

# The Trusting God Assessment and Evaluation

Before beginning the Trusting God Assessment, let's begin by first laying a groundwork definition for what trusting God looks like, as well as how it appears to have struggles with trusting God.

First, let's consider Proverbs 3:5, "*Trust in the LORD with all your heart and lean not on your own understanding.*" This is perhaps the best definition of what it means to trust God we could find!

Trusting God means recognizing God's goodness, faithfulness, and power over a given circumstance. We might not have all the answers, but have peace in the recognition that God is in control and can bring good from any circumstance.

Struggling to trust God might look like being overwhelmed with fear, anxiety, anger, bad or old habits, or generally becoming negative in a given situation.

The following assessment will challenge you to evaluate the places where you trust God the most and where you struggle. I encourage you to prayerfully evaluate each question and answer honestly - there is no value in answering what you "wish" your answer to be.

## **Instructions:**

Below is a list of situations that might bring into question how much we trust God. On a scale Of 1-10, with 1 meaning "I don't trust God at all in this area" and 10 meaning "I trust God completely here," evaluate your responses to following situations. Give yourself a number score for each question. If some situations don't apply to you, try to think of an equivalent scenario, or imagine yourself in the given situation.


## **Assessment:**

1. When a friend betrays me, and I'm unsure of what others in my life think about me.
2. When I'm struggling with finances, and not sure how to make ends meet.
3. When a serious illness or death happens to a loved one.
4. When a new life situation unfolds with a lot of uncertainty, such as a move to a new place, a new job, or new responsibility.
5. When I'm studying the Bible and uncertain how to respond to a particular passage that challenges me.
6. When I'm ill, injured, and uncertain what my own health future looks like.
7. When I am finding all of my needs are met.
8. When there is a relationship conflict in my life.
9. When someone rejects or criticizes me.

10. When I realize that a dream is likely not to happen.
11. When the relationships in my life are all harmonious.
12. When I am stricken with a temporary illness and not feeling well.
13. When I am praised or complemented.
14. When something in life happens unexpected (good, bad, or both).
15. When I am faced with a difficult task or even place in life.

Now that you've finished, take a look back over your answers and reflect on how you responded. Are there certain types of scenarios where you find it easier or more difficult to trust God? What patterns do you see emerging? Take these thoughts into consideration before moving on to the Trusting God Evaluation on the next page.

<b>HARDSHIPS</b>	<b>NORMAL TIMES</b>	<b>CELEBRATIONS</b>

Above there are three columns, one for hardships, normal everyday life, and happy times. For the first column, hardships, write down what your inner-self is like. Are you worried, fearful, angry, stressed, content? Now, think about the normal periods of life and try to honestly reflect on how your normal everyday emotions are and write those down. And finally, in a third column write down thoughts about happy times, and what your emotions are like then? Finally, assess your findings. Are you content with the current state of your life or are you always looking off on the horizon for what's next, still dissatisfied?  [SPIRITUALLYHUNGRY.COM](http://SPIRITUALLYHUNGRY.COM)