

The background of the cover is a watercolor wash in shades of green and blue. The colors are blended and layered, creating a soft, textured effect. The top and bottom edges are more saturated with color, while the center is lighter, providing a natural frame for the text.

EMBRACING

Trust

WORKBOOK

A 10-WEEK COMPANION BIBLE STUDY FOR
EMBRACING TRUST
BY JOANNA WEAVER

INTRODUCTION

I'm so honored you're reading my book, *Embracing Trust: The Art of Letting Go and Holding On to a Forever-Faithful God*. But I want to point you to the most important book of all—the Bible! Trusting God doesn't come naturally to any of us. It's a mindset and a heart response that must be cultivated each and every day. And one of the best ways to do that is by spending time in God's Word and allowing the Holy Spirit to speak to us. For "faith comes by hearing, and hearing by the word of God" (Romans 10:17 NKJV).

Each week, you'll be assigned chapter(s) to read in this book. As you do so, make it your own by underlining key phrases and recording things God speaks to your heart in the margins. Then open your Bible and complete that week's study. Each lesson starts with two questions for discussion or reflection that lead to going deeper in your study of biblical principles. You'll also be asked what spoke most to you that week.

If you'd like to do more Bible study, look up the verses mentioned in the chapter(s) or do a word study on one of the topics using a concordance.

As you read the book and do the Bible study, I hope you'll invite God into your trust journey. Ask Him questions and be alert to the different ways He might answer, for the Lord wants to have an intimate friendship and holy conversation with you. He wants to help you increase your faith so that you become fluent in His love language of trust.

You can access other study resources including a 10-session video study (available November 2022) at JoannaWeaverBooks.com/ETstudy.

You're in my thoughts and prayers, my friend. I'd love to hear what God teaches you as you learn to embrace trust—letting go and holding on to your forever-faithful God!

Blessings,



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WEEK ONE

READ CHAPTER 1, “THE JOURNEY TO TRUST,”
AND CHAPTER 2, “TOTAL SURRENDER.”

Questions for Discussion or Reflection

1. When it comes to trusting God, why do you think many of us struggle—even as Christians?

2. In chapter 2, I talk about going skydiving. What’s the most daring thing you’ve done or would like to do if you could push past the fear?

Going Deeper

3. Read “10 Signs You Might Have Trust Issues” on page 22–23. Which signs do you tend to struggle with most? How could you trust God more in those areas?

4. Living in a fallen world means we will face trouble. Read the verses below and draw a line from the reference to what it promises.

Psalm 34:19

God comforts us so we can comfort others.

John 16:33

Nothing can separate us from God's love.

Romans 8:38-39

God will deliver us.

2 Corinthians 1:3-4

Jesus has overcome the world.

5. Write out Proverbs 3:5-6 in your favorite Bible translation and consider memorizing it.

Which phrase means the most to you, and why?

6. Why is it important to surrender our entire life to Jesus according to these verses?

Matthew 6:24 _____

Mark 8:35-36 _____

Luke 14:33 _____

7. On page 45, I talk about three areas of freedom that come when we trust God with all of our hearts. How could trusting God change your life in the following areas?

Fear _____

Regret _____

Resentment _____

8. What spoke most to you in these chapters?

WEEK TWO

READ CHAPTER 3, “UNSHAKEABLE FAITH.”

Questions for Discussion or Reflection

1. This chapter opens with the story of an unusual dream I had. What’s the craziest or most memorable dream you’ve had?

2. Unshakeable faith is often formed by being shaken. Read Hebrews 12:26-29 and describe how God used a time of shaking to purify your faith and build deeper trust in Him.

Going Deeper

3. If you were able to see your spiritual foundation, what would it look like? Draw or describe it below. Identify visible holes or invisible trouble spots that weaken your faith and need attention. Include any situations in which you are struggling to trust.

4. Read the story of the wise and foolish builders in Luke 6:46–49. Then read 1 Corinthians 3:10–15. What advice do these two passages of Scripture give for building a successful life?

5. I've listed "10 Faith-Building Exercises" on pages 50–51. Along with daily "asking God to increase your faith," choose one other exercise to practice this week. Come back and record what you experienced. Note any growth—no matter how small.

Exercise: _____

Growth: _____

6. We'd all prefer an easy life, but God has harnessed difficulties to do a deep work in us. Read the following verses and list the process and benefits you discover.

Luke 22:31–32

Process: _____

Benefits: _____

2 Corinthians 12:7-9

Process: _____

Benefits: _____

1 Peter 1:6-7

Process: _____

Benefits: _____

7. As you look back at the weak places you identified in question 3, how could truly believing the following truths fill in holes in your spiritual foundation? Look up the corresponding verses, then label any holes with the truth(s) each one needs using G, L, B or C.

G: God is good. (Psalm 119:68)

L: God loves you. (Psalm 86:15)

B: You belong to Him. (Romans 8:15)

C: God takes care of His own. (2 Corinthians 9:8)

Invite the Lord to fill each and every hole with truth about His love and grace.

8. What spoke most to you in these chapters?

WEEK THREE

READ CHAPTER 4, “LAYING DOWN FIG LEAVES,”
AND CHAPTER 5, “NOT- SO-GREAT EXPECTATIONS.”

Questions for Discussion or Reflection

1. In the opening of chapter 4, I talk about the pom-poms I used to cover my inability to do the splits. What do you tend to use to cover your inadequacies?

2. Imagine you're standing at a Victory Circle fire like the one described on pages 79-80. What would you write on your slip of paper? Would you struggle to release it to the flame or let go of it willingly? Explain why.

Going Deeper

3. Read the story of David and Goliath found in 1 Samuel 17:1-54. List the ways you see David trust God. What aspect of David's faith would you like to emulate, and why?

4. Using the “Identifying Fig Leaves” sidebar on page 71, choose the fig leaf you tend to use most (or name one that’s not listed) and respond to the following prompts.

Fig leaf: _____

How it shows up: _____

God wants to replace it with: _____

5. Rather than wearing the fig-leaf armor of the world, we’re called to daily put on “the armor of God” described in Ephesians 6:13–18. List the different pieces of armor (don’t forget to include prayer!). While it’s important to wear all of them, which piece do you need most today, and why?

6. Read the “Letting Go of Expectations” sidebar on page 87, then work through the following prompts to help identify expectations you may need to release.

My husband (or closest friend) should . . .

My children need to . . .

My friends ought to . . .

My life must be . . .

I can't be happy until . . .

Using Psalm 62:5 (NKJV) as a prayer template, release those expectations to God.

7. Read Habakkuk 3:17-18 on page 92 and personalize it below by filling in the blanks with your situation. Read it out loud as a declaration of faith over your current situation. Commit your “thoughts” to the Lord and ask that He be glorified in them all.

Though . . .

Though . . .

Though . . .

Yet I will rejoice in the Lord, I will be joyful in God my Savior.

8. What spoke most to you in these chapters?

WEEK FOUR

READ CHAPTER 6, "UPSIDE-DOWN KINGDOM."

Questions for Discussion or Reflection

1. If you had to live in a different country, which one would you choose, and why?

2. Which of the names of God listed on page 109 and in Appendix B do you need most right now, and why?

Going Deeper

3. According to the following verses, what is necessary in order to be a citizen of God's kingdom?

Luke 18:16-17 _____

John 3:3-6 _____

Acts 14:21-22 _____

4. In order to be good ambassadors in God’s kingdom, 1 Timothy 4:12 tells us we need to “set an example” in five different areas: (a) speech, (b) conduct, (c) love, (d) faith, and (e) purity. Read the following verses and label them with the quality or qualities they describe.

- | | |
|----------------------------|----------------------|
| ___ Matthew 12:36-37 | ___ Ephesians 5:2 |
| ___ John 13:34-35 | ___ Colossians 1:10 |
| ___ Romans 4:20 | ___ Colossians 3:8-9 |
| ___ 1 Corinthians 16:13-14 | ___ James 4:8 |
| ___ Ephesians 4:1-2 | ___ 1 Peter 2:12 |

5. Read Alex Seeley’s story about moving in the “opposite spirit” on page 100. Describe a time when choosing an opposite response changed a situation for the good, and what you learned from it.

6. In Luke 6:27-36, Jesus calls us to a counterintuitive way of life. Which part causes resistance in your Flesh Woman? According to 1 Peter 2:12, why is it important that we live differently than the world?

7. Using the “Oath of Allegiance” on page 107 as a template, write your own declaration of devotion to God’s kingdom. Don’t worry about doing it perfectly, just write it from your heart.

8. What spoke most to you in these chapters?

WEEK FIVE

READ CHAPTER 7, “SMASHING IDOLS,”
AND CHAPTER 9, “LIVING BEYOND YOUR DREAMS.”

Questions for Discussion or Reflection

1. When you were young, what did you dream of being or doing when you grew up?

2. Though idolatry isn't as outwardly visible in our modern world as it was in Bible times, how does it tend to show up today?

Going Deeper

3. With Timothy Keller's definition of idolatry in mind, are there any people, possessions, positions, or desired power that you might be exalting above God?

[An idol is] anything more important to you than God, anything that absorbs your heart and imagination more than God, anything you seek to give you what only God can give. Anything so central and essential to your life that, should you lose it, your life would feel hardly worth living.

4. Read 1 Kings 11:1-10. How did King Solomon fall prey to the following “Downward Ds of Idolatry”? How do they tend to show up in your life?

Divided attention

Solomon: _____

My life: _____

Diluted devotion

Solomon: _____

My life: _____

Detestable idolatry

Solomon: _____

My life: _____

5. Ask the Holy Spirit to help you identify any idols in your life. Then, with His help, work through the “6 Idol-Smashing Strategies” sidebar on pages 120-121. What did you discover in this exercise? How can you guard against idolatry in the future?

6. Which lesson from the life of Joseph, gleaned from Genesis 37, 39-50, do you need most right now, and why?

Lesson #1: Don't parade your dream before people; ponder it before God.

Lesson #2: God never wastes our pain. He uses it for His purposes.

Lesson #3: You can prosper in difficult times if you work hard and serve well.

Lesson #4: Don't let other people's bad behavior determine your own actions.

Lesson #5: God uses trials to prepare and position us.

Lesson #6: Be willing to serve someone else's dream.

Lesson #7: You can trust God's methods, His timing, and His plans.

7. How do the following verses encourage you when it comes to testing and learning to live beyond your dreams?

Psalm 138:8 _____

Philippians 1:6 _____

James 1:2-4 _____

1 Peter 1:6-7 _____

8. What spoke most to you in these chapters?

4. What do the following verses teach us about forgiveness?

Proverbs 19:11 _____

Matthew 6:14-15 _____

Ephesians 4:32 _____

5. Consider the following qualities of love from 1 Corinthians 13:5 (TLB). Explain how your life would be different if you allowed God to help you love like this.

Not being irritable or touchy: _____

Not holding grudges: _____

Hardly noticing when others do it wrong: _____

6. Read the story of the prodigal son and his father's forgiveness on pages 136, 139-141 (see Luke 15:11-32). Which of the father's qualities would you most like to emulate and why?

7. Forgiveness isn't an event—it's a choice we have to continually make. With the Holy Spirit's help, work through the "Nine Ways to Cultivate an Unoffendable Heart" sidebar on pages 137–38, then answer the following questions.

Which step causes the most pushback?

Which step could bring the most freedom?

Write a prayer asking for the unoffendable heart of Jesus.

8. What spoke most to you in these chapters?

WEEK SEVEN

READ CHAPTER 10, "BELIEVING GOD."

Questions for Discussion or Reflection

1. In the opening, I talk about jumping into my dad's arms at the swimming pool. What's the biggest leap of faith you've ever taken? What would you attempt if you really believed God would help you?

2. Remembering what God has done in the past helps us believe Him in the present. Looking back, describe an instance when God intervened on your behalf or someone else's behalf in a miraculous way.

Going Deeper

3. In Matthew 13:58, we're told that Jesus didn't do many miracles in His hometown "because of their unbelief" (NLT). Read the stories of the following people who had extraordinary faith. Note how they interacted with Jesus and expressed their belief. What can you learn from their examples?

Centurion (Matthew 8:5-13) _____

Gentile woman (Matthew 15:21-28) _____

Suffering woman (Mark 5:25-34)

4. What challenge to faith are you currently facing? Read 2 Corinthians 10:4-5 and, with that challenge in mind, work through the following prompts.

What argument (or lie) is exalting itself against the knowledge of God in this situation?

What lofty opinion have I believed more than the opinion of God?

Where did this thought come from? Where does it want to take me?

Ask the Holy Spirit to help you replace any arguments, lofty opinions, and wayward thoughts with the truth of God's Word. Write down verses or scriptural principles He brings to mind.

5. Believing God isn't a passive activity. But with the Lord's help, like the desperate father in Mark 9:24, we can "overcome [our] unbelief." What instructions do we find in the following verses? Choose one and describe how you will put it into practice today.

John 6:28-29 _____

1 Corinthians 16:13 _____

1 Timothy 6:12 _____

Today I will . . . _____

6. Read the following verses about believing God, then draw a line to match the reference to the benefit it describes.

- | | |
|---------------|-----------------------------------|
| Matthew 21:22 | Be filled with inexpressible joy. |
| John 11:40 | Receive answers to prayer. |
| John 20:31 | Have life in His name. |
| 1 Peter 1:8 | See God's glory. |

7. Using the challenge to faith you identified in question 4, read through the following aspects of Abraham’s faith, outlined in Romans 4:18–22. With the Holy Spirit’s help, write a prayer of faith declaring your belief in God’s sovereign power over your situation.

Against all hope, Abraham in hope believed.

Without weakening in his faith, Abraham faced the facts.

Abraham did not waver through unbelief regarding the promises of God.

Abraham was strengthened in his faith and gave glory to God.

Abraham was fully persuaded that God had the power to do what He had promised.

My prayer:

8. What spoke most to you in these chapters?

WEEK EIGHT

READ CHAPTER 11, "CONTENT IN HIS LOVE,"
AND CHAPTER 12, "THE GIFT OF DISCIPLINE."

Questions for Discussion or Reflection

1. Do you have a "happy place," a physical location or memory (real or imagined) where you feel most content and at peace? Describe it.

2. Read the story of baby Josh and his strengthening exercises on pages 195-97. Now read Hebrews 12:5-6 in the Message translation at the opening of chapter 12. How do these two things change how you view God's discipline in your life?

Going Deeper

3. Paul talks a lot about the importance of contentment though he wrote many of his epistles in prison. Read the following passages and rewrite the one that speaks most to you in your own words.

Philippians 4:11-13

1 Timothy 6:6-10

4. To become a “Psalm 131 Woman,” we need to pursue the attributes listed on pages 189-190. What do the corresponding verses teach you about each quality?

Her “heart is not proud.” (Philippians 2:3-4)

Her “eyes are not haughty.” (Psalm 101:5)

She isn’t obsessed by “great matters or things too wonderful.” (Matthew 20:25-26)

She has “calmed and quieted” her soul like a weaned child. (Isaiah 32:17)

5. From the sidebar on page 188, which of the “Secrets of a Settled Soul” do you need right now and why?

6. Hebrews 12:10–13 describes the reasons for God’s discipline, its results, and the part you and I play. Categorize what you learn below.

Reasons: _____

Results: _____

Our part: _____

7. Read through the descriptions of the “training schedule” outlined on pages 203–204 and in 2 Peter 1:5–8. Which element comes easy to you? Which element needs work? What could you do this week to “make every effort to add” at least one of these skills to your routine?

8. What spoke most to you in these chapters?

WEEK NINE

READ CHAPTER 13, "FAITH OVER FEAR,"
AND CHAPTER 14, "GOD-SIZED PRAYERS."

Questions for Discussion or Reflection

1. Which survival instinct do you usually default to: fight, flight, or freeze? Do you have a funny story about that?

2. Read Psalm 145:4. Share the greatest miracle you've ever experienced or heard about. Our faith grows when we tell stories of God's mighty power.

Going Deeper

3. When David was afraid because his men spoke of stoning him, 1 Samuel 30:6 tells us that he "strengthened himself in the Lord his God" (NKJV). What do the following verses say we should do when we're afraid? Circle the one that speaks most to you.

Joshua 1:9 _____

Psalm 42:5-6 _____

John 14:1 _____

4. Read 2 Timothy 1:7 (NKJV). In which of the following areas does the spirit of fear tend to attack you most? How do the corresponding verses encourage you?

Power (Colossians 1:11) _____

Love (Romans 5:5) _____

Sound mind (Romans 8:5-6) _____

Consider memorizing 2 Timothy 1:7 as part of your arsenal against fear.

5. Going to the end of your worst fear and finding God there is a powerful exercise. Respond to the following questions, then read Psalm 34:4-5 out loud and commit that fear to the Lord.

What is your worst fear? _____

If it happened, what would still be true of God? _____

6. Bring together what you've learned in chapters 13 and 14 by doing the following:

- a) Read Philippians 4:6-7, then list all your current worries and fears under the line on the next page.
- b) Above the line, write the name of JESUS.
- c) Now, using the prayer template in Philippians, take your concerns to the Lord.
- d) After committing them to Him, allow "the peace of God" to rule your heart and mind.

JESUS

7. Read the “How to Pray Effectively” sidebar on pages 230-231. Which suggestions from R. A. Torrey resonate in your spirit? Implement one of the tips in your prayer time this week, then come back and share the results.

Tip: _____

Result: _____

8. What spoke most to you in these chapters?

WEEK TEN

READ CHAPTER 15, “RESTING IN GOD’S SOVEREIGNTY,”
AND CHAPTER 16, “LEAVING A LEGACY OF TRUST.”

Questions for Discussion or Reflection

1. Read my story about losing my “peace” on pages 241-242. What sort of things tend to steal your peace? How would life be different if you lived by the following prayer?

Teach me to treat all that comes to me with peace of soul and with firm conviction that Your will governs all.

2. Do you have any treasured keepsakes that have been passed down through generations? What kind of spiritual legacy would you like to pass on to your descendants?

Going Deeper

3. Go back to week 2 and look at the “holes” you identified in your spiritual foundation.

a) Describe progress you have made during this study in filling those holes.

b) Read the description of *shalom* on page 243 and John 14:27.

c) How would fully accepting Christ’s offer—peace with God and peace from God—fill your remaining gaps? Take a moment and do that.

4. Though he was severely tested, Job made some incredible statements of faith in God's sovereignty. Rewrite the following verses and make your own declarations of faith.

Job 1:21 _____

Job 2:10 _____

Job 13:15 _____

Job 19:25 _____

5. We explored 1 Timothy 4:12 in a previous lesson, but let's take it a step further. What kind of legacy would you like to leave behind in the following areas?

Speech: _____

Conduct: _____

Love: _____

Faith: _____

Purity: _____

6. Think of the spiritual “trailblazers” in your life who have brought you closer to Jesus. What qualities in their life impacted you? If possible, tell them what they’ve meant to you.

7. As we close this study, I’d like us to start creating a legacy of trust. Write a letter to your descendants (both physical and spiritual) that includes the following:

What Jesus means to you:

Two or three important truths about following God:

A prayer of blessing over their lives

The letter doesn’t need to be long but rewrite it until it clearly expresses your heart. Pray over the letter, then seal it in an envelope and place it with your important documents.

8. What spoke most to you in these chapters?

A NOTE FROM JOANNA...

I hope you enjoyed this study of *Embracing Trust*! Most of all, I pray that you've grown closer to the God who can be trusted. Your heavenly Father longs to be all that He's promised to be to you. So please don't wait another minute...

Let go of everything you're clinging to so that you can cling to God alone!

I'd love to hear what the Lord spoke to you through this study. You can connect with me on Facebook and Instagram (@JoannaWeaverBooks) or reach out to me by email:

joanna@joannaweaverbooks.com

If you enjoyed this study, you can learn more about my other studies at JoannaWeaverBooks.com/studies.

Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life

- 10-week video curriculum

Having a Mary Spirit: Allowing God to Change Us from the Inside Out

- 12-week video curriculum

Lazarus Awakening: Discovering the Life You Were Meant to Live

- 8-week video curriculum