

7 Days to Trusting God with Your Journey

One life. One yes. Endless impact.



SYLVIA SUHR

7 Days to Trusting God with Your Journey

A Devotional Companion to One Life the Narrow Path

By Sylvia Suhr

Introduction

Welcome, dear friend.

If you've picked up this devotional, I believe it's not by chance.

Perhaps you're walking through uncertainty, standing at a crossroads, or just longing to hear God's voice a little more clearly. I've been there too.

Over the years, as I've walked with God through the highs and lows of life, from raising four children as a single mother, to serving in remote villages across Africa and Asia. I've learned one thing for sure: Trusting God is not a one-time decision. It's a daily surrender.

That's what this devotional is about. Each day includes a verse from Scripture, a few questions to help you reflect, and a prayer to guide your heart.

Let's take this 7-day journey of trust together.

With love and faith,

Sylvia Suhr

www.sylviasdream.com

***Trust in the Lord with all your heart,
When life is blurred and falls apart.
Though questions rise and answers flee,
Let faith, not fear, your anchor be.***

***Don't lean upon your finite mind,
For truth is more than what you find.
God's wisdom spans both time and space,
His path is peace, His ways are grace.
So rest in Him, do your part,
To trust the Lord with all your heart.***

Day 1 – Trusting God with The Unknown

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

Trust is not built in certainty; it is formed in the unknown. There are times when God asks us to take a step without showing us the full picture. Like Abraham who left everything familiar, or Peter who stepped out of the boat, God is calling you to trust Him beyond what you can see.

Today, choose to trust God not because you understand everything, but because you know He is good. Your faith will grow as you take one step at a time with Him.

Reflection Questions

- What is one area in your life where you need to trust God more?
- What fears are you holding onto that God is asking you to release?

Prayer

Lord, help me to trust You even when the path isn't clear. Give me courage to follow You into the unknown, knowing You are already there. Amen.

Journal Your Thoughts

Write down what God is showing you today...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 2 – Trusting God’s Timing

“He has made everything beautiful in its time.” — Ecclesiastes 3:11

Waiting can feel like a wilderness. But it’s often in the waiting that God is doing His greatest work in us. When nothing seems to be happening on the surface, roots are growing deep. God’s timing is perfect, and His delays are never denials. Trust that He is preparing both the blessing and your heart to receive it.

Reflection Questions

- What promise are you waiting on God to fulfill?
- How can you embrace this season of waiting as part of God’s plan?

Prayer

Lord, I surrender my timeline to You. Help me to rest in Your perfect timing, knowing You are never late. Amen.

Journal Your Thoughts

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Day 3 – Trusting God Through Loss

“The Lord is close to the brokenhearted.” — Psalm 34:18

Loss is part of life, but so is God’s comfort. He meets us in our pain, not with quick fixes, but with presence. When we face grief, whether the loss of a loved one, a dream, or a season, He gently reminds us that He is still with us.

Let your tears fall in His hands. He is not afraid of your pain. He draws near to heal and to carry what feels too heavy for you.

Reflection Questions

- Where in your life are you grieving right now?
- How can you invite God into that space today?

Prayer

Lord, I give You my sorrow. Hold me close, help me trust that You are healing what’s broken in me. Amen.

Journal Your Thoughts

Write down what God is showing you today...

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

Day 4 – Trusting God When You Feel Insecure

“You are altogether beautiful, my darling; there is no flaw in you.” — Song of Songs 4:7

Insecurity whispers lies that you’re not enough. But God speaks truth over you, you are chosen, loved, and perfectly crafted. The world may overlook you, but the One who formed you never will. He doesn't call the qualified; He qualifies the called. Your worth isn't in what you do, but in who He says you are.

Reflection Questions

- What lies have you believed about yourself?
- What truth from God’s Word will you declare today instead?

Prayer

Lord, remind me who I am in You. Silence the voice of insecurity and help me live in the confidence of Your love. Amen.

Journal Your Thoughts

Write down what God is showing you today...

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Day 5 – Trusting God with Your Future

“For I know the plans I have for you...” — Jeremiah 29:11

We often want control because we fear the unknown. But your future is not a mystery to God. He has plans—good ones. Even when your path seems winding or delayed, God is weaving something beautiful. You don’t need to know the future to trust the One who holds it.

Reflection Questions

- What part of your future are you worried about?
- How can you release that to God today?

Prayer

Lord, I give You my future. Write my story in Your timing and for Your glory. Amen.

Journal Your Thoughts

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Day 6 – Trusting God in Weakness

“My grace is sufficient for you, for my power is made perfect in weakness.” — 2 Corinthians 12:9

God isn't looking for strength. He's looking for surrender. Your weakness is not a liability—it's a doorway to His grace. When you can't do it all, you're perfectly positioned for Him to step in. Stop striving. Start leaning. He is strong where you are weak.

Reflection Questions

- Where do you feel most inadequate right now?
- How can you let God's strength carry you in that area?

Prayer

Lord, I confess my weakness. Let Your grace flood in and be enough for today. Amen.

Journal Your Thoughts

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Day 7 – Trusting God with Your Whole Heart

“Blessed are those who trust in the Lord... they are like trees planted by the water.” — Jeremiah 17:7–8

A trusting heart is a thriving heart. When we anchor our trust in God, we grow strong no matter what storms come. Like a tree rooted by a river, we draw life from the One who never runs dry. Don't just trust God in some areas—give Him your whole heart. He is faithful and true.

Reflection Questions

- Have you been holding back any part of your heart from God?
- What would it look like to trust Him completely today?

Prayer

Lord, I give You every part of my heart. Let my trust run deep, and my life bear fruit for Your glory. Amen.

Journal Your Thoughts

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Day 8 – A Blessing for the Journey

May the Lord go before you and guide each step you take.

May He calm your anxious thoughts and fill your heart with peace.

May your trust deepen like roots in rich soil, and may your faith rise like the dawn.

May you see the fingerprints of God in every detail of your life, and know without a doubt that He is for you.

Go now with courage, knowing that the God who called you is faithful and will finish what He started in you.

You are loved.

You are chosen.

You are never alone.

He has made all things in His perfect design

*Each moment is unfolding by His line.
Though storms may come and seasons sway,
Beauty will bloom in His chosen day.*

*The waiting soil, the silent seed,
Shall rise and flourish when He decrees.
What now seems lost, or dim, or small,
Will shine in time, fulfilling all.
So trust His hand, His grand sublime,
He makes everything beautiful in His time.*

*The Lord is close to the broken hearted,
When dreams are crushed and hope departed.
He gathers tears that freely fall,
And gently lifts us through it all.*

*In darkest nights, His love remains,
A healing balm for deepest pains.
Though hearts may ache and voices sigh,
His comfort whispers, "I am nigh."
You're not alone, though torn, though scarred,
The Lord is near the broken hearted.*

*You are altogether beautiful, my dove,
Adorned with grace, crowned by love.
No flaw I see, no stain, no scar,
You shine just as you truly are.*

*The world may judge, may mock or scorn,
But I have known you since you were born.
Each part of you, both seen and true,
Is wonder-laced and lovely too.
So hear My voice, let it renew,
There is no flaw, My love, in you.*

*"For I know the plans I have for you,"
Declares the Lord, so kind and true.*

*Not plans to harm or bring you dread,
But hope and future lie ahead.*

*When paths seem lost and dreams unclear,
Remember still—His voice is near.
Each step is guided by His hand,
Each trial shaped by perfect plan.
So trust the One who sees it through—
He knows the plans He has for you.*

*Blessed are those who trust in the Lord,
Rooted deep in His living Word.
They are like trees by the water's side,
Unshaken when the droughts abide.*

*Their leaves stay green through storm or sun,
Their fruit will grow till work is done.
No fear when heat or trials appear,
For God their strength is ever near.
In trust they stand, in Him they thrive,
Planted by waters, fully alive.*

Scriptures to Meditate On

- Proverbs 3:5–6 – Trust in the Lord with all your heart...
- Jeremiah 29:11 – For I know the plans I have for you...
- Psalm 46:10 – Be still and know that I am God.
- Isaiah 41:10 – Do not fear, for I am with you...
- 2 Corinthians 12:9 – My grace is sufficient for you...
- Romans 15:13 – May the God of hope fill you with all joy and peace...
- Philippians 1:6 – He who began a good work in you will carry it on to completion...