

Trust Fall Forward
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Many of us have participated in the trust fall team-building exercise in youth group, corporate retreats, or just having fun with friends. It certainly does take a lot of courage to fall back and depend on a friend to catch you. Even if that friend is trustworthy, maybe she isn't strong enough or has been secretly harboring some anger toward you!

The writer of Proverbs tells us to trust in the Lord your God with all your heart and lean not on your own understanding (Proverbs 3:5). It sounds like God wants us to do the trust fall with Him. Fall back, and He will catch you.

How's that going? On paper, this all sounds pretty sound. It's foolish to lean on our own understanding: 1. We are limited in our understanding of anything compared with God. 2. We have an understanding that is always curved inward toward ourselves as sinners. Yet it is hard to trust in God over our understanding because it's hard to give up control! It's ultimately what bothers me about flying. I want to pilot the plane! Even though I wouldn't know what I was doing.

We tend to think of trusting God as those trust falls. God wants us to fall back blindly and lean on Him in how we understand the universe, right and wrong, and our destiny. But we aren't called to fall back into the unknown, hoping He catches us. Trusting in God is falling forward into the arms of the God who is known!

I remember one day when my sons were little. One of them was up on a ledge, and out of nowhere he jumped while yelling for me to catch him. He had every confidence that I would catch him because he knew me. We know the God we lean on. We know He is all-powerful, but more importantly, we know that He loves us. Jesus laid down His life for us and took it back in His resurrection. We can trust His Words because He has demonstrated His commitment to us with action.

Trust in the Lord with all your heart and lean not on your own understanding! Lean on Him in good times and bad. You are not alone on your journey, so why put it all on yourself? God is with you and will catch you when you fall, with forgiveness and mercy. And one day He will completely catch you when you fall into the resurrection! You know God. Let yourself fall forward into His arms!