

Trust and Obey

Scripture Reading — Matthew 26:36-45

I will always obey your law, for ever and ever. — Psalm 119:44

Have you ever heard the term “earworm”? It describes how the words or the tune of a catchy song can keep running through our minds. One song that is still lodged in my head after all these years is “Trust and Obey.” At the end of this reflection on Psalm 119, this song is playing in my mind.

The writer of Psalm 119 often mentions trust. God’s Word is trustworthy, he says; so he trusts in God’s laws, precepts, commands, and decrees. Along with that, the psalmist eagerly commits to obeying God’s Word. He explicitly speaks of obedience again and again and again. Clearly, the call to “trust and obey” God’s Word is at the heart of this psalm.

There’s another theme worth mentioning as well. The psalmist is committed to trust and obey *even in times of difficulty*. When the psalmist cries for God’s rescue, he affirms his desire to trust and obey, no matter what.

This helps us see another way in which Psalm 119 points us to Jesus: on the night before he died for our sins, Jesus faced one of the worst moments of anguish recorded in the Bible, an experience more challenging than any we will ever know. And yet Jesus said to the Father about the suffering that was before him, “Not as I will, but as you will” (Matthew 26:39).

Jesus trusted and obeyed. What a blessing it is to know that “while we do his good will, he abides with us still, and with all who will trust and obey”!

Prayer

Help us, Lord, to live for you, in the assurance that you love us and will never leave or forsake us. Amen.

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Written by Kurt Selles — <https://today.reframemedia.com/authors/kurt-selles>

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