

# Trust — Our Need and Our Hope



**Introduction** *Our lives require trust in many ways each day in order for us to live productive and hope-filled lives. Often our trust is shaken by happenings in our relationships, in our experience of God, in events in our society and in our world.*

*It is good to celebrate the gift of trust and to open ourselves to a renewal of the experience of its value in our lives. We come together to share, to pray, and to support one another in our need.*

## Opening

**Song** "Though the Mountains May Fall" by Dan Schutte

**Prayer** (All)

Step into the Sunlight  
Feel the pain wash away  
Enter in the Soul-light  
Just BE in today.

Forget all emotion  
Put your trust in the day  
Let the past rush on by you  
Put your Self in THE WAY.

*one & infinite - lynne milum - universal light*

## Reflecting and Sharing

**Leader** As we place ourselves in THE WAY given us by Jesus, we find that great trust is required. We are called to live in the mystery that surrounds all of life. In our daily lives we trust many things each day without, perhaps, thinking of it as trust. For example, we eat our food trusting that it is safe and will nourish our bodies, we drive our cars trusting that the roads will hold us and other drivers will obey the rules of the road.

Yet in our society today we find our level of trust diminished in many ways. In what areas now are you finding it more difficult to trust?

*(Pause for some reflection time.)*

Please share some of your thoughts about areas where trust is difficult.

*(Allow time for sharing.)*

**Leader** Let us pray with the psalmist turning to God in our need: Psalm 56 *(Alternate sides)*

**1** O Most High,  
when I am afraid,  
in you I place my trust.  
God, I praise  
your promise;  
in you I trust, I do not fear.

What can mere flesh do to me?

**2** My wanderings you have noted;  
are my tears not stored in your vial,  
recorded in your book?

**1** My foes turn back when I call on you.  
This I know: God is on my side.  
God, I praise your promise;  
in you I trust, I do not fear.  
What can mere mortals do to me?

**2** I have made vows to you, God;  
with offerings I will fulfill them,  
Once you have snatched me from death,  
kept my feet from stumbling,  
That I may walk before God in the light of the living.

**Leader** Let us listen to the words of Julian of Norwich on trust:

**Reader**

Pray inwardly, even if you do not enjoy it.  
It does good, though you feel nothing.  
Yes, even though you think you are doing nothing.

Prayer is not overcoming God's reluctance.  
It is laying hold of His willingness.  
This is our Lord's will, ...  
that our prayer and our trust be, alike, large.  
For if we do not trust as much as we pray,  
we fail in full worship to our Lord in our prayer;  
and also we hinder and hurt ourselves.

The reason is that we do not know truly  
that our Lord is the ground  
from which our prayer springeth;  
nor do we know that it is given us  
by his grace and his love.

If we knew this, it would make us trust  
to have of our Lord's gifts all that we desire.

For I am sure that no man  
asketh mercy and grace with sincerity,  
without mercy and grace being given to him first.

*revelations of divine love - julian of norwich - 1373*

**Leader** As there are relationships and experiences that have challenged us in our trust, we also have experiences and people in our lives who have been a positive influence in building trust in our lives. What are these experiences and who are the people that have been influential for you?

*(Pause for reflection.)*

You are invited to share one of your reflections with the group.

*(Time for sharing.)*

## Giving Thanks

Let us give thanks to God for the gift of trust in our lives and for those who give and support trust as we pray the Peace Pilgrim's Beatitudes. *(Alternate sides)*

**1** Blessed are they who give  
without expecting even thanks in return,  
for they shall be abundantly rewarded.

**2** Blessed are they who translate  
every good thing they know into action,  
for ever higher truths shall be revealed unto them.

**1** Blessed are they who do God's will  
without asking to see results,  
for great shall be their recompense.

**2** Blessed are they who love and trust their fellow beings,  
for they shall reach the good in people and  
receive a loving response.

**1** Blessed are they who have seen reality, for they know  
that not the garment of clay but that which activates  
the garment of clay is real and indestructible.

**2** Blessed are they who see the change we call death  
as a liberation from the limitation of this earth-life,  
for they shall rejoice with their loved ones  
who make the glorious transition.

**1** Blessed are they who after dedicating their lives  
and thereby receiving a blessing,  
have the courage and faith  
to surmount the difficulties of the path ahead,  
for they shall receive a second blessing.

**2** Blessed are they who advance toward the spiritual path

without the selfish motive of seeking inner peace,  
for they shall find it.

**All** Blessed are they who instead of trying to  
batter down the gates of the kingdom of heaven  
approach them humbly and lovingly and purified,  
for they shall pass right through.

*(peace pilgrim's beatitudes - mildred norman)*

## Closing

**Leader** Let us now offer our prayers for those people,  
areas, institutional leaders, and others where trust is  
needed more abundantly.

*(Allow time for prayer intentions.)*

**Response** O God, grant us the gift of trust in your love  
and in your gracious assistance.

**Prayer** *(All)*

My Lord God,

I have no idea where I am going  
I do not see the road ahead of me.  
I cannot know for certain where it will end.

Nor do I really know myself,  
And the fact that I think I am following  
your will does not mean that I am actually doing so.

But I believe that the desire to please  
you does in fact please you.  
And I hope that I have that desire in all that I am doing.  
And I know that if I do this,  
you will lead me by the right road  
though I may know nothing about it.

"Leaning into Letting Go" by Doris Klein, CSA.



Therefore will I trust  
you always  
though I may seem  
to be lost  
and in the shadow  
of death,  
I will not fear,  
for you are ever with me  
and you will never  
leave me to face my  
perils alone.

*thomas merton*

**Closing Song** "Trust  
in the Lord" by Roc  
O'Connor

## Acknowledgments

"Trust — Our Need and Our Hope" by Marguerite Samz, OSM;  
from *Hill Connections* (<http://hillconnections.org>), a web site linking *Contemplation* and *Social Justice*.  
"Surrender" and "Leaning into Letting Go" art by Doris Klein, CSA; used with permission.  
Prayers from World Prayers.