

# I understand what trust means.

This week, we listened to a story from St Luke's Gospel. In it, Jesus tells us about trusting in him and that we need not be afraid.



Jesus is telling us that really we can't grow to be the person he wants us to be if we're always worrying. We should trust in God and trust one another.



Let's pray for people who aren't able to trust anyone and let's ask God in our own hearts to help them find someone they can talk to, someone they will be able to trust.