

The 3rd Sunday in Lent ~ Sunday, March 8, 2026
“The Heart God Desires ~ A Trusting Heart”
Psalm 1 // Jeremiah 17:5–8 // Matthew 6:25–34

Trust is that it isn't primarily an _____. It's not a warm glow of spiritual _____, nor it is not simply believing that things will work out.

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

Trust is all about _____. It's where the heart rests when uncertainty comes. It's what we lean on when pressure comes. It's where our mind runs when fears arise. It's what we instinctively cling to when life feels _____.

“Some trust in chariots and some in horses, but we trust in the name of the Lord our God.” (Psalm 20:7)

In other words, every heart fastens itself to something for _____.

Lent exposes something uncomfortable within us: many of us say we trust God, but our hearts quietly _____ somewhere else.

#1. _____.
“Cursed is the one who trusts in man...whose heart turns away from the Lord.” (Jeremiah 17:5)

Jeremiah isn't _____ wisdom, effort, or responsible living. Indeed, Scripture consistently affirms diligence, planning, and good stewardship. What Jeremiah's naming here is something much deeper—a heart that ultimately rests on human strength as its final _____.

This is about orientation. Trust isn't merely about behaviour; it's about _____. The heart that leans fully on itself, even subtly, gradually shifts its _____ away from God.

Self-reliance rarely announces itself loudly. It's not usually _____. It's quiet, subtle, and sounds _____.

“...lean not on your own understanding.” (Proverbs 3:5)

“Don't put your trust in mere humans. They are as frail as breath. What good are they?” (Isaiah 2:22)

“Do not put your trust in princes, in mortal men, who cannot save.” (Psalm 146:3)

We live in a culture that prizes _____—we admire strength and we reward self-sufficiency. From a young age we're taught that maturity means not needing _____.

Scripture offers a deeply counter-cultural perspective: a heart that rests on itself is spiritually _____.

“...he is like a shrub in the desert.” (Jeremiah 17:6)

Notice this shrub isn't dead, however, it isn't _____ either. It has no deep water source and no _____ when the heat intensifies. It survives on _____ moisture alone.

What we are rooted in determines whether we _____ or _____.

We function, we work, we show up, we get by, but inwardly, we're dry and brittle, barely living, and definitely not _____. There's no deep _____. No steady joy. Just constant effort to maintain _____.

“Unless the Lord builds the house, those who build it labour in vain...It is vain that you rise up early and go late to rest, eating the bread of anxious toil.” (Psalm 127:1)

Anxious toil perfectly describes _____ living—a life that's exhausting, driven, and fragile. Self-reliance may look strong on the outside, but it's fragile because the moment circumstances _____ our strength, anxiety floods in.

These kinds of experiences have a way of stripping our illusions of _____ quickly, reminding us that we're not strong and _____ as we like to think we are. In those moments, self-reliance is exposed for what it really is: _____.

when managing becomes our refuge, when control becomes our comfort, and when information becomes our security, our heart is shifted.

Where is your heart leaning?

This question isn't about shame; it's about _____.

When pressure rises, where do you run first? The answer to this question reveals what you _____.

#2. _____.
“Blessed is the one who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water.” (Jeremiah 17:7-8)

Jeremiah isn't talking about someone who trusts in the Lord occasionally, but

someone whose trust _____ the Lord. In other words, God, Himself, has become the ground for their _____.

The trusting heart isn't promised an _____, or storm-free life. The difference isn't external _____; the difference is _____.

The heat and drought are _____. Scripture is deeply _____ about life in a fallen world.

The Bible doesn't sell an illusion of ease, but it does promise _____. The tree planted by water doesn't fear when the heat comes because its roots reach somewhere deeper than its _____ conditions; and its source is deeper than its _____.

“He is like a tree planted by streams of water, which yields its fruit in season, and whose leaf does not wither.” (Psalm 1:3)

Biblical trust isn't just optimism, it's _____. It's _____ and relational. It's not placing weight on an outcome, but on a person—on someone proven to be _____—especially in times of challenge.

A trusting heart isn't naïve. It doesn't deny _____, nor does it look at suffering through rose-coloured glasses.

When heat intensifies, most things _____. However, the deeply rooted life _____ fruit even when conditions are harsh.

This kind of trust doesn't happen accidentally—it's cultivated, _____, and formed over time. Just as roots grow unseen beneath the surface, trust often grows in hidden _____.

“When I am afraid, I put my trust in you.” (Psalm 56:3)

Faith and fear can _____ the same moment. However, trust is choosing where to plant our _____ and where to lean when fear knocks at the door.

Some days the choice feels strong and _____ t. And, other days it feels like a whispered prayer; “Lord, help me trust in you.” But over time, those small daily choices _____ roots. And that's exactly where Jesus takes us—from roots to daily living, from inner _____ to outward _____.

#3. _____.

“Do not worry...” (Matthew 6:23, 27, 28)

I suspect He repeats it because He isn't naïve about the human _____. He knows exactly how difficult it is for us not to worry. However, we need to understand that Jesus doesn't say this in order to _____ us, make us feel guilty, or even to judge our lack of faith. He isn't scolding. He isn't minimizing the _____ of real life concerns.

He's not dismissing real threats. He's _____ the heart. Because worry, at the end of the day, is simply _____ trust.

When Jesus points to the birds of the air and the lilies of the field, He's not romanticizing nature; He's _____ our perspective—He's

This isn't some abstract _____—this is _____ care. Jesus roots trust not in improved circumstances, but in the _____ of God.

“As a father has compassion for his children, so the Lord has compassion for those who fear him.” (Psalm 103:13)

“Every Good and perfect gift is from above, coming down from the Father of lights...” (James 1:17)

We're not living in a _____ universe. We're living under the care of a loving Father who sees and _____.

“Seek first the kingdom of God and His righteousness...” (Matthew 6:33)

This is _____ language. To seek first the kingdom means our ultimate security isn't in our savings, reputation, mental or physical health, relationships, or our plans. Our ultimate security is in _____ to God's reign and living under His authority.

It means planning is no longer our saviour and control is no longer our _____. Anxiety magnetizes the heart toward _____, it bends everything inward,

“Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:34)

This isn't fatalism; it's daily _____.

A trusting heart doesn't _____ reality or uncertainty. However, it refuses to be _____ by it. It lives under a different _____. It seeks first the kingdom, and trusts that the Father will supply what's needed for _____.