TRUST
IS REQUIRED
RMPP EVENT 49

SCHEDULE

Welcome and Zoom Etiquette

Opening Prayer

Speaker Introduction
Mike B. Wood

Message
Trust is Required

Q&A and Discussion

Breakout Rooms

CONTENTS

Event Synopsis and Scripture **4**
Questions to Consider, Reading **5**

What Does the Bible Say? 8
Trust is Loving 14
Trust May Be Broken, But… 20
Trust is Not the Same as Wishing 26
Trust is Life-Giving 32
Trust is Christlike 38
Looking Back… 44

Fast and Pray For Your Wife **48**
Introducing RMPP **50**
Meet the Team **56**
2026 Event Dates, Zoom ID, Resources **58**
Connect Groups **60**

TRUST IS REQUIRED

SYNOPSIS

When it comes to our faith, several requirements are necessary if we hope to develop, grow, and mature in our walk with Christ and witness for God. One of those requirements is trust. What can you learn about the importance of trust, not only in relationships with others, but in your faith, as well?

| *Event Messages and Devotional Booklets*

You can find RMPP messages and devotional booklets from events past and present at: https://themstproject.com/events

| *Scripture Reflection*

But blessed is the man who trusts in the LORD, whose confidence is in him. He 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. - *Jeremiah 17:7-8*

EVENT 49

| *Questions to Consider*

What makes it difficult to trust God or others?

Ask yourself: “Can other people in my life trust me?”

Am I a trustworthy person?

What will it take for me to become a trustworthy person?

| *Book Recommendations*

Trusting God
Jerry Bridges

Ruthless Trust: The Ragamuffin’s Path to God
Brennan Manning

NOTES

WHAT DOES THE BIBLE SAY?

DEVOTIONAL 1

What does the Bible say about the importance of trust in God, His Word, and His promises? Do you find it hard to trust?

There is a passage in the Bible that haunts me. It often comes back to me when I am making plans or deciding whether I should do something (often in the voice of my mother). Proverbs 3:5 and 6 say, "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will direct your paths." This echoes through my life like a resounding gong calling me back to the One whom I claim is my Lord and God and to listen to that often still small voice.

You'd think it would be easy. Trust God. But it's not always that simple. See, I was raised in the Western world, with an imbedded rugged individualism that tells me to "Be my own man!" My culture's constant call is to be independent and make my own way. To end my life singing Frank Sinatra's, "I Did It My Way." However, the Bible suggests going in the opposite

direction. The direction of absolute dependence on God. The direction of trusting God with all my heart and leaning not on my own understanding. Being someone who has done Bible college and seminary, you would think this would come easy. However, putting together a message when you have had years of theological study, it is easy to fall back on what I know, to "lean on my own understanding" and to not "trust the Lord" for a message He wants to give to His people.

Our problem all started in a garden. God places a man and a woman in a luscious garden with everything they could possibly need. In the middle of this garden stand two trees: the tree of life, and the tree of the fruit of the knowledge of good and evil. Then a snake comes along and asks them, "Did God really say…?" Thus, introducing doubt into the world. A life that was supposed to be characterized by trust and dependence suddenly has an alien thought creep in: doubt. And man goes along with the decision to eat the fruit.

The aftermath of this seemingly minute event is devastating. In the very next generation, a brother kills a brother simply because Cain did not bring the appropriate sacrifice. Rather than getting the sacrifice God desired, he relied on his own understanding and ability and brought "the fruit of the ground" which I have heard recently someone argue might have been

merely scraps that fell from picking food. This problem gets so bad that by the time of Noah, "the wickedness of man was great in the earth, and every intention of the thoughts of his heart was only evil continually" (Genesis 6:5). Man is not only relying on his own understanding; now he is completely wicked.

Jumping ahead we have the Exodus. God miraculously brings the people of Israel out of the Promised Land. He provides a deliverer in Moses and uses ten plagues to force Pharoah to let his people go. Even at that, Pharoah chases him down so that he must be defeated by his armies drowning in the Red Sea in another display of God's power. Then the Israelites are free and they travel to Mount Sinai. You'd think after such a display of God's power, they would trust God. But no. They grumble and complain about the food they have, then they set up a golden calf just as God is giving them his Law. In judges we have the ominous refrain "There was no king in the land, and everyone did what is right in their own eyes" (Judges 21:25). Finally, in 1 Samuel the people demand a king thereby rejecting God's rule as King. Once again, they are relying on their own understanding and not trusting God with all their hearts. This story continues throughout the Scriptures where God works, and the people do not trust him but choose their own way.

Finally, God sends His Son Jesus, a perfect image of trust in God, who submits himself to humiliation and death on a cross, so that we can have salvation. Jesus is the example we are to follow. “Trust in the Lord with all your heart, and lean not on your own understanding, in all your ways acknowledge Him, and He will direct your paths” (Proverbs 3:4-5).

Robert was a pastor for Abilities Church Toronto. He has since been involved in several churches at a layperson level currently serving as a host and copywriter in his current church. He lives in Toronto, Canada, and is currently searching for work and utilizing the time to grow in his faith and posting Psalms on TikTok.

| *Discussion Questions*

1. In what ways, do you find yourself like the examples that are given? What can you do to have more trust in God?
2. In what areas of your life can you increase your trust in God? What are the areas that you find yourself "leaning on your own understanding?"
3. What would trusting the Lord look like in your life?

| *Read*

Psalm 9:10

| *Reflect on This*

"Putting our faith in Christ is not about trying harder; it means transferring our trust away from ourselves and resting in him."
- *Timothy Keller*

TRUST IS LOVING

DEVOTIONAL 2

Trust in intimate relationships, such as with God as our Father, or with our spouse in a marital covenant, is an expression of love. How are you doing in showing love through trust?

Author Elisabeth Elliot has said, "Love knows no limits to its endurance, no end to its trust, no fading of its hope; it can outlast anything."

One of the clearest ways we communicate love is through trust. Not blind trust or careless trust, but the kind of trust that says, "I know your character, and I choose to rest in it." In our closest relationships. Whether with God as our Father or with our spouse in marriage for example, trust becomes one of the deepest expressions of love we can offer.

Scripture reminds us: "Love…rejoices in the truth; bears all things, believes all things, hopes all things, endures all things." - 1 Corinthians 13:4, 7

That passage is both comforting and challenging. It is easy to say we love someone when life is smooth and predictable. But love is truly tested when uncertainty, disappointment, or fear enters the relationship. In those moments, trust reveals the depth of our love.

One of the greatest lessons I have learned about trusting God came through a close friend of mine, whom I will call Billy. Billy began experiencing increasing fatigue and episodes where he would randomly pass out. After seeing several doctors, he was diagnosed with a rare form of cancer growing in his lung. The news shook all of us deeply. Our group of friends and fellow believers immediately began praying for him constantly. As a Physician Assistant for the past 16 years, I have seen many patients improve and recover. I have witnessed medicine do incredible things, but I had never personally experienced what I would call a true miracle. Yet something was different this time. I found myself praying and fasting fervently in Jesus' name, asking God to heal my friend completely. Never before had I placed this much trust in the Father. I realized I had often believed in God intellectually while still relying on my own understanding and experience.

But this time, I fully surrendered the situation to Him. And God showed up in a powerful way. Billy was healed

miraculously. The cancer that had brought fear and uncertainty into all our lives was gone.

To this day, I praise God for what He did in my friend's life. But what I did not expect was how God would change me through that experience. While God healed Billy physically, He also healed something in my own heart spiritually. He deepened my faith and trust in Him more than I ever thought possible. I realized that trust is not just believing God can do something; it is resting in who He is, even before we know the outcome. That experience also awakened something new in my life. While I continue serving as a Physician Assistant, I have sensed a growing calling from the Holy Spirit to become more of a leader within my congregation. God has placed a deep desire in my heart to help others develop greater trust and love within their own faith journey. The more we trust God, the more we can truly love others with grace, patience, and compassion.

This calling has led me to encourage and pray with as many people as I can. Trust that leads to love is not meant to stay hidden within one person's testimony. It is something God wants to multiply through all of us. And that includes you who are reading this today. Perhaps God is inviting you into a deeper level of trust right now. Not only so your faith can grow, but so His love can flow more freely through your life

into the lives of others. In Proverbs 3:5-6 we are reminded: "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." Trust requires surrender. We naturally want to understand everything before we obey God or move forward in faith. Yet God often asks us to trust His heart before we can see His hand. Today's question is simple but important: How are you showing love through trust? Trust is not weakness. Trust is loving. Trust in Him and He will make you stronger.

Prayer: *Father, thank You for being completely trustworthy. Teach me to love You by trusting You more deeply, even when I do not understand Your plans. Help me show love in my relationships through patience, honesty, grace, and trust. Strengthen my faith to rest in Your goodness and use my life to encourage others to trust and love You more. In Jesus' name, Amen.*

Dr. Frank Ritz, who has a Doctorate in Physician Assistant Studies, has been working in healthcare for more than 16 years and is deeply passionate about both medicine and ministry. He is happily married to Jackie, his wife of 18 years, and is the proud father of two wonderful teenage basketball players. When he is not caring for patients or serving his congregation, he enjoys beekeeping in Central Florida.

| *Discussion Questions*

1. What area of your life is God asking you to surrender and trust Him with more fully?
2. How do fear and uncertainty affect the way you love and trust others?
3. In what ways can you intentionally build trust and show Christlike love in your closest relationships this week?

| *Read*

Psalm 143:8

| *Reflect on This*

"Pray, and let God worry." - *Martin Luther*

TRUST MAY BE BROKEN, BUT...

DEVOTIONAL 3

When trust is fractured between two people, it can be tempting to withdraw and even abandon. But there is a better way - the way toward restored trust.

Having divorced parents makes lying an easy coping method as a child. When your parents do not like each other, and barely talk at all, you can lie and never be found out. I remember getting in trouble with one parent, going to the other parent's house, and lying about what happened so that I wouldn't get punished as harshly. Lying was something I struggled with well into adulthood, and it wasn't addressed until I got married.

Building relationships on lies is like building a brick house without any mortar. Every time I would build trust with my parents or my wife, I would put another brick up. The building looked really strong since it was built with bricks after all. What could be stronger? But it was all a facade, and I found myself in a vicious cycle: fear of being found out > lies to cover

it up > more fear of the new lies being found out.

Once this cycle was exposed, everything crumbled. The bricks did not have any real substance to hold them together. It was tempting to give up and run away from the hard work that would be required to rebuild the trust in my marriage. At first, I attempted to lie and cover up this pattern. I thought I could get around any real consequences.

David also tried to cover up his sin of sleeping with Bathsheba after she fell pregnant. He first called Uriah, Bathsheba's husband, back from the battle field assuming he would sleep with his wife while at home. When Uriah slept outside, David got him drunk in hopes he would sleep with her. Uriah still did not sleep with his wife, ultimately leading David to send Uriah to the front lines of the battle and ultimately be killed. Each time David tried to cover his sin, things escalated. After Uriah was killed, David probably thought he was in the clear. However, the Lord knew. God exposed the sin and consequences followed.

2 Samuel 12:10 says, "Now therefore the sword shall never depart from your house, because you have despised me and have taken the wife of Uriah the Hittite to be your wife."

In my own life, I was so afraid of what would happen when my

sin was found out. I was worried what people would think, and that it would be the end of my marriage. I had a fear of man and not of the Lord.

Proverbs 29:25 says, "Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe." Luckily, the Lord convicted me of this, reminding me not only of eternal consequences, but also the promise of God's mercy and grace. Proverbs 28:13 says, "Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy." Exposure may cause everything to crumble down like it did for David, but it also creates the opportunity for walls to be rebuilt, this time with honesty and vulnerability. The missing mortar.

By laying down shame and showing true transparency, the walls of trust become more than just facades, but structures that can weather storms and the hardships that are sure to come. In showing my wife that although I still struggle, I was also turning towards the Lord, helped me build more trust than if I pretended everything was perfect.

Even as I was writing this devotional, I heard the Holy Spirit call me to have deeper vulnerability with my wife and share about something I was struggling with in my heart. It was hard for her to hear, but once I did, God worked through her in a

powerful way and was able to show me love and pray for me. In showing me grace, love and praying for me, it fulfilled this scripture in James 5:16, which says, "Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."

Without being vulnerable, this next brick in our marriage would not have been placed in trust. The dedication to vulnerability is hard, but worth it. While we will inevitably fail, if we are honest and vulnerable, our relationship can strengthen and not turn to rubble.

JP and his wife have been living in Thailand for the past two years. JP is currently serving with MST.

| *Discussion Questions*

1. How do you typically respond to the fear of people knowing the things you are not proud of?
2. In what ways can you grow into a healthier response to the fear of man?
3. Is there anyone God is calling you to be more vulnerable with?

| *Read*

Psalms 15

| *Reflect on This*

"Everything built on lies will destroy itself, and everything built on truth will last." - *Jim May*

TRUST IS NOT THE SAME AS WISHING

DEVOTIONAL 4

We may often wish for an 'unfavorable' situation or circumstance to change, but trust is the assurance that, whatever you may be going through, you are not alone. Are you more likely to trust or to wish?

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."

It is essential that we place our trust in God in all our actions and in every circumstance we face. I failed to trust God and faced considerable consequences. I compromised my credibility and tarnished my character. Ultimately, this led to the loss of important relationships and caused significant harm to those I was supposed to be leading.

I rationalized that the end justified the means. Had I placed my trust in God, the outcome might still have led to suffering, but I would've developed a deeper relationship with God and

maintained my integrity. In the end, by failing to trust God, the situation became even more dire. God had His will and purpose in mind, and He understood that I would have been in a far better position had I trusted Him. There might still have been pain, but the damage would have been less intense.

During this period of my life, I found myself trapped in a continuous cycle of distrust. In my desire for a specific outcome, I started to engage in more outlandish lies, convinced that my approach would succeed and lead to my vindication and the glorification of God. I was mistaken! I was not vindicated, and God was certainly not glorified. It is impossible to live for God without having faith in His will and purpose for one's life. Only through daily self-discipline and the pursuit of God's promises and purpose can one become trustworthy to others and accountable for their actions and words.

Prioritizing personal interests over the truth of God's word and principles may appear harmless. You could be attempting to sustain a relationship. You might even be striving to preserve your marriage. Perhaps you find yourself in a position to meet sales targets or secure a business deal to support your family. However, I am learning that there is never a circumstance in which we should stray from God's principles. We must never waver in our trust in God, believing that He will ultimately

fulfill His plan for our lives.

A lack of trust in God, leading to deceit and manipulation, often stems from a desire to control the outcomes of our circumstances. God wants us to place our faith in Him, His goodness, and His timing. When we cease to trust in God, we tend to act dishonestly, thereby damaging our character and our relationship with Him. Attempting to control life situations reflects a lack of faith in God. This understanding can only be achieved through a daily commitment to seeking Him. Such commitment will strengthen our trust in Him, offering us guidance, vision, and a hopeful future.

If we overlook the significance of trusting God, we risk overcommitting ourselves, making too many promises. This may lead to breaking our word and accountability, resulting in a loss of integrity and becoming untrustworthy in the eyes of others. Regardless of our good intentions, pursuing our own plans can be detrimental. "Place your trust in the Lord wholeheartedly, and do not rely on your own insight; in every aspect of your life, recognize Him, and He will guide your journey" (Proverbs 3:5-6). This is often more challenging than it appears. Each of us harbors dreams, passions, and achievements we aspire to realize. However, we believe that the dreams, passions, and achievements that God has in store for us are far superior and will ultimately result in genuine

prosperity and joy.

Ultimately, recognizing that we will inevitably rely on our own perceptions and the weight of our circumstances, we must wholeheartedly embrace God's divine plan, which necessitates placing our absolute trust in Him. Reflect on your past errors and the fragility of your own understanding, and choose instead to have faith in a merciful Father in Heaven, while actively pursuing His guidance and eternal principles through a daily commitment to devotion and prayer.

Rich Binning serves as an educator, basketball coach, and investigator focused on anti-trafficking efforts. He holds degrees in Biblical Studies, Historical Studies, and Political Science. Over the course of three decades, Rich has dedicated himself to teaching and coaching students across various educational institutions in the United States. His research and rescue efforts have targeted children affected by sexual exploitation and human trafficking in regions including the Caribbean, Central America, South America, Africa, and currently, Southeast Asia. Rich is deeply committed to reaching those who have never been reached with the gospel, fostering discipleship, and assisting vulnerable children in 'Changing their Narrative.'

| *Discussion Questions*

1. What was the last situation in which you were presented with a choice to trust God or manipulate the final outcome?
2. Can you recall distorting the truth in a situation, and how did that impact you and those around you?
3. To build trust in God and not our own understanding, we have to build daily disciplines in our lives. Are you spending time with God, asking Him to show you that you can trust His ways?

| *Read*

Genesis 22:1-19

| *Reflect on This*

"We cannot always trace God's hand, but we can always trust God's heart." - *Charles Spurgeon*

TRUST IS LIFE-GIVING

DEVOTIONAL 5

When we place our trust in God and His promises, we soon find that there is a deep-rooted peace and assurance that He will be faithful toward us, and His faithfulness is life-giving to our hearts and minds.

Before exploring some life-giving characteristics of trust, let's briefly look at the difference between trust and faith. Let's pretend you are at Niagara Falls and are about to watch a man walk across a tight rope stretched across the circular sides of the Falls. You are there because you have faith in him that he can do it. But trusting him would be you climbing on his back and letting him carry you across the Falls! Could you do it? Would you let him carry you across?

What a thought-provoking scenario! But think about that man as being Jesus. Let's say the tight rope is His life. Jesus walked His life perfectly without sin across the Falls. Then on the other side, He was crucified for you and me so when we fall off on our own tight ropes, we would still live! And we don't have

to walk that rope alone. Rather, Jesus has invited to carry us across our tight ropes if we will let Him. In fact, that is exactly why the Comforter or Holy Spirit came after Jesus ascended to Heaven, so we each could have His Spirit live inside of us.

So, if we have faith in the finished work of Jesus for eternal life, why is it so hard to trust Him to carry us day-to-day and all day long through and with all that is on our minds? Why worry about anything? (Matthew 6:25). As you keep reading, think about being on the back of Jesus crossing a tight rope over Niagara Falls. Be the verb of trust and not just the noun of faith. Cast every care and concern upon Him. His burden is light and His yoke is easy.

Can you see in this visual that trust is life-giving? If you know Jesus won't drop you, then you know your life will continue. Jesus wants you to live life abundantly and to the fullest (John 10:10). How refreshing to know you won't fall into the Falls because He has plans for you! You are here on purpose and for a purpose. He's going to take care of you and your every need.

Proverbs 3:5-6 says to, "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." As we simply trust Jesus, our focus narrows bringing clarity and

order rather than fear or confusion. Let God direct your steps as you obey Him. Like the hymn says, trust and obey, for there's no other way to be happy in Jesus! Another beautiful visual of life-giving trust can be found in Jeremiah 17:7-8 which says, "Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit." Jesus is the source of living water from which we will never thirst again! No matter what happens, we can stay green and flourish with abundant life and fruit! And if we remain and abide in Jesus, we can do anything as we trust in Him and Him alone. "Be anxious for nothing" (Philippians 4:6).

I think the best promise and part of trusting Jesus for everything is peace. And perfect peace, that is! He knows best. He knows what's coming. He sees ahead and is looking out for us if we keep our minds on Him. Isaiah 26:3-4 says, "You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock."

In summary, do you have a tiny bit of faith to move that mountain in your life? What does trust look like in applying your faith, in Jesus' name, to actually move that mountain?

Jesus said in Matthew 9:29 AMPC, "… according to your faith and trust and reliance [on the power invested in Me] be it done to you…" Imagine your life with life-giving trust! The Giver of life wants you to have what only He can give. Let His peace guard your heart and mind as you move about your being and exist for His glory today (Philippians 4:7, Acts 17:28). He is faithful to fulfill all of His promises. Trust Him constantly. He never fails!

It's easier said than done to trust like that. I'm currently in a situation that is putting my trust in God to the test. I want a certain outcome but will it be allowed by God? What about His will in my marriage at this point? Does His will change if I do or don't do X, Y, or Z? Am I trusting in the outcome to match my will? I want to be in the land of the living-- and life-giving trust is only found in Jesus. Because He is the Life (John 14:6). I am fervently trying to listen to my own advice as I write this.

Paul is an international airline pilot whose childhood dream came true (Psalm 37:4). He grew up in Indonesia as a missionary kid. He longs to serve the Lord by helping men overcome as he has seen the Lord do in his own life. He is new to MST and is delighted to make this contribution.

| *Discussion Questions*

1. Will you climb on Jesus' back and let Him carry you across the Falls and for the rest of your life?
2. How can trusting Jesus in a specific way make you feel more alive right now?
3. What can you do today to directly affect the fruit in your life because of the trust you have in Jesus?

| *Read*

Psalm 28:7 and Isaiah 12:2

| *Reflect on This*

"To trust God in the light is nothing, but trust him in the dark - that is faith." - *Charles Spurgeon*

TRUST IS CHRISTLIKE

DEVOTIONAL 6

To trust is to be like Christ, for trust is a core component of our faith and character, and is one of the most effective ways you can demonstrate your faith.

Trust is required even in the midst of storms. In real life, it is easy to trust in God's promises in the good times but we must also trust in God's promises even in the bad times. Life is full of challenges, we all face difficulties, whether they are physical, emotional, or spiritual. In these moments, trusting God becomes essential. It's easy to doubt when things seem out of control. But God calls us to trust him, even when the road is rough. His promises provide hope and strength.

Our natural instinct may be to focus on the storm that we're going through, to look at the waves that are crashing on us, surrounding us. But God calls us to shift our focus and to see his presence in the midst of our struggles. Trusting him means understanding that he has a purpose for everything, even the most trying times. God doesn't promise we won't face difficulty, but he assures us that he

will never abandon us. His faithfulness is evident in our trials, teaching us to depend on him rather than our own strength.

Trust is faith that God will see us through whatever we are going through. In Isaiah 43: 2, it reminds us that God is with us through it all, whether in floods or fires. The promise of his presence is not just for the moments of peace but for the trials and challenges that seem unbearable. This passage tells us that even in the fiercest storm, God will not let us be destroyed. The word says in Isaiah 43:2, "When you pass through the waters, I will be with you, and through the rivers, they will not overwhelm you. When you walk through the fire, you will not be burned or scorched, nor will the flame kindle upon you." This scripture is a clear indication that no matter what we go through God is always with us. Then in Hebrews 13: 5 is the promise from God to believers to trust him in all circumstances knowing that he is always there as He promises, "I will never leave you or forsake you." The fact is we know that God will never leave us or forsake us; He is always there! It is our choice, however, whether or not we call on him during our trials and tribulations.

Think about the Saints of old: Caleb and Jacob had trusted that God would give them their enemies and they would be able to take the land that God had promised them. Paul, while sitting in prison, rejoiced in his situation for he could see God's hand

working in the midst of his trial, people coming to the Lord because he stayed faithful to God's word and praised the Lord in a bad situation, and shared the word with anyone who would listen. The best example is Jesus; he was continually in prayer seeking the Father's will even unto death on the cross. That is trust!

I am personally going through some health issues right now where I am constantly living in pain. But I know that through this time of trial, that God is faithful, and I also know that He will show me the good that will come out of it. By drawing on His strength every day and not my own, because I am nothing without Him. I am empowered by my union with Him to continue to do what He has called me to do. As with all things, God gives us a choice whether we will yield to the pressure or stand strong in faith that God will see us through.

Here is what I pray every morning: *"Lord as I face the storms in my life, I ask for your grace to remember your faithfulness. Help me to apply this truth daily, leaning on you when life feels overwhelming. I pray that I will not be consumed by fear but find peace in your promises. Lord, empower me to trust you in every circumstance, and grant me the strength to endure. Thank you father for your constant presence in my life. Amen."*

When the storms arise, where do you draw your strength from? When things are hard, do you do as we're instructed to do in Romans 5:3, which is to rejoice in our trials and tribulations? Because in the end we will see as we overcame them, we learn patience and perseverance. Which do you do? Then simply where do you put your hope, in the world and what it has to offer, or on God's promises?

Put your trust in God, lean on Him for strength, have faith to believe He will never leave you or forsake you!

Luis is a faithful follower of Jesus Christ whose heart and desire is for all people to not only know Christ as their personal Savior, but to desire and have a personal and intimate relationship with Jesus. He has been living in Southern Oregon for the past 19 years.

| *Discussion Questions*

1. When the storms arise where do you draw your strength from?
2. When things are hard do you do as we're instructed to do in Romans 5:3, which is to rejoice in our trials and tribulations. Because in the end we will see as we overcame them, we learn patience and perseverance. Which do you do?
3. Then simply, where do you put your hope, in the world and what it has to offer, or on God's promises?

| *Read*

Psalm 62:8

| *Reflect on This*

"If for whatever reason I refuse to trust God, what, then, can I trust?" - *Philip Yancey*

LOOKING BACK...

DEVOTIONALS 1-6

During this connect group cycle, we pray that you have been challenged, encouraged, and inspired as you pursue greater sexual purity, spiritual wholeness, and Christlike maturity in your life. We want to encourage you to now take some time to reflect on the last six devotionals and see how you can consistently apply the many truths that have been shared and that you have learned in your life.

Devotional 1

What are 1-2 truths from this devotional that you would like to reflect on from time to time? What is one aspect from this devotional that you will commit to applying in your life? Invite one other person to hold you accountable in this area.

Devotional 2

What are 1-2 truths from this devotional that you would like to reflect on from time to time? What is one aspect from this devotional that you will commit to applying in your life? Invite one other person to hold you accountable in this area.

Devotional 3

What are 1-2 truths from this devotional that you would like to reflect on from time to time? What is one aspect from this devotional that you will commit to applying in your life? Invite one other person to hold you accountable in this area.

Devotional 4

What are 1-2 truths from this devotional that you would like to reflect on from time to time? What is one aspect from this devotional that you will commit to applying in your life? Invite one other person to hold you accountable in this area.

Devotional 5

What are 1-2 truths from this devotional that you would like to reflect on from time to time? What is one aspect from this devotional that you will commit to applying in your life? Invite one other person to hold you accountable in this area.

Devotional 6

What are 1-2 truths from this devotional that you would like to reflect on from time to time? What is one aspect from this devotional that you will commit to applying in your life? Invite one other person to hold you accountable in this area.

FAST AND PRAY FOR YOUR WIFE

Each month, we encourage you to set aside a time to fast and pray for your wife (or future wife) for one or all of the following points. As husbands (or future husbands) commit to praying and fasting for their wives, we will see a significant spiritual breakthrough and a spiritual legacy created.

Serve Her

My wife is not a project I need to work on or change; instead, I want to serve her better as her husband, lover, and friend.

Love Her

I want to love and support my wife better so that our marriage reflects Christ's love for the Church.

Honor Her

I want to honor my wife's emotions better by being a safe place where she can freely share her feelings without my trying to solve every problem.

Respect Her

I want to respect my wife better by learning to appreciate the unique talents, gifts, and perspectives she has. Couples should complement one another and not compete with each other.

Listen to Her

I want to be a better listener. I want to listen to my wife with my heart and not just my ears.

INTRODUCING RMPP

FREQUENTLY ASKED QUESTIONS

| *What Is RMPP?*

Real Men Pursuing Purity (RMPP) is a community of men who are committed to growing in integrity, purity and wholeness through relevant teachings, accountability, mentoring and honest dialogue. You might not be sure that you really need to be part of a community like this because you don't struggle with compulsive addictions or sexual sin. While it is very important for many men to focus primarily on resisting sexual temptation and sin, we want to inspire and challenge you to pursue more. Although growing in purity is a big part of the vision for RMPP, it's much more than that. It's also learning about deep-rooted insecurities, developing proper work boundaries, embracing our identity in Christ, confronting fears and anxiety, expressing ourselves emotionally in a healthy way, and pursuing holiness in a safe environment with like-minded brothers. We believe that when we invite Him into these areas, He will extend His healing hand and bring about wholeness. Max Lucado says this very well.

EST. 2014

"Our Savior kneels down and gazes upon the darkest acts of our lives. But rather than recoil in horror, he reaches out in kindness and says, "I can clean that if you want."

We are men who are not willing to settle for a life of spiritual mediocrity. We choose to relentlessly pursue greater depths of purity and wholeness for ourselves and for our families. Welcome to the RMPP community.

| *How does RMPP support the local church?*

RMPP does not intend to replace or represent a church; it only creates a safe place for men who want to stay active in their own church community. When a man joins the RMPP community he joins other like-minded men who desire to pursue greater spiritual growth and Christ-likeness. He is choosing to walk out in greater honesty and vulnerability. He is choosing to pursue purity in all aspects of his life. Aspects such as deep-rooted insecurities, developing proper work

boundaries, embracing our identity in Christ, confronting fears and anxiety, expressing ourselves emotionally in a healthy way, and pursuing holiness in a safe environment.

We then pray that as these men grow in greater maturity that they would influence their families. That they would impact their communities and their work places, and that they would be an example for other men in their home church. We believe that as men take hold of the awesome and holy call to live lives that reflect Christ, that the church will be inspired and the world will take notice.

| *What happens next?*

If you have ever attended a men's retreat, you probably remember being deeply impacted by worship, challenged by teaching, and being in community with many men who shared your excitement and enthusiasm for growth and change. A few weeks or months down the road, the gathering became a distant memory as you settled back into the routines of daily life. We don't want to create just another mountain top experience. We are committed to creating a long-term mentoring relationship for everyone who attends an event. That is why you are holding this devotional book in your hands. As you flip through these pages you will see that there devotionals with corresponding

questions. Each devotional is meant to solidify the teaching of the event by encouraging and challenging you, as well as helping to stimulate discussion through thought provoking questions, verses and quotes.

| *Who writes the devotionals?*

Christian men from around the world have written these devotionals and have overcome real issues in their life through God's grace, goodness, mercy and love. We hope and pray that their testimonies and stories inspire, challenge and point you to Christ.

| *What are RMPP connect groups?*

RMPP connect groups are a safe place for men to pursue both purity and wholeness within an environment of peer support and encouragement. The journey to greater purity and wholeness is a journey that involves inviting other men to walk alongside of you. It is a place where you can share your prayer requests, victories, and struggles and where you can be heard, prayed for and challenged to grow in all areas of life. A connect group is designed to be a support system for you for as long as you want.

During your time in a connect group you will be:

***Challenged*:** You will be challenged to grow in your love for Biblical truth. The men in your group will challenge you to grow in your knowledge and application of God's Word thereby enabling you to stand firm in the midst of life's trials.

***Encouraged*:** You will be encouraged to persevere when life, work, and numerous responsibilities may seem overwhelming. The men in your group will support you through prayer, encouragement and a listening ear.

***Inspired*:** You will be inspired to pursue greater spiritual growth and Christ-likeness. While pursuing Christ-likeness may not always be easy, it will also be worth it. The men in your group will be there to inspire you on that journey.

***Accountable*:** The men in your group, as well as your group leader, will support you and hold you accountable as you pursue greater freedom and victory. Be assured that whatever you share in your group will be strictly confidential.

| *When are the events held?*

RMPP events are held online 4x a year in February, May, August, and November.

| *Who can attend?*

RMPP events are open to all men worldwide.

| *What about privacy?*

Because of the sensitive nature of RMPP events, video or audio recording by participants is not allowed. Also, details of personal testimonies are not to be published via email, social media, or in any other form. Thank you for contributing to a safe and secure environment that helps build honesty and vulnerability.

| *Who started RMPP?*

Real Men Pursuing Purity was founded in 2014 and is an initiative of The MST Project.

MEET THE TEAM

THE MST GLOBAL BOARD

Christian Lenty is the founder and director of The MST Project, a ministry that seeks to mentor men into a pursuit of sexual purity, spiritual wholeness, and Christlike maturity. Christian has lived in Thailand for over 21 years and resides in Bangkok with his wife.

Rex DeKoning is the 60-year old husband and father of a large family. A former nurse and pastor, he now works in Thailand with New Counseling Service as a counselor. Rex has experienced great healing of addictive behaviors after he confessed everything and began to live an accountable life. Rex is highly motivated to inspire other men to seek out a mentor, as it has helped him to walk freely, build honesty and vulnerability.

Nick Chilver is married and is part of a blended family containing 6 children. He is grateful for the people God has brought into his life and across his path. And as he continues to learn to better reflect Him, it is his prayer that God will grant

him the privilege of helping others on the path to freedom and into the Light. He resides in Thailand with his wife.

Mike B. Wood is married to his wonderful wife of 28 years. He is a Pastoral Counselor in the area of sexual recovery therapy. He is a man in process, passionate about bringing men together to share life together. This is where we study God's Word together and share the challenges we face. This inspires us to accept what God has freely given us: His love, mercy, grace and acceptance. He and his wife have lived in Thailand for 18 years.

Steve Odera has been happily married to Liz for the last 43 years and they have two wonderful adult children. After serving as a pastor in Bangkok, Thailand, for seven years, Steve returned to his native Kenya in 2023, where he and Liz are involved in the family enrichment ministry – their sweet spot - in their local church.

EVENT DATES AND RESOURCES

WE'RE HERE TO HELP

| *2026 Event Dates and Zoom ID*

Mark your calendars, plan to attend, and invite a friend to one or all of the events below.

Event 50, Focus is Required: August 22
Event 51, Dependancy is Required: November 21

Zoom ID for all events: 561 433 8821

| *The Pursuit of Purity*

The book, The Pursuit of Purity, is meant to transform the way you think and live, putting you on a lifetime path of purity and wholeness leading to consistent victory.

***W*:** themstproject.com/pathway-to-purity
***E*:** hello@themstproject.com

THANK YOU

| *With Gratitude*

We would like say thank you to the following for their contribution to RMPP.

Financial Donors

Thank you for generously providing funding that allows for RMPP events, seminars, and translation of materials.

Devotional Authors

Thank you for writing devotionals that inspire, encourage and challenge each of us to pursue greater sexual purity, spiritual wholeness and Christlike maturity.

| *Scriptural Oversight Team*

RMPP has a Scriptural Oversight Team consisting of several pastors from local churches that review all devotionals for theological integrity.

CONNECT GROUPS

RMPP connect groups are a safe place for men to pursue sexual purity, spiritual wholeness, and Christlike maturity within an environment of peer support, encouragement, and accountability.

Connect groups are held worldwide on a weekly basis. To inquire about joining a group or to find out more information please email **hello@themstproject.com**.

If you are interested in starting an RMPP connect group at your church, men's ministry, Bible study, college group, etc., please contact us. We'd love to support you and have the resources to help you.

JOIN ONE
TODAY!

MAY 2026