

# Trust Tree

Description: This station will help someone to identify places of anxiety and worry. With scripture reflection and meditation the individual will entrust places of anxiety to the Father and receive the blessing of truth found in the Word.

## Supplies you will need:

(Photos of this station can be found in the document "Trust Tree Sample")

- To make leaves
  - Colored craft paper
  - Wire (4-5" sections cut)
  - Scissors
  - Clear tape
  - Assortment of branches
- Decor
  - Vases or cinder blocks to hold branches up
- Prayer engagement
  - Sharpies
  - Scripture passages available to read

## Instructions:

These are for many of us, anxious times. Anxiety and worry are easily bottled up within us. This station is designed to help you off load your worries and concerns onto the Lord, the one who carries us and is always with us. Blessed is the one who trusts in the Lord, for he will be like a tree Planted by a stream, and will not fear when the heat comes, and will not be anxious in a year of drought, nor cease to yield fruit. (Jeremiah 17:7-8)

1. Find a comfortable place to sit.
2. Recognise where you may be holding tension in your body.
3. Invite the Lord to any place where you are holding anxiety or worry.  
"Come, Lord."
4. Read through the scriptures. Linger with the Lord.
  - a. Ask yourself, am I leading a quiet life?
  - b. Ask for wisdom and wait
  - c. Pause an extra minute and ask the Lord to speak
  - d. Ask for guidance to quiet any unsettled place within you
5. Find one or two scriptures that connect with you.
6. Choose a leaf. Write your prayer on it.

7. Tape a wire to it.
8. Secure it to the branch.
9. Pause. Wait in stillness.
10. Listen and receive the blessing.
11. Thank the Lord for meeting you.

### Scriptures to Have Available

Jeremiah 17:7-8

Blessed is the one who trusts in the Lord, for he will be like a tree Planted by a stream, and will not fear when the heat comes, and will not be anxious in a year of drought, nor cease to yield fruit.

Exodus 14:13

The Lord will fight for you and you have only to keep still.

Psalm 45:7-8

O that today you would hear His voice! Harden not your hearts...

Ecc 9:17

The words of the wise heard in quietness are better than the shouting of a ruler among fools.

1 Thess 4:11

Make it your ambition to lead a quiet life and tend to your own business.

Psalm 23:2

He makes me lie down in green pastures. He leads me besides quiet waters.

Psalm 131:1-2

My heart is not proud nor my eyes haughty, nor do I involve myself in great matters or things too difficult for me. Surely I have composed and quieted my soul, like a weaned child against her mother.

Isaiah 30:15, 18, 21

In repentance and rest you shall be saved. In quietness and trust is your strength. Therefore the Lord longs to be gracious to you and have compassion on

you. For the Lord is a God of justice. How blessed are all who long for Him. Your ears will hear a word behind you, "This is the way. Walk in it" whenever you turn to the right or the left.

Isaiah 40:10

Do not fear, For I am with you. For I am your God. I will strengthen you. Surely I will help you. Surely I will uphold you with my righteous right hand.

Psalms 140:12

I know that the Lord will maintain the cause of the afflicted and justice for the poor. Surely the righteous will give thanks to your name. The upright will dwell in your presence.

Psalms 139

Search me, O God, and know my anxious thoughts; and see if there be any hurtful way in me and lead me in the everlasting way.

Philippians 4:6

Be anxious for nothing, but in everything by prayer, and supplication with thanksgiving, let your requests be made known to God and the peace of God, which passes all comprehension will guard your hearts and minds in Christ Jesus.

## Trust Tree Sample Photos

These pictures serve to boost creative imagination and provide support when executing the station. Thank you, Angie Steinke, for all your hard work to show us this lovely example!





