

## 55 Bible Verses About Trust to Lean on in Difficult Times

Trust can be a difficult attribute to find in a person, whether it is in a friend or a romantic partner. Past experiences may have you on your toes about placing your trust in someone again. Or maybe you are in a complicated situation where the honest truth may be hard to deliver. If you are looking for inspirational scripture, there are **Bible verses about trust** that provide wisdom and clarity when it comes to the power of trustworthiness and honesty. **Keeping faith** and **having hope** is not just about **putting your trust in God**, but also understanding the meaning of trust at its core.

Being honest and always speaking the truth are virtues that are easier to value than to actually put in practice. But this list of the best Bible verses about trust will give you the inspiration to carry out your values as well as better comprehend the importance of choosing honesty in your everyday life. Most people have let a lie slip from their lips at least once in their life – we are only human, after all. When you make efforts to be a trustworthy individual, you will not only be seen by God, but you will also welcome stronger and more authentic relationships into your life. After all, trust is a two-way street. So, share a few of these Bible verses about trust with a loved one so you can both find the strength to **maintain your hope, faith, and trust** – even **in the hard times**.

### 1. **Proverbs 3:5-6**

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

The Good [News](#): Putting your trust in God as the way forward. Set aside your anxieties and doubts and turn it all over to the Lord.

## **2. Jeremiah 17:7-8**

“But blessed is the one who trusts in the Lord, whose confidence is in Him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

The Good [News](#): This verse serves as a reminder that to trust in God truly is a blessing. Your faith in Him allows you to create a fulfilling and happy life.

## **3. Psalms 37:3**

“Trust in the Lord and do good; dwell in the land and enjoy safe pasture.”

The Good [News](#): Keep it simple – have faith in God and live an honest, and good life.

## **4. Psalms 56:4**

“In God, whose Word I praise – in God I trust and am not afraid. What can mere mortals do to me?”

The Good [News](#): Although there may be obstacles in your path, God is on your side. That is what really matters.

## **5. 1 John 4:16**

“And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.”

The Good [News](#): Allow yourself to be an instrument of God's love and share it with your community of faith.

**6. James 1:6**

“But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.”

The Good [News](#): Your faith in the Lord allows you to stand strong in the face of adversity.

**7. Psalms 28:7**

“The Lord is my strength and my shield; my heart trusts in Him, and He helps me. My heart leaps for joy, and with my song I praise Him.”

The Good [News](#): Placing faith in God and learning to trust Him is a joyous experience.

**8. Psalms 16:1**

“Keep me safe, my God, for in You I take refuge.”

The Good [News](#): This Bible verse communicates that you can always trust in the Lord, no matter what. His love will keep you safe and protected in times of turmoil.

**9. Isaiah 26:3**

“You will keep in perfect peace those whose minds are steadfast,

because they trust in you.”

The Good [News](#): God promises to provide for you and bring you tranquility if you keep yourself focused on learning to trust Him fully.

**10. Isaiah 43:2**

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”

The Good [News](#): God is promising that, if we truly trust in Him, He will be able to protect us and see us through life’s tribulations.

**11. 2 Corinthians 5:7**

“For we live by faith, not by sight.”

The Good [News](#): This short and simple verse communicates an essential truth. We live by trusting in God and allowing Him to lead us on our paths, rather than trying to find our paths alone.

**12. Proverbs 29:25**

“Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.”

The Good [News](#): Anxieties about the world are real. But so long as you keep your trust in God, you’ll be able to get through tough situations.

**13. Hebrews 13:5**

“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you never will I forsake you.’”

The Good [News](#): Finances and other material possessions can be a significant source of stress for many people. But you don’t need to worry – trust in God, and He will take care of you, always.

**14. 1 John 4:1**

“Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.”

The Good [News](#): While many of these verses remind you to trust in God, this one reminds you that you can’t necessarily trust everyone else. There may be people trying to lead you astray. Know that your faith in God is the most important thing, and stay strong.

**15. Psalms 27:14**

“Wait for the Lord; be strong and take heart and wait for the Lord.”

The Good [News](#): Sometimes, a huge part of trusting God is trusting His timing. Though you might have to wait to see where your journey will go, putting your faith in Him is crucial.

**16. Psalms 56:3**

“When I am afraid, I put my trust in You.”

The Good [News](#): When you are struggling, you can put your trust and your faith in God.

**17. Psalm 143:8**

“Let me hear in the morning of your steadfast love, for in You I trust. Make me know the way I should go, for to You I lift up my soul.”

The Good [News](#): If you open your heart to God, you let in eternal love and trust.

**18. 1 John 5:14**

“And this is the confidence that we have toward Him, that if we ask anything according to His will, He hears us.”

The Good [News](#): If you ask God for something, have trust that He has heard your prayers.

**19. Matthew 6:26**

“Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?”

The Good [News](#): Just like the birds trust there will be food and shelter for them when they need it, have trust in God that He will provide you with the necessities you need.

**20. Psalm 118:8**

“It is better to take refuge in the LORD than to trust in man.”

The Good [News](#): God's trust does not waiver, while a person's trust can, as we are only human."

**21. John 14:1**

"Let not your hearts be troubled. Believe in God; believe also in me."

The Good [News](#): If you have faith in God and those around you, you will not be consumed by negative thoughts.

**22. Romans 8:25**

"But if we hope for what we do not see, we wait for it with patience."

The Good [News](#): Trust that even if you do not see change and improvement, what you have prayed for is coming. All you need to do is have trust and patience.

**23. Proverbs 11:13**

"Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered."

The Good [News](#): Do not reveal a person's secrets for it only harms them, as well as you."

**24. Zechariah 8:16-17**

"These are the things that you shall do: Speak the truth to one another; render in your gates judgements that are true and make for peace, do not devise evil in your hearts against one another, and

love no false oath, for all these things hate, declares the LORD.”

The Good [News](#): The Lord tells His followers to speak with trust and honesty and avoid wrongdoing, as dishonesty is in the same vein as hatred.

**25. Proverbs 28:6**

“Better is a poor man who walks in his integrity than a rich man who is crooked in his ways.”

The Good [News](#): Even if you do not have a lot of material support, if you are honest, you are far wealthier than a rich man who is dishonest.

**26. Luke 16:10**

“One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.”

The Good [News](#): A glimmer of dishonesty equates to a lot of falsehood, while even a small amount of truth gives way to even more honesty.

**27. Proverbs 28:26**

“Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered.”

The Good [News](#): It is not enough to just trust yourself – you need to have trust in those around you, as well.

**28. Psalms 111:7**

“The works of His hands are faithful and just; all His precepts are



trustworthy.”

The Good [News](#): Follow the Lord’s model of trustworthiness.

**29. Psalm 119:160**

“The sum of Your Word is Truth, and every one of Your righteous rules endure forever.”

The Good [News](#): Being righteous means speaking with honesty.

**30. Proverbs 11:3**

“The integrity of the upright guides them, but the crookedness of the treacherous destroys them.”

The Good [News](#): Being truthful will give you strength and knowledge, while the opposite can lead to destructions.

**31. Numbers 23:19**

“God is not man, that He should lie, or a son of man, that He should change His mind. Has He said, and will He not do it? Or has He spoken and will He not fulfill it?”

The Good [News](#): Unlike humankind, God always keeps His Word and avoids lies at all costs. As His follower, uphold the same traits.

**32. Ephesians 4:25**

“Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.”

The Good [News](#): Just as you should be kind to your neighbor, you should also be truthful with them.

**33. Proverbs 12:22**

“Lying lips are an abomination to the LORD, but those who act faithfully are His delight.”

The Good [News](#): The Lord will not give His love to those who lie.

**34. Proverbs 12:17**

“Whoever speaks the truth gives honest evidence, but a false witness utters deceit.”

The Good [News](#): If you tell the truth, then you are by default an honest person. On the other hand, if you tell a lie, then you are deceiving those around you.

**35. Colossians 3:9**

“Do not lie to one another, seeing that you have put off the old self with its practices.”

The Good [News](#): If you have told lies in the past, avoid this habit and only tell truths going forward.

**36. 1 Timothy 1:15**

“The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost.”

The Good [News](#): Have faith that Jesus Christ will save sinners who seek salvation.

**37. John 17:17**

“Sanctify them in the Truth; Your Word is Truth.”

The Good [News](#): The words you speak carry great weight; that said, make sure your words are always spoken in truth.

**38. Hebrews 11:1**

“Now faith is the assurance of things hoped for, the conviction of things not seen.”

The Good [News](#): Keeping faith means having trust that your spirituality may not always be acknowledged in visible ways – but that doesn’t mean God is not watching.

**39. Proverbs 11:28**

“Whoever trusts in his riches will fall, but the righteous will flourish like a green leaf.”

The Good [News](#): Do not place your trust in the theoretical eternity of wealth. For this status may change, while being a person of righteousness and honesty will last forever.

**40. Micah 7:5**

“Put no trust in a neighbor; have no confidence in a friend; guard the doors of your mouth from her who lies in your arms.”

The Good [News](#): If someone close to you lies, hold their words at a distance.

**41. Jeremiah 7:8**

“Behold, you trust in deceptive words to no avail.”

The Good [News](#): Lies never win against the truth.

**42. Proverbs 25:9**

“Argue your case with your neighbor himself, and do not reveal another’s secret.”

The Good [News](#): If you are in an argument with someone, be honest with them about how you feel rather than speaking about that person with someone else.

**43. Proverbs 24:26**

“Whoever gives an honest answer kisses the lips.”

The Good [News](#): Those who are honest are rewarded.

**44. Proverbs 12:19**

“Truthful lips endure forever, but a lying tongue is but for a moment.”

The Good [News](#): Those who speak the truth will be remembered for eternity, while those who tell lies are forgotten almost instantly.

**45. Psalm 22:4-5**

In You our fathers trusted; they trusted, and You delivered them.  
To You, they cried and were rescued; in You they trusted and were  
not put to shame.”

The Good [News](#): When you have trust in someone, you can go to them  
in tears or in pain and they will support you without judgment.

**46. Exodus 18:21**

“Moreover, look for able men from all the people, men who fear  
God, who are trustworthy and hate a bribe, and place such men  
over the people as chiefs of thousands, of hundreds, of fifties, and  
of tens.”

The Good [News](#): Give power and support to those who are trustworthy  
and avoid the bribes of others.

**47. 1 Timothy 3:8**

“Deacons likewise must be dignified, not double-tongued, not  
addicted to much wine, not greedy for dishonest gain.”

The Good [News](#): Just like ministers of Jesus Christ, do not be two-faced  
or dishonest for personal gain.

**48. Ephesians 4:15**

“Rather, speaking the truth in love, we are to grow up in every way  
into Him who is the head, into Christ.”

The Good [News](#): Do your best to live up to the Lord’s expectations for

you by only speaking the truth.

**49. Hosea 12:7**

“A merchant, in whose hands are false balances, he loves to oppress.”

The Good [News](#): Those who lie about money and material wealth will face consequences for their dishonest actions.

**50. Proverbs 20:19**

“Whoever goes about slandering reveals secrets; therefore do not associate with a simple babblers.”

The Good [News](#): Avoid those who are untrustworthy and reveal a person’s secrets without a second thought.

**51. Isaiah 2:22**

“Stop regarding man in whose nostrils is breath, for of what account is he?”

The Good [News](#): Be wary of holding trust in someone you do not know so well.

**52. Psalms 146:3**

“Put not trust in princes, in a son of man, in whom there is no salvation.”

The Good [News](#): If you cannot put trust in those who are around you on earth, put your trust in the God above.”

**53. Isaiah 25:9**

“It will be said on that day, ‘Behold, this is our God; we have waited for Him, that He might save us. This is the Lord; we have waited for Him; let us be glad and rejoice in His salvation.’”

The Good [News](#): Those who wait for God will be rewarded with salvation for their trust.

**54. John 14:6**

“Jesus said to him, ‘ I am the way, and the truth, and the life. No one comes to the Father except through me.’”

The Good [News](#): Through God you can find your truth.

**55. I Kings 8:56**

“Blessed be the LORD who has given rest to His people Israel, according to all that He promised. Not one word has failed of all His good promise, which He spoke by Moses His servant.”

The Good [News](#): As the Lord has kept His Word to those before you; keep your word and promises too.

***Have Trust, Maintain Hope, and  
Keep Faith in God***

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