

# SCRIPTURE JOURNALING

## 30 Days of Trust

Focusing on trust is essential for building a life of stability, connection, and growth. Trust allows you to thrive personally, strengthen your relationships, and navigate life's challenges with confidence.

encouragement faith hope wisdom love trust

- 1. Trust Brings Inner Peace** - When you trust yourself, others, or a higher power, you release the need to control everything. This reduces worry and anxiety, giving you the freedom to live with confidence and peace.
- 2. Strengthens Relationships** - Trust is the foundation of any healthy relationship. Whether with your spouse, kids, or friends, focusing on trust fosters deeper connection, open communication, and mutual respect.
- 3. Builds Confidence in Yourself** - When you trust your instincts and abilities, you're more willing to take risks, embrace growth, and face challenges head-on. Self-trust helps you recover from setbacks and believe in your capacity to succeed.
- 4. Models Trust for Your Kids** - As a mom, focusing on trust teaches your children the importance of honesty, reliability, and faith in themselves and others. It shows them how to build strong, meaningful relationships and handle conflicts with grace.
- 5. Creates Emotional Safety** - Trust allows you to be vulnerable and authentic with those around you. When trust is present, you feel secure, supported, and free to express your true self without fear of judgment.
- 6. Strengthens Your Faith in Life's Process** - Focusing on trust helps you accept that not everything is within your control. Trusting the process, your journey, or a higher power enables you to navigate uncertainty with courage and hope.
- 7. Reduces Stress** - A lack of trust often leads to overthinking, micromanaging, or second-guessing. By focusing on trust, you can release some of that mental burden and approach life with greater ease.
- 8. Opens the Door to Joy** - Trust helps you live in the present, free from fear of "what if." It allows you to fully experience joy, knowing that whatever comes next, you can handle it with grace.
- 9. Promotes Growth in Others** - When you show trust in others, you empower them to rise to the occasion. Whether it's your children, spouse, or a friend, your trust can inspire their confidence and independence.

thanks courage humility grace joy contentment

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### **1** Jeremiah 17:7

“Blessed is the man who trusts in the Lord, whose trust is the Lord.”

### **2** Isaiah 26:4

“Trust in the Lord forever, for the Lord God is an everlasting rock.”

### **3** Isaiah 50:10

“Who among you fears the Lord and obeys the voice of his servant? Let him who walks in darkness and has no light trust in the name of the Lord and rely on his God.”

### **4** Proverbs 11:28

“Whoever trusts in his riches will fall, but the righteous will flourish like a green leaf.”

### **5** 2 Corinthians 1:9

“Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.”

### **6** 1 Timothy 4:10

“For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.”

### **7** Proverbs 28:25

“A greedy man stirs up strife, but the one who trusts in the Lord will be enriched.”

### **8** Proverbs 28:26

“Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered.”

### **9** Nahum 1:7

“The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him.”

### **10** 2 Corinthians 3:4

“Such is the confidence that we have through Christ toward God.”

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### 11 Psalm 37:5

“Commit your way to the Lord; trust in him, and he will act.”

### 12 Psalm 56:3-4

“When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me? “

### 13 Psalm 40:4

“Blessed is the man who makes the Lord his trust, who does not turn to the proud, to those who go astray after a lie!”

### 14 Proverbs 29:25

“The fear of man lays a snare, but whoever trusts in the Lord is safe.”

### 15 Isaiah 12:2

“Behold, God is my salvation; I will trust, and will not be afraid; for the Lord God is my strength and my song, and he has become my salvation.”

### 16 Proverbs 16:20

“Whoever gives thought to the word will discover good, and blessed is he who trusts in the Lord.”

### 17 Proverbs 3:5-6

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

### 18 Psalm 115:11

“You who fear the Lord, trust in the Lord! He is their help and their shield.”

### 19 Psalm 84:12

“O Lord of hosts, blessed is the one who trusts in you!”

### 20 Psalm 62:8

“Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah”

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### **21** Psalm 62:1

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“For God alone my soul waits in silence; from him comes my salvation.”

### **22** Psalm 91:2

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“I will say to the Lord, ‘My refuge and my fortress, my God, in whom I trust.’”

### **23** Isaiah 30:15

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“For thus said the Lord God, the Holy One of Israel, ‘In returning and rest you shall be saved; in quietness and in trust shall be your strength.’ But you were unwilling.”

### **24** Jeremiah 17:5

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“Thus says the Lord: ‘Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the Lord.’”

### **25** Psalm 20:7

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“Some trust in chariots and some in horses, but we trust in the name of the Lord our God.”

### **26** Psalm 125:1

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“Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever.”

### **27** Psalm 37:3

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“Trust in the Lord, and do good; dwell in the land and befriend faithfulness.”

### **28** Proverbs 3:26

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“For the Lord will be your confidence and will keep your foot from being caught.”

### **29** Psalm 112:7

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“He is not afraid of bad news; his heart is firm, trusting in the Lord.”

### **30** Psalm 56:11

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“In God I trust; I shall not be afraid. What can man do to me?”