

## YogaXoga Christ-Centered Meditation: Trust

**Release all tightness and tension. Release all control.  
Release all thoughts, plans and worries to the Lord.  
Trusting in Him.**

**Taking this hour to reflect on how we trust in God – to provide for us, to  
comfort us, to guide us.**

Ps 31:14-16

But I trust in you, O LORD; I say, "You are my God."  
My times are in your hands; deliver me from my enemies  
and from those who pursue me. Let your face shine on your servant;  
save me in your unfailing love.

Ps 37:3-4

Trust in the LORD and do good;  
dwell in the land and enjoy safe pasture.  
Delight yourself in the LORD and he will give you the desires of your heart.

Ps 9:10

Those who know your name will trust in you,  
for you, LORD, have never forsaken those who seek you.

Ps 56:3-4

When I am afraid, I will trust in you.  
In God, whose word I praise, in God I trust; I will not be afraid.

Prov 3:5-6

Trust in the LORD with all your heart  
and lean not on your own understanding; in all your ways acknowledge him,  
and he will make your paths straight.

Isa 30:15

In repentance and rest is your salvation, in quietness and trust is your strength,

John 14:1-4

"Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going."

Rom 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.