

The SHEnergized  
SisStarhood  
Spirit | Mind | Body

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8:30 AM EASTERN

*Spiritual Empowerment Experience*

**MAY 11, 2025**

**THE FAITH/TRUST FACTOR, Part 2**

**Proverbs 3:5-6 - Hebrews 4:11**



**zoom** JOIN ONLINE OR CALL: 646-558-8656  
MEETING ID: 530 441 1689 | PASSCODE: 057058

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**“THE FAITH/TRUST FACTOR”**

**START AT SECTION 4 FOR 5/11/25**

“Trust in the Lord with all thine heart and lean not unto thine own understanding; In all thy ways acknowledge Him and He shall direct thy paths.”

(Proverbs 3:5-6)

“For without Faith it is impossible to please God...”

(Hebrews 4:11)

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**LESSON OUTLINE – May 4 & 11, 2025**

**I. Trust/Faith – The “WHAT”**

Old Testament

Proverbs 3:5-6  
Psalms 20:7

New Testament

Hebrews 11:1  
II Corinthians 4:18  
Philippians 4:6

**II. The “Where” and the “Who” of Trust (The Vertical Connection)**

Deuteronomy 6:4  
Nehemiah 9:6  
Isaiah 37:20  
Zechariah 14:9

Ephesians 4:5

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### III. The “How” of Trust/Faith

Proverbs 14:12  
Proverbs 4:23

Romans 12:1-2  
I Peter 3:7  
Romas 10:8-10  
Hebrews 4:12  
Romans 8:28

**START HERE 5/11/25**

### IV. The Contrast – Parenthetical

Isaiah 55:8-9  
Proverbs 9:10  
Proverbs 16:25  
Proverbs 20:24

#### Word Definitions

1. **Faith:** An unwavering trust in God’s promises and a firm belief in Him; confident trust; belief and trust in and loyalty to God.
2. **Trust:** Belief and faith in and loyalty to God. Confidence; resting of the mind on the integrity and veracity of God; an unwavering faith in Gods promises and confident faith in Him.
3. **In:** a preposition showing location; an enclosed place; shows specific location; being immersed in something; denoting a fixed place; a fixed position; an association or union with someone; an intimate relationship with the object.

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4. **The:** a function word pointing to a definite object, a unique article. “The” means that something specific will follow.
5. **Lord:** specific and unique; “the” precedes a noun that is specific; “THE LORD” ...specific and unique. Not “A” lord...but THE LORD.
6. **With:** a preposition meaning “together” or “along with” or “in conjunction with; a function word to indicate a participant in an action.
7. **All:** Not a part but with ALL...total; your whole self;
8. **Thine:** Your
9. **Heart:** Your mind will and emotions. The inner self – your thoughtlife – your thinking process; the place of belief and faith.
10. **And:** A function word which will show a contrast between the first clause of the verse and the second clause.
11. **Lean:** To rely on or trust for assistance;
12. **Not:** In no wise; under no circumstances;
13. **Unto:** “To” or “towards”...or to become one with.
14. **Thine:** Your
15. **Own:** Personal; belonging to you; yours;

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16. **Understanding:** Your own way of doing things; your personal thinking.

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**Discussion Questions:**

1. What does faith and trust mean in your life, and how do you live in what you believe?
2. If you do not have a certain level of faith does it mean that you do not believe it?
3. Discuss St. Mark 9:23-24: How can belief and unbelief be reconciled?

“Jesus said unto him, if thou canst believe, all things are possible to him that believeth.” “And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.”

4. If you do not believe, does it mean that you are not a Christian? Discuss.
5. Do you think there are times when your faith and trust are stronger than at other times? Discuss.

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**USAGE OF TRUST/FAITH IN THE BIBLE**  
 (and variations of both words)

<b>Words# of Books</b>	<b>Word Used</b>	<b>O.T. Scriptures</b>	<b>NT. Scriptures</b>
Trust:	31	86	20
Trusted:	12	20	7
Trustest:	2	6	0
Trusty:	1	1	0
Faith:	26	2	243
Faithful:	27	24	54
Faithfully:	5	7	1
Faithfulness:	5	19	0

As can be seen from the number of scriptures where the words are used, “trust” is more of an Old Testament usage and the word “faith” is more of New Testament usage. Both words are interchangeable and have basically the same meaning.

**Faith:** An unwavering trust in God’s promises and a firm belief in Him; confident trust. Belief and trust in and loyalty to God.

**Trust:** Belief and faith in and loyalty to God. Confidence; resting of the mind on the integrity and veracity of God; trust in the promises of God.