

# Matters of the Heart

Orthodox reflections on faith and life



## 22 Trust in the Lord

In times of temptation or great tribulation, when you feel you are at your lowest is when faith in the Lord begins to wane. You may wonder where God is, and why He is yet to intervene. You may even turn your back on God in an attempt to take matters into your own hands. After all it is God who has the power to remove these obstacles from your path but has chosen not to act.

But rest assured there may be good in your hardships, hidden blessings that you may not currently perceive. The greatest of which is the mere realisation of your own limitations before God. Your mere frailty and your weakness in the face of adversaries is enough to instil in you a lack of confidence in your own ability, thereby allowing you to trust in the Lord your God and surrendering all your sufferings into His capable hands.

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“My flesh and my heart fail; but God is the strength of my heart and my portion forever.”

Psalm 72 (73):26

See Also:

Psalm 19 (20):7

*In Your mercy O Lord  
I do trust, and in  
Your hands I place  
all my burdens.*