read I Samuel 1-2:11

The faith of a mother takes a back seat to no one. Hannah was desperate to give her husband a child. Culturally and contextually, we cannot truly fathom or completely understand the depth of her desperation in not being able to provide a male child for her husband.

What does Hannah do when she is desperate? She takes it to the Lord in prayer, believing He can and will answer her. She cries out to God to give her a child and then makes a covenant with God. She promised God if He gave her a baby boy, she would give him back to the Lord and be His servant. “This dedication of her son was a commitment to the Nazarite vow, described in Numbers 6:1–8. It was the

¹⁰⁶ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Sa 1:10–11.

[TRUST]

same vow undertaken by the parents of Samson whom they dedicated to the LORD under nearly identical circumstances (Jud. 13:2–5).”¹⁰⁷

Hannah gave birth to a son and named him Samuel. Little did she realize Samuel would become one of the best priests and prophets the Nation of Israel would ever have. She kept her vow and took Samuel to the priest Eli and surrendered her son to serve in the Temple with Eli.

As she returns Samuel to the Temple, she again prays to the Lord. This prayer is a prayer of thanksgiving for God’s provision of a son. ¹*And Hannah prayed and said: “My heart rejoices in the LORD; My horn is exalted in the LORD. I smile at my enemies, Because I rejoice in Your salvation. ²“No one is holy like the LORD, For there is none besides You, Nor is there any rock like our God.”*¹⁰⁸

Hannah reminds us we should take our request to God in prayer and when He is faithful to answer, we should be faithful to praise Him.

¹⁰⁷ Eugene H. Merrill, [“1 Samuel,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 433.

¹⁰⁸ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), 1 Sa 2:1–2.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 29

Matthew 13:56-58

⁵⁷ So they were offended at Him. But Jesus said to them, “A prophet is not without honor except in his own country and in his own house.” ⁵⁸ Now He did not do many mighty works there because of their unbelief.¹⁰⁹

Read Matthew 13

Let me share the entire section of this passage where Jesus returned home to minister to his hometown. ⁵⁴ *When He had come to His own country, He taught them in their synagogue, so that they were astonished and said, “Where did this Man get this wisdom and these mighty works? ⁵⁵ Is this not the carpenter’s son? Is not His mother called Mary? And His brothers James, Joses, Simon, and Judas? ⁵⁶ And His sisters, are they not all with us? Where then did this Man get all these things?” ⁵⁷ So they were offended at Him.*

But Jesus said to them, “A prophet is not without honor except in his own country and in his own house.” ⁵⁸ Now He did not do many mighty works there because of their unbelief.¹¹⁰

This devotional has mostly been examples of God blessing and working because of faith. We understand, based on Hebrews 11:6 it is impossible to please God without faith.

¹⁰⁹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Mt 13:56–58.

¹¹⁰ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Mt 13:54–58.

[TRUST]

Paul clearly teaches in Ephesians we are saved by grace through FAITH. Jesus told the disciples, *faith moves mountains*. We have looked at several stories in Matthew in which Jesus stated, *Your faith has led to your healing*.

In this context, however, Jesus' lack of miracles was associated with the people's lack of faith. This must be one of the most sorrowful statements in the Bible. Imagine Jesus leaving his hometown, with many people he has loved, unable to find the faith he found in a Gentile centurion (8:13).

This short powerful verse makes me ponder on my own life. Jesus was willing to perform many miracles for the people of Nazareth. However, they lacked faith. Their pride would not allow them to see the carpenter's son as someone who could teach and heal. Therefore, Jesus did not perform many miracles. I often wonder, in my own life, what blessings I have missed out on because I had little faith.

I pray I will be a person of great faith whom God can use greatly. I pray you will be a person of great faith whom God can and will use significantly. Choose to trust God can and will use you for His plan, purpose, and glory.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

Day 30

Luke 7:48-50

48 Then He said to her, “Your sins are forgiven.” 49 And those who sat at the table with Him began to say to themselves, “Who is this who even forgives sins?” 50 Then He said to the woman, “Your faith has saved you. Go in peace.” 111

Read Luke 7

Simon, a Pharisee, invited Jesus to dinner. Jesus joined him and others for dinner when the event became a valuable teaching moment. A lady identified as a sinner who was not invited, showed up. Scholars inform us that uninvited guests commonly appeared when a Rabbi was there. These uninvited guests were allowed to listen to the teachings of the Rabbi. This woman came to see Jesus.

“Whatever the precise motive, she came to honor Jesus. She carried an expensive perfume in an ornate perfume jar made of expensive alabaster. Moving to Jesus’ side of the banquet room, she eased down beside his feet crying. Why

¹¹¹ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Lk 7:48–50.

[TRUST]

did she cry? Sorrow for sin? Joy at seeing Jesus? Mixed emotions? Luke does not say. Having dampened Jesus' feet with her tears, she took down her hair to dry Jesus' feet. Then she kissed his feet, showing her strong emotions that led to this action. The kiss showed mixed emotions—gratitude, devotion, reverence, care.”¹¹²

Although Simon did not believe Jesus was a prophet, Jesus revealed He was the Messiah. Jesus told the lady her faith had saved her. This woman, identified as a sinner, walked away a forgiven follower. The religious man, because of his pride, could not and would not see who Jesus was. Her faith led her to Jesus, and His forgiveness led her to love greatly and display this with an extravagant expression of generosity and humility.

“Verse 47 has been incorrectly interpreted at times to mean that the woman was forgiven *because* of her love for Jesus. But the point of the entire story is that her love is the *result* of her forgiveness. That love and gratitude flow from forgiveness is clearly the point of the parable (vv. 41–42), and the woman's actions of love toward Jesus' stem from her experience of a forgiveness that has already been received.”¹¹³

This story reminds me, I have been forgiven and I should express my gratitude. How about you, have you been forgiven much? Will you choose to express your gratitude through radical generosity?

¹¹² Trent C. Butler, [Luke](#), vol. 3, Holman New Testament Commentary (Nashville, TN: Broadman & Holman Publishers, 2000), 110.

¹¹³ Thomas R. Schreiner, [“Luke,”](#) in *Evangelical Commentary on the Bible*, vol. 3, Baker Reference Library (Grand Rapids, MI: Baker Book House, 1995), 816.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

Day 31

Romans 15:13

¹³ Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.¹¹⁴

I believe this last verse is fitting of the last devotion. Paul prays a short powerful prayer over the followers of Jesus who are in Rome. I pray this prayer over you as well. I pray the God of hope will fill you with joy and peace. I pray you would abound in hope through the power of the Holy Spirit.

“Several times Paul’s words sound as if he were ending this epistle (vv. 13, 33; 16:20, 25–27). This verse (15:13) is in effect a benedictory prayer. The description of God as the God of hope relates to hope mentioned in the preceding verses and to the promises of God recorded in the Scripture which give hope (v. 4). Paul desired God to fill his readers with all joy and peace (cf. 14:17).

- **Joy** relates to the delight of anticipation in seeing one’s hopes fulfilled.

¹¹⁴ [*The New King James Version*](#) (Nashville: Thomas Nelson, 1982), Ro 15:13.

[TRUST]

- **Peace** results from the assurance that God will fulfill those hopes (cf. 5:1; Phil. 4:7). These are experienced as believers trust in Him (cf. Heb. 11:1).
- As a result believers overflow with **hope** by the power of the Holy Spirit (cf. Rom. 15:19). The achievement of all God's purposes for the spiritual welfare of His children comes from the power given by the Spirit of God. What a fitting closing reminder to the apostle's discussion of Christian living."¹¹⁵

The two key words I do not want you to overlook, or miss are found in the middle of the verse. Read the verse again. ¹³ *Now may the God of hope fill you with all joy and peace **in believing**, that you may abound in hope by the power of the Holy Spirit.*¹¹⁶ Hope, Joy, and Peace are only found in placing your faith in JESUS.

You must first place your faith in Jesus for salvation. Secondly, we must daily place our faith in Him through surrender. The only way to have hope, joy, and peace is first through salvation and then surrendering to Him daily.

If you have never placed your faith in Jesus for salvation, please do that now. You can TRUST in Jesus for forgiveness of sins by taking the following three steps:

¹¹⁵ John A. Witmer, "[Romans](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 496.

¹¹⁶ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 15:13.

[TRUST]

1. Admit you are a sinner.

²³for all have sinned and fall short of the glory of God,¹¹⁷

2. Believe Jesus died for you.

¹⁶For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.¹¹⁸

3. Confess Jesus is Lord.

⁹that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. ¹⁰For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.¹¹⁹

To walk in His hope, joy, and peace you must daily surrender your plans for His. Daily surrender your life to live and walk in obedience to what God has called you to do. Daily TRUST Him and the power of the Holy Spirit who dwells in you.

¹¹⁷ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 3:23.

¹¹⁸ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Jn 3:16.

¹¹⁹ [The New King James Version](#) (Nashville: Thomas Nelson, 1982), Ro 10:9–10.

[TRUST]

H.E.A.R. Journal

H (Highlight)

E (Explain)

A (Apply)

R (Respond)

[TRUST]

KEEP IT GOING

I pray this 31-day journey has created a spiritual discipline and habit for you. I hope you took the time to fill out a H.E.A.R. journal each day. I also pray you will continue to journal daily as you grow in TRUST and knowledge of the Lord.

Robby Gallaty and his team at Replicate Ministries have developed a daily reading plan. I encourage you to start reading each day and completing a daily H.E.A.R. journal.



I pray that God will continue to grow your faith as you place your trust in Him daily.

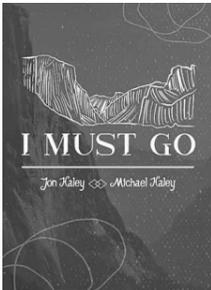
[TRUST]

Also, From Jon Haley:



Jon does a great job of blending practical application along with biblical truths of leading and guiding your family. It's the only book I have read all the way through in one sitting. Almost ran my highlighter dry. If you're looking for some biblical insight on leading your family this is it.

~ Anonymous Amazon Review

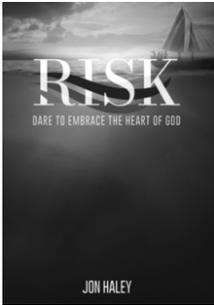


This real-life account of Jon and Michael Haley hiking the John Muir trail will challenge you and inspire you. Rooted in Biblical truth, the book takes you on their hike and integrates their journey with mountains found in the Word of God.

Whether you are interested in hiking or not, this book will cause you to evaluate your commitment to following God's commands and remind you the God of the mountaintop remains God in the valley. Excellent read!!!

~ Anonymous Amazon Review

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Jonah seemingly was a lot like me. He knew what God wanted but chose to go in the opposite direction. Jon will take the reader on a deep dive into the story of Jonah. Jonah knew the heart of God but did not embrace the heart of God. The book will challenge, inspire, and encourage you to live a life fully embracing the heart of God.

**Scan the QR Code to go directly to Jon's
Author page.**



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