

May 3, 2026

“In God We Trust”

Psalm 31:1–16 & John 14:1–14

Every coin and dollar bill in our pockets has a phrase stamped on it: "In God We Trust." We see this phrase so frequently that it often fades into the background. However, today's Scriptures encourage us to take those words from our currency and instill them in our hearts. While it's easy to carry the phrase, truly living by it amidst life's ups and downs is much more challenging.

Psalm 31 and John 14 present two moments of profound distress: David facing pressure from his enemies and the disciples feeling overwhelmed with fear as Jesus prepares to leave them. In both situations, God delivers a reassuring message that anchors the soul: "Trust Me."

Today, we gather around these two Scriptures to once again reflect on what it means to say—not merely as a motto or slogan, but as a way of life—“In God we trust.”

**We Trust God as Our Refuge (Psalm 31:1–3).** David starts with a confident declaration rather than a question: “In you, O Lord, I seek refuge.” He does not say, “I hope You might be a refuge,” nor does he express uncertainty about God’s trustworthiness. Instead, he boldly asserts, “I seek refuge in You.” Why? Because trust begins with understanding where to turn when life becomes difficult.

Surrounded by threats—accusations, enemies, and uncertainty—David runs to God rather than away from Him. He calls out: “Be my rock.” “Be my fortress.” “Lead me and guide me.”

Trust is not merely a feeling; it is a direction. Trust involves choosing where to place your weight, and David places his weight firmly on God. Psalm 46 says, “God is our refuge and strength, a very present help in trouble.” This emphasizes that God is not distant, theoretical, or conditional; He is present. To say, “In God we trust,” is to declare, “Lord, You are my safe place.

**We Trust God With Our Spirit (Psalm 31:5).** David presents one of the most profound statements in Scripture: “Into your hand I commit my spirit.” These are the same words Jesus spoke on the cross—words of surrender, confidence, and rest.

David is not giving up; he is giving over. He is placing his entire life—his breath, his future, his identity—into God’s hands. Trust is not merely running to God as a refuge; it is placing your whole self in His care.

To trust God means we stop trying to control everything. It requires us to let go of the illusion that we can manage life on our own. It means saying, “Lord, my life is Yours. My spirit is Yours. My future is Yours.” **In God we trust means In God we surrender.**

**We Trust God With Our Time (Psalm 31:15–16).** David makes a profoundly freeing statement: “My times are in Your hand.” This encompasses not just his spirit or safety, but his entire timeline—his seasons, his days, his waiting, and his unknowns. David trusts God not only with his soul but also with his schedule. We often place our trust in God for eternity, yet we struggle to rely on Him for tomorrow. We believe in His salvation but wrestle with His timing. We have faith in heaven but worry about what lies ahead next week.

David declares, “Lord, my times—every moment and every season—belong to You.” To truly trust God means believing that He is never late and never early; He is always perfectly on time. To trust in God means finding rest in His timing.

**We Trust Jesus as the Way (John 14:1–6).** As we transition from David’s distress to the disciples’, we see Jesus addressing His troubled friends. He reassures them, saying, “Do not let your hearts be troubled. Believe in God; believe also in Me.” Essentially, He is saying, “Trust Me.” But why should they trust Him? Because Jesus is not merely a teacher pointing toward God; He is the Way to God, the Truth that reveals God, and the Life that flows from God.

David once said, “Into Your hand I commit my spirit.” In contrast, Jesus offers, “Into My hands, you can place your eternity.” Trust now has a name—Jesus. Trust has a face and a path. To say, “In God we trust,” means “In Jesus, we follow.”

**We Trust Jesus Because He Is Enough (John 14:7–14).** When Philip asks Jesus to “show us the Father,” Jesus responds, “If you’ve seen Me, you’ve seen the Father.” In other words, He is saying, “You don’t need more proof, more signs, or more reassurance. You have Me.” Jesus is the full revelation of God’s heart; He is the visible expression of the invisible God. He guarantees that God is for us, with us, and working through us.

Then Jesus makes a remarkable promise: “Whatever you ask in My name, I will do it.” This is not because prayer is magic, but because trust opens the door for God’s power to work. Thus, to say “In God we trust” means to pray boldly “in Jesus’ name.”

Where do you run when you feel overwhelmed? Where do you hide when fear rises? Where do you place your confidence when life shakes? You are encouraged to live the word. “In God We Trust” is more than a national motto. It is a spiritual declaration. A daily posture. A way of life.

From Psalm 31 and John 14, we learn that trusting God means:

1. God is our refuge — where we run.
2. God holds our spirit — who we belong to.
3. God holds our times — when things unfold.
4. Jesus is our way — how we walk.
5. Jesus is enough — why we can rest.

Let this be more than mere words on a dollar bill; let it echo the cry of our hearts: “In God we trust.” May this be our fervent prayer: “In You, O Lord, I seek refuge.” “Into Your hands, I commit my spirit.” “My times are in Your hands.” As we depart, may we hold on to the truth that our lives—every moment, every season, every breath—are securely held in the faithful hands of God.