

# HEALING TRUST

## *In a Trustworthy Jesus*

### A Suggested Reading Plan for Lent

*(Don't have the book yet? Get it from <https://healingtrust.org.uk>)*

I am delighted that you are joining the exploration of Trust in Jesus during this holy season of Lent, preparing ourselves for receiving the fruits of our Saviour's Death and Resurrection at Easter.

This reading plan assumes that the journey begins on Ash Wednesday and ends in the days before Easter, but in case of a group study that does not include Holy Week, or that begins with the first Sunday in Lent, Week 3 can be referred to personal study, making the reading plan one week shorter.

The reading plan is divided into six sections per week, allowing one day to reflect and digest. Each short reading ends with exercises that can be very fruitfully re-visited on the seventh day.

May Jesus reveal Himself in your whole person: body, soul and spirit, as you read and grow in Healing Trust.

Anders+

In Preparation:	Introduction and How to Use This Book	p. 11
Ash Wednesday:	What is in a Word?	p. 50
Week 1 Day 1:	Trust and Suspicion	p. 76
Day 2:	Trust Goes Against our Culture	p. 80
Day 3:	Mistrust of Self	p. 85
Day 4:	Mistrust of Scripture	p. 89
Day 5:	Did God really say...?	p. 92
Day 6:	Trust and Obedience	p. 97

(con't)

<b>Week 2</b>	<b>Day 1:</b>	<b>Healing Our Ability to Trust</b>	<b>p. 130</b>
	Day 2:	Our Trust Needs Healing	p. 134
	Day 3:	The Gift of Trust	p. 137
	Day 4:	Healing our Trust in God	p. 141
	Day 5:	Growing Trust through Experience	p. 145
	Day 6:	Growing Trust Through Surrender	p. 150
<b>Week 3:</b>	<b>Day 1:</b>	<b>Healing Our Trust in Others</b>	<b>p. 154</b>
	Day 2:	Healing Our Knowledge and Memories	p. 159
	Day 3:	Healing from Betrayal	p. 165
	Day 4:	Healing Our Intimacy	p. 170
	Day 5:	Healing our Experience of Power	p. 177
	Day 6:	Jesus is Trustworthy	p. 180
<b>Week 4:</b>	<b>Day 1:</b>	<b>Trusting through Uncertainty</b>	<b>p. 214</b>
	Day 2:	Trusting through our Fears	p. 218
	Day 3:	Trusting when Things go Wrong	p. 223
	Day 4:	Trusting When We Sin	p. 226
	Day 5:	Trusting Among the Ashes	p. 230
	Day 6:	Trusting through Thanksgiving	p. 235
<b>Week 5:</b>	<b>Day 1:</b>	<b>Draw Near With Trust</b>	<b>p. 240</b>
	Day 2:	Draw Near to Christ	p. 244
	Day 3:	Draw Near to Each Other	p. 249
	Day 4:	Trust is Worth the Risk	p. 255
	Day 6:	Jesus Trusted the Father	p. 260

**In your own time, and very well suited for the weeks after Easter:**

Redemption	p. 101
<i>Healing Our Trust in Others (Week 3, if omitted)</i>	<i>p. 154</i>
Empowering Trust	p. 270
My Own Journey of Trust	p. 19
Zeal For Your House Shall Consume Me	p. 295