

The TRUST Acrostic

Many Christians are unfamiliar with the work of the Holy Spirit, and even less certain with how to apply his work in their lives. As we mature in Christ, we should grow in our *dependence* upon the Holy Spirit. I use the word TRUST to underscore my interaction with the Spirit of God. I encourage you to memorize the acrostic and reflect upon it daily. Choose one key area that needs further development and give that special attention.

Turn to Him when you're hurting (John 14:16, 17).

Rely upon Him when you're weary (Rom. 8:26-27).

Understand the Word with His help (Jn. 16:13).

Submit, even when you don't understand (Mark 1:12).

Terminate old decision-making habits (Gal. 5:16, 18).

- (1) **Turn** to Him when you're hurting (John 14:16, 17). Jesus promised the Holy Spirit to the disciples during a time when they were troubled and their future was uncertain (John 14:1). The Holy Spirit is described as the comforter who will come along side. Because he dwells with us *and* in us, we are never alone.
- (2) **Rely** upon Him when you're weary (Rom. 8:26-27). When we are weak, the Spirit helps us. When we are uncertain on how to pray, the Spirit steps in. When our emotional pain seems to take our breath away, the Spirit is interceding on our behalf. Most importantly, the Spirit does all this for us in accordance with the will of God.
- (3) **Understand** the Word with His help (Jn. 16:13). While this promise was given to the disciples, it has a broader application to the rest of believers. The Holy Spirit is sent by the Father to be our guide and to lead us (Rom. 8:14; Gal. 5:18). Be willing to receive the Spirit's assistance when you open the Word.
- (4) **Submit**, even when you don't understand (Mark 1:12). Mark 1:12 states that the Spirit *drove* Jesus into the wilderness to be tempted. Jesus may not have chosen this location or venue to be tested, but he willingly submitted to the Spirit in it. Our tendency will be to lean into our flesh when we don't understand (Gal. 5:17). We are challenged to keep in step with the Spirit (Gal. 5:25 NIV). Unexplainable difficulties provide an excellent opportunity for us to submit to a Spirit-filled response.
- (5) **Terminate** old decision-making habits (Gal. 5:16, 18). We are introduced to the fruit of the Spirit (Gal. 5:22, 23) *after* a listing of the deeds of our flesh (Gal. 5:19-21). The context is significant. Our greatest success in overcoming sinful habits will be to embrace new habits. As we take off our past ways of thinking, we are to put on God's ways. We terminate the old and we put on the new.