

## Trust and Obey

### Verse 2

The Church's one foundation  
Is Jesus Christ her Lord;  
She is His new creation,  
By Spirit and the Word:  
From heav'n He came and sought her  
To be His holy bride,  
With His own blood He bought her,  
And for her life He died.

about this hymn:

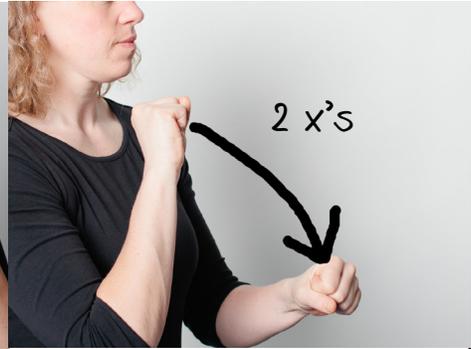
Words: Samuel J. Stone Music: Samuel S. Wesley

Long ago, a man named Daniel B. Towner was thinking about this Bible truth, too. He wrote the words a hymn called "Trust and Obey." We're going to learn a verse from it.

This song is about how we can trust God all the time, even when very hard things happen that we don't understand. It reminds us that those who trust in Jesus can be happy, even in times when it's hard to understand, because God is that good. He will always bless His people--those who turn from their sins and trust in Jesus as their Savior! They can count on that. They can just go ahead and obey Him. They can trust that it will all turn out for our good and His glory. We can be happy in Jesus, trusting and obeying Him, when we turn from our sins and trust in Jesus, too.

**Trust and Obey, v.2**

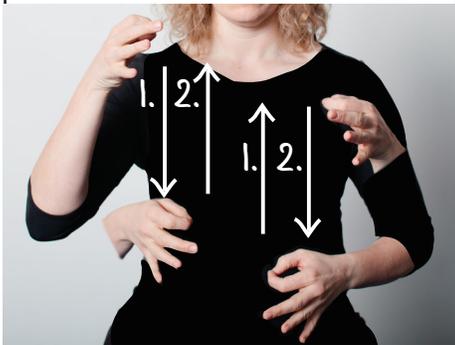
**PFI NIV Songs 12, Track 12**



**Burden**  
Place fingertips of both hands on right shoulder, bearing down.

**Sorrow, Grief**  
"5" hands, slightly curved are held in front of the face then simultaneously moved down until the fingertips are level with the mouth, as mouth makes a sad expression.

**Toil**  
Right "S" hand, palm facing down, hits back of left "S" hand, palm facing down, several times.



**Repay**  
Both "F" hands are held at side, fingers pointing forward. They alternate moving up and down a few times.

**Frown**  
Right index finger points to frowning mouth.

**Trust**  
Right index finger is crossed over the top of the left index finger, palms facing down. Both hands are moved down a short distance.



**Obey**  
Hold both "A" hands at head,, palms facing in. Then bring both hands forward, ending with them in the flat-hand position, palms facing up.

**Happy**  
Both flat hands are moved in a forward circular motion with palms brushing chest on the inward portion of the circle.

**Jesus**  
Middle, bent finger of right "5" hand touches middle of left open palm, palms facing each other. Then middle, bent finger of left "5" hand touches middle of right open palm, palms facing each other.

## Walk by Faith

### Verse 1

He doesn't lead me year by year,  
Nor even day by day,  
But step by step my path unfolds,  
My Lord directs my way.  
Tomorrow's plans I do not know,  
I only know this minute,  
But He will say, "This is the way,  
By faith, now walk in it."

### Refrain

Walk by faith, not by sight,  
Trust in His wisdom and might,  
To you each day, He'll show the way,  
By faith, now walk in it!

### Verse 2

And I'm so glad that it is so;  
Today's enough to bear,  
And when tomorrow comes,  
his grace shall far exceed its care.  
What need to worry or to fret?  
That God, who gave His Son,  
Holds all my moments in His hand,  
And gives them one by one. *Refrain*

about this song:

Words: Unknown and Constance Dever Music: Constance Dever ©2015

God's people need to trust Him every day. They need Him to show them what He wants them to do with their lives. They need Him to help them live for Him and to take care of them. Sometimes, it is easy to know what God wants and how He will help or take care of them, but many times it is hard. No matter if it is easy or hard, God's people know they can trust Him to give them everything they need to live for Him. They walk by faith--trusting in Him and His good promises--rather than by what they can see. They are confident in His love for them!

**Walk by Faith**

**PFI NIV Songs 12, Track 13**



**Lead**  
Right hand grasps fingers of left flat hand and leads it forward a short distance.

**Year**  
Right "S" hand moves in a complete, forward circle around left "S" hand.

**Day**  
Left arm, palm down, faces right with index finger extended and touching elbow of right arm, which points up with index finger extended up. Right arm is then pivoted down in an arc until it rests just above left elbow.



**Step**  
Right flat hand is placed in front of left flat hand, both palms facing down. Hands alternate move back and forth.

**Path, Way**  
Flat hands, palms facing each other, move forward and progressively closer.

**Lord**  
Thumb of right "L" hand, palm facing left, touches left shoulder, then is brought down to touch right hip.



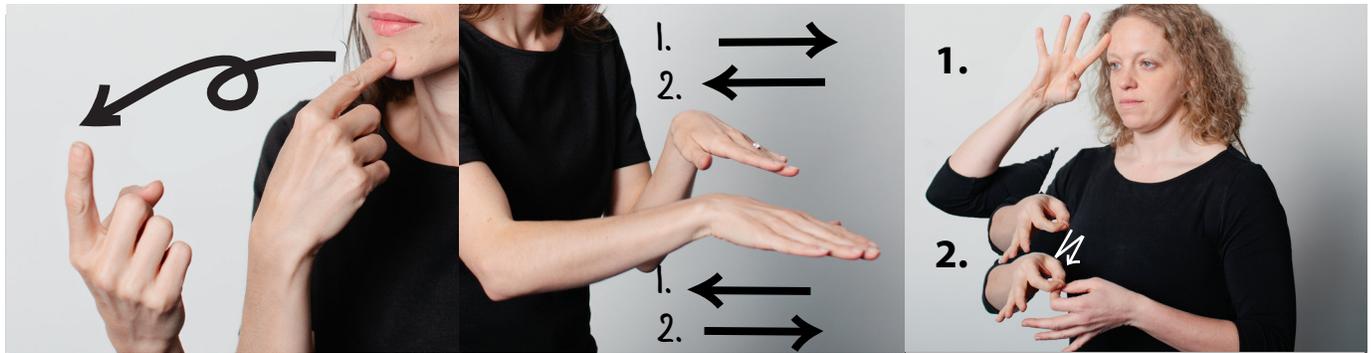
**Directs**  
Both flat hands are held on each side of face, palms facing each other, then moved forward simultaneously.

**Tomorrow**  
Right "A" hand touches right chin, then is brought forward in a slight arc.

**Know**  
Pat forehead with right fingers several times.

**Walk by Faith**

**PFI NIV Songs 12, Track 13**



**Say**  
 Right index finger touches mouth then makes a small forward circle as it moves to point outward.

**Walk**  
 Right flat hand is placed in front of left flat hand, both palms facing down. Hands alternate move back and forth.

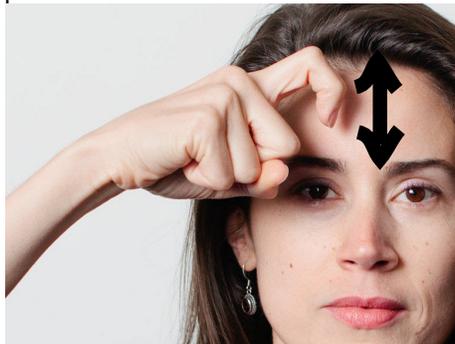
**Faith**  
 Right index finger touches forehead. Then, right "F" hand, palm facing in, hits left "F" hand, palm facing in, in a down-up-down motion, ending with right thumb- index finger resting on left thumb-index finger.



**Not**  
 Right "A" thumb is placed under chin, palm facing left, then moved forward in an arc and pivoted until knuckles face forward.

**Sight**  
 Index and middle finger of right "V" hand, palm facing in, are placed near eyes then moved forward.

**Trust**  
 Right index finger is crossed over the top of the left index finger, palms facing down. Both hands are moved down a short distance.



**Wisdom**  
 Bent finger of right "X" hand is moved up and down several times. Make movement from the wrist.

**Might**  
 Both "S" hands, palms facing body, are thrust forward and up in unison.

**Day**  
 Left arm, palm down, faces right with index finger extended and touching elbow of right arm, which points up with index finger extended up. Right arm is then pivoted down in an arc until it rests just above left elbow.

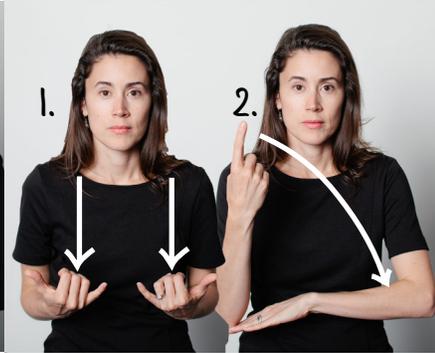
**Walk by Faith**

PFI NIV Songs 12, Track 13



**Glad**

Both flat hands are moved in a forward circular motion with palms brushing chest on the inward portion of the circle.



**Today**

Lower both "Y" hands in front of chest. Left arm, palm down, faces right with index finger extended and touching elbow of right arm, which points up with index finger extended up. Right arm is then pivoted down in an arc until it rests just above left elbow.



**Bear**

Place fingertips of both hands on right shoulder, bearing down.



**Grace**

Begin with fingertips of right hand touching, palm facing forward. Twist wrist around, bringing hand down and palm facing body, while at the same time opening up the fingers and flattening the hand



**Care, Worry, Fret**

Touch mouth with index finger of right W hand a couple times (sign for water); Then move both hands horizontally, with fingers & thumb spread apart.. Move hands downwards as you wiggle your fingers in short stages.



**Gave, Gives**

Both modified "Z" hands are held at chest, then brought down and forward, as if giving something to someone.



**Moment**

Palm of right "D" hand rests on index finger of left "D" hand. Right index finger is pivoted forward from the wrist.



**Hands**

Hold up right hand, palm facing out, fingers pointing up.



**One**

Hold up right index, palm facing forward.

## Trust in the LORD

Trust in the LORD with all your heart,  
And lean not on your own understanding.  
In all your ways acknowledge Him,  
And He will make your paths straight.  
Trust in the LORD with all your heart,  
Trust in the LORD with all your heart,  
Trust in the LORD with all your heart.  
Trust in the LORD with all your heart.  
Proverbs Three, verses five and six.

about this Bible verse:

Words: adapted from Proverbs 3:5-6 ESV Music: Constance Dever ©2011

These verses remind us that we can always trust the LORD and His good plans, even when we don't understand what He is doing. He wants us not to depend on ourselves and what we see, but on Him, His Word and His good plans. And when we do, we can know that He will show us what He wants us to do, every day of our lives.

**Trust in the LORD: Proverbs 3:5,6**

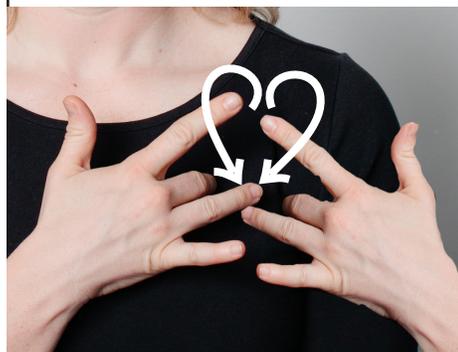
**PFI NIV Songs 12, Track 14**



**Trust**  
Right index finger is crossed over the top of the left index finger, palms facing down. Both hands are moved down a short distance.

**LORD**  
Thumb of right "L" hand, palm facing left, touches left shoulder, then is brought down to touch right hip.

**All**  
Left flat hand rests on back of right flat hand. Right flat hand is then brought up and around left hand and pivots so that back of right hand rests in left palm.



**Heart**  
Left "D" hand, palm facing right, is held in front and slightly higher than right "D" hand, palm facing left. With right "D" hand, make two circular pointing motions towards left index finger.

**Lean**  
Right index finger is crossed over the top of the left index finger, palms facing down. Both hands are moved down a short distance.

**Understanding**  
Right "S" hand is placed on forehead, palm facing in. Right index finger extends up, making a "D" hand.



**Acknowledge**  
Pat forehead with right fingers several times.

**Make Straight**  
Right arm is held with fingers pointing up and palm facing left in front of face, then moved in a down and forward arc.

**Paths**  
Flat hands, palms facing each other, move forward and progressively closer.

## May the God of Hope

May the God of hope  
fill you with all joy and peace.  
As you trust in Him, As you trust in Him.  
May the God of hope  
fill you with all joy and peace.  
As you trust in Him.  
That you may overflow with hope,  
That you may overflow with hope,  
By the power of the Holy Spirit,  
By the power of the Holy Spirit. (repeat)  
Romans Fifteen, thirteen.

about this Bible verse:

Words: adapted from Romans 15:13 NIV 1984 Music: Constance Dever ©2011

God is the God of hope. That means that even when things look impossibly hard, God still is able to whatever it is He wants to do. God's people never need to lose hope, no matter how bad things look. This is the same God who raised Jesus from the dead! This is the same God who fills them with His Holy Spirit! He has saved them from their sins! He comes to live inside them to work powerfully. God's people can have peace and joy as they trust in God. They know He is able to accomplish all of His good and perfect will... even in their lives!

May the God of Hope, Romans 15:13, NIV 1984

PFI NIV Songs 12, Track 15



**God**  
Right open hand, palm facing left, is held up above head level then brought down and back in a slight arc, ending with a "B" hand at the upper chest level.

**Hope**  
Hold both flat hands, palms facing each other, in front of head. Bend them up and down a few times.

**Fill**  
Right open hand, fingers pointing forward, palm facing down, brushes over index finger side of left "S" hand.



**Joy**  
Both flat hands are moved in a forward circular motion with palms brushing chest on the inward portion of the circle.

**Peace**  
Place right flat hand on the left flat hand at chest level, then reverse, putting the left on the right. Then move both flat hands down and out to each side.

**Trust**  
Right index finger is crossed over the top of the left index finger, palms facing down. Both hands are moved down a short distance.



**Overflow**  
Right "A" hand is held above left "S" hand on chest, palms facing body. Both hands move forward and down in an arc, ending with open hands, palms facing up and fingers facing each other.

**Power**  
Both "S" hands, palms facing body, are thrust forward and up in unison.

**Holy Spirit**  
Right "H" hand, palm facing left, slides from heel to fingertips of left flat hand, palm up. Then touch the thumbs and index fingers of both "T" hands to each other, right hand above left, palms facing each other. Draw hands apart in an upward motion.

**Trust and Obey, v.2**

C G<sup>7</sup> C G G<sup>7</sup> C F C G C

1. When we walk with the Lord In the light of His Word, What a glo-ry He sheds on our way! While we  
 2. Not a bur-den we bear, Not a sor-row we share, But our toil He doth rich-ly re - pay; Not a

8 G<sup>7</sup> C G G<sup>7</sup> C F C G<sup>7</sup> C G

do His good will; He a - bides with us still, And with all who will trust and o - bey. Trust and o -  
 grief or a loss, Not a frown or a cross, But is blest if we trust and o - bey.

16 C C<sup>7</sup> A Dm G<sup>7</sup> C G<sup>7</sup> C

bey, for there's no oth - er way, To be hap - py in Je - sus, But to trust and o - bey.

Words: Daniel B. Towner Music: John H. Sammis

**Walk by Faith**

1. He does not lead me year by year, Nor e - ven day by day, But step by  
 2. And I'm so glad that it is so; To - day's e - nough to bear, And when to -

3. step my path un - folds, My Lord di - rects my way. To - mor - row's plans I do not know, I on - ly  
 morrow comes, His grace shall far ex - ceed its care. What need to wor - ry or to fret? That God, who

6. know this min - ute, But He will say, "This is the way, By faith, now walk in it."  
 gave His Son, — Holds all my mo - ments in His hand, And gives them

9. Walk by faith, not by sight, Trust in His wis - dom and might, To you each

12. day, He'll show the way, By faith, now walk in it. — 2. And I'm so one by one.

16. Walk by faith, not by sight, Trust in His wis - dom and might, To you each

19. day, He'll show the way, By faith, now walk in it, to you each

21. day, He'll show the way, By faith, now walk in it.

Words: Unknown Music: Constance Dever ©2015

**Trust in the Lord**

F B $\flat$  C F F

Trust in the LORD with all your heart, and lean not on your own un-der stand-ing.

5 F B $\flat$  C F

In all your ways ac-know-ledge Him, and He will make your paths straight.

10 B $\flat$  F C B $\flat$  F C F

Trust in the LORD with all your heart! Trust in the LORD with all your heart!

15 F C B $\flat$  F

Trust in the LORD with all your heart! Trust in the LORD with

18 C F B $\flat$  F

all your heart! Pro - verbs Three, ver - ses five and six.

Words: Proverbs 3:5-6 NIV 1984 Music: Constance Dever ©2012

**May the God of Hope**

F Gm Am Bb F

May the God of hope fill you with all joy and peace as you trust in Him, as you

4 F C F Gm Am Bb F C F

trust in Him, May the God of hope fill you with joy and peace as you trust in Him. That

9 Dm C Dm C

you may ov-ver-flow with hope, That you may ov-ver-flow with hope, by the

13 Dm Bb F Dm Bb C 1.

pow-er of the Ho-ly Spi-rit, by the pow-er of the Ho-ly Spi-rit. May the

18 2. F Gm Am Bb F

May the God of hope fill you with all joy and peace as you trust in Him, as you

22 F C F Gm Am Bb F

trust in Him, May the God of hope fill you with all joy and peace as you trust in Him, as you

26 F C F Gm Am Bb

trust in Him, May the God of hope fill you with joy and peace as you

29 F C F

trust in Him. Ro-mans Fif-teen, thir-teen.

Words: Romans 15:13 NIV 1984 Music: Constance Dever ©2015