



## Trusting God

Featuring Quentin Wright

*Two-Time NCAA National Champion and Four-Time All-American*

Trust is something we are asked to give on a daily basis. It's a precious commodity we are asked to share with our family, our friends, our coaches, our teachers, our spiritual leaders, our local authorities, and our medical professionals. Most of the time that trust is well placed. But sometimes, our trust in others is sadly broken.

When it's just you on the mat, staring down your opponent, trust often comes down to a very personal question: "Do I trust myself?"

On the mat, you can't rely on anyone else but yourself. You have to trust your instincts, trust that you put in the right amount of conditioning and practicing, and trust that you have the skills and athletic ability to be successful.

Quentin Wright once found himself in a worst-case scenario. Following his first NCAA championship at Penn State, he had a rough year. He tore three ligaments in his shoulder and missed a significant part of the season. Usually confident in his body and what it could do on the mat, Wright's trust in his own body was shaken.

But rather than give up, Wright decided it was time to put his trust in the only place where it can be 100 percent secure.

"I kept working hard and trusting in the Lord," he explains. "Every time I'd ask Him what was going on, He would say, 'Be patient and press on.' Everyone around me had given up, but God knew what I had on the inside and all I had to do was keep doing what He made me to do. I gave it my heart and soul and kept trusting Him."

When Wright's own physical ability let him down, he had two choices: give up the fight or trust God for the strength to get through it. He chose to trust God and rely on His strength to fight through the injury. Despite a mediocre regular season record, Wright went on an impressive winning streak and captured the national title.

"It was all because I was patient and I listened to God and trusted Him," he adds. "I knew He was going to see me through. I knew He had good things ahead of me, and He provided."

King Solomon, the wisest man who ever walked the earth, had this to say about the topic:

**"Trust in the LORD with all your heart; do not depend on your own understanding."  
(Proverbs 3:5/NLT)**

People that we trust sometimes let us down—even those closest to us. We can also let ourselves down and cause distrust within our own hearts and minds. But if we truly believe that the Bible is God’s Word, we can take comfort in knowing that He will *never* let us down. Our Heavenly Father will *never* break our trust. We can *always* count on Him—even in the most difficult times when placing complete trust in Him doesn’t always make sense.

And if a life of peace and purpose is the goal, then trusting God is something we should all do on a daily basis.

### **Discussion Questions**

1. Who are the people you trust the most? Has someone you trust ever let you down? If so, how did that impact your ability to trust people moving forward?
2. During competition, what are some of the things that you need to trust in order to be successful? Have you ever lost trust in your ability (physically or mentally) during the course of your athletic career? Explain.
3. In general, do you find it easy or difficult to trust God? More specifically, in what areas do you find it easy to trust God? In what areas do you find it more difficult to trust God?
4. How do you think trusting God in all areas of your life might help you get through challenges and difficulties? Is that something you’ve already experienced? If so, explain.
5. If you have trouble trusting God, what are some things you can start doing today that will help you build a more trusting relationship with Him?

### **Closing Prayer**