

# 37: HOW TO TRUST GOD WHEN NOTHING SEEMS TO CHANGE

By John Leavy  
In Week 8: Persevering Faith

3 Min read



*“Be still before the Lord and wait patiently for him...” — Psalm 37:7*

Every trail has a stretch where the pace slows to almost nothing. The ground levels out, the scenery doesn't change, and progress feels harder to measure. No milestones. No clear movement. Just step after step that feel like they aren't getting you anywhere. These are the stretches that test a man's trust more than his strength. Psalm 37:7 speaks into this space: “Be still before the Lord and wait patiently for Him.”

What's often unsaid is how uncomfortable it feels. Men are wired for movement. They want results. Slow seasons expose how much our faith depends on visible outcomes. When nothing changes, a man assumes nothing is happening—but that's rarely true.

A man questions what he can't measure. He tries to take control—to speed things up, change direction, or quietly disengage.

These moments can tempt you to push ahead out of impatience, make rash decisions, or step off the trail without noticing. But the path will not always match your pace. Sometimes God purposely slows your journey—not to punish, but to steady and deepen your trust. The main takeaway: Slow seasons challenge you to trust even when you don't see progress, knowing growth often happens beneath the surface.

## **APPLICATION**

Trusting God when progress slows means actively resisting the urge to act without clear guidance. Psalm 37:7 says to be still and wait patiently—not to force solutions. This waiting is not passive, but a disciplined choice to trust rather than take control when the next step is uncertain.

What's often left unsaid is how easily impatience disguises itself as initiative. In moments when progress stalls, a man can convince himself he's taking action when he's really avoiding trust. He moves not because he's led, but because he's uncomfortable staying still. And that kind of movement usually leads off the trail.

When impatience tempts a man to rush ahead, slow progress instead requires him to stay anchored in what he knows is true, even when he can't see progress. This is where daily rhythms matter—time in the Word, prayer that's honest, not performative, and consistent obedience in small things. Trust is built in those quiet decisions.

Alongside personal habits, trust is also reinforced in the community. Other men help hold the line when you're tempted to move prematurely. They ask the right questions. They slow you down. They remind you that waiting is not wasted.

Ultimately, on the trail, rushing leads to missteps. But steady, patient trust keeps a man aligned with God's timing, even when the pace feels frustratingly slow.

## **LIVE IT OUT**

This week, resist the urge to force movement. Stay faithful in what's already in front of you. Name one area where you feel stuck and choose trust over control. Talk it through with another man. Slow seasons aren't empty—they're forming you. Stay still. Stay steady. Let God set the pace.

### ***PRAY THIS...***

*"Lord, help me to resist taking control as You set the pace for my life."*

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*Information lays the foundation—  
Practice builds the man.*

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