

Daddy Holds

FROM THE BOOK: CHAPTER 4

THE BIG IDEA

Trusting God is less like feeling confident and more like a sleepy child letting their full weight land on a parent they know will hold them.

KEY WORD *batach* (Hebrew): to throw yourself down on something and let it bear your full weight.

Its partners: *aman*, recognising that something is solid enough to hold you, and *emunah*, staying landed day after day.

READ Proverbs 3:5–6; Genesis 15:1–6; Habakkuk 2:4

“Trust in the LORD with all your heart and lean not on your own understanding.” Proverbs 3:5 (NIV)

THINK IT OVER

1 The girls let go because they’ve been held before. How does a person come to know that God holds? What has shown you that, or what would?

2 What’s the difference between using your mind and resting your whole life on it?

3 Where in your life are you keeping one foot on your own platform, just in case? What might it look like to let a little more weight go?

THIS WEEK Each evening, name one moment when you propped yourself up on your own understanding: a worry, a backup plan, a decision made without asking God. Don’t beat yourself up. Notice it, and hand that one thing over in a short, honest prayer.

READ BEFORE NEXT WEEK Chapter 7