

## TRUST – THE ANTIDOTE TO STRESS



Hebrew: CHASAH [H2620] – “the fence of support revealed”

Flee for refuge



Aramaic: KHAV [A0696] – “the fence of the family or house”

Love



Hebrew: BATACH [H982] – “inside the surrounding fence”

Have confidence (cling like a melon to the vine)

Psalms 57:1, 2 Be merciful to me, O God, be merciful to me, for in you my soul takes refuge [chasah]; in the shadow of your wings I will take refuge [chasah], till the storms of destruction pass by. I cry out to God Most High, to God who fulfills his purpose for me.

Nahum 1:7 The LORD is good, a stronghold in the day of trouble; he knows those who take refuge [chasah] in him.

Psalms 36:7 How precious is your steadfast love, O God! The children of mankind take refuge [chasah] in the shadow of your wings.

1 John 4:16-18 (MGI) And we believe and we know the love that God has toward us, for God is love, and everyone who remains in love remains in God. And in this his love is completed with us, so that we would have boldness in the day of judgment, because as he was, so are we in this world. There is no fear in love, but complete love throws out fear, because fear is dangerous. Now he who fears is not completed in love.

Psalms 37:3-5 Trust [batach] in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed [you will be shepherded with faithfulness]. Delight thyself also in the LORD; and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust [batach] also in him; and he shall bring it to pass.

## **Benefits of Trusting God**

1. God will be entreated of him, hears his prayers and delivers the enemies into his hand -- I Chronicles 5:20.
2. God will deliver him [escape] -- Psalms 22:4.
3. The one who trusts will not be confounded -- Psalms 22:5.
4. The one who trusts will not slide [slip] -- Psalms 26:1.
5. The one who trusts will be helped -- Psalms 28:7.
6. His heart will rejoice -- Psalms 33:21.
7. Mercy will compass him about -- Psalms 32:10.
8. The one who trusts shall dwell in the land -- Psalms 37:3.
9. The one who trusts shall be fed--Psalms 37:3.
10. The one who trusts will be like a green olive tree in the house of God --Psalms 52:8.
11. The one who trusts will be blessed -- Jeremiah 17:7.
12. The one who trusts will not be afraid of bad news-- Psalms 112:7.
13. The one who trusts will have the wherewithal to answer anyone that reproaches him -- Psalms 119:42.
14. The one who trusts will be like Mount Zion: unmovable and everlasting -- Psalms 125:1.
15. The one who trusts will be happy -- Proverbs 16:20.
16. The one who trusts will have perfect peace -- Isaiah 26:3.