

## Pause for Thought 'Trust'

*'Trust in the Lord with all your heart  
and lean not on your own understanding;  
in all your ways acknowledge the Lord.  
and He will make your paths straight.'*  
Proverbs 3:5-6

Whether we turn on our TV or radio, open our newspaper or laptop, we frequently find ourselves confronted with a barrage of opinions, theories, suggestions, directions – and endless hypotheses. In such circumstances, in whom and in what might we confidently place our trust at the present time?

Not long ago, I remember my letterbox being filled with election flyers and literature from prospective parliamentary candidates, each one saying that they were the person I should trust to best represent my interests as a local resident. Manufacturers invest millions into campaigns which tell us that their brand is the one to trust. We all have our favourite brands and we like to think that we can rely on Heinz Baked Beans, Fairy Liquid, Knorr stock cubes and Cadbury's chocolate to provide us with reliable quality. Yet, a survey conducted a couple of years ago, revealed that almost half of all UK consumers found it difficult to know which brands or companies to trust.

Despite having our own favourites, we face the possibility that product recipes and formulas can sometimes change – and not always for the better. Personally, I enjoy wearing a spritz of fragrance but will frequently see online reviews which begin 'This fragrance is awful and not at all like the original version' or 'They've changed the formulation and it doesn't suit me anymore'. What we thought we knew and trusted has changed, in the same way that the politicians' promises we believed in and voted for, can also change, rendering the promises unfulfilled or even withdrawn from the political agenda.

In Proverbs 3:5-6 we are told to 'trust in the Lord with all our heart' and 'lean not on our own understanding', words which have helped to sustain me through some difficult times. Faith and trust are indeed honoured by God, but we can all encounter times when we question our ability to cope with life's challenges, including the current Covid-19 crisis. These two verses are not advocating a naïve sense of 'hoping for the best'. Rather, they are a gentle directive not to worry or

try to work out every last detail in our heads. God will hold us in the toughest of times and along the rockiest of roads which sometimes may not appear to be very 'straight' at all. This is the kind of trust which our unchanging God invites us to have in him. The same yesterday, today and forever - God is with us and will see us through.

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