

# Four Ways to TRUST GOD Instead of Worrying

The Bible says,

*“Don’t worry about anything”*  
(Philippians 4:6 NLT).

But most people worry every day—and some people worry constantly! So what does God want us to do instead of worry?

Here are four ways to grow your trust in God, plus a few simple reflections to help you think more deeply about each one.

# 1

## **Ask God every day to be your Shepherd.**

A good shepherd feeds,  
leads, and meets the  
needs of his sheep.

And Jesus has already  
promised that he'll  
shepherd you:

*"I am the good shepherd"*  
(John 10:14 NLT).

When you ask God to  
shepherd you daily, you're  
reminding yourself that  
he will care for your  
needs—so you don't  
have to worry.

# REFLECT

**How worried are you  
right now about not  
getting your needs met?**



Peaceful



Concerned



Stressed



Anxious



Overwhelmed

What need are you asking  
God to provide for today?

## 2

**Give God first place  
in every area  
of your life.**

The Bible says,

*“Your heavenly Father  
already knows all  
your needs”*

(Matthew 6:32 NLT).

When you give God  
total access to every  
part of your life, you  
allow him to meet your  
needs in every area.

# REFLECT

For most people, some things are easier to surrender to God than others. Take a moment to think through the list below.

**Which areas are easy for you to trust God with?**

**Which areas are harder to surrender?**

|               | EASY                  | HARD                  |
|---------------|-----------------------|-----------------------|
| Finances      | <input type="radio"/> | <input type="radio"/> |
| Work          | <input type="radio"/> | <input type="radio"/> |
| School        | <input type="radio"/> | <input type="radio"/> |
| Friendships   | <input type="radio"/> | <input type="radio"/> |
| Family        | <input type="radio"/> | <input type="radio"/> |
| Entertainment | <input type="radio"/> | <input type="radio"/> |
| Hobbies       | <input type="radio"/> | <input type="radio"/> |
| Health        | <input type="radio"/> | <input type="radio"/> |
| Future plans  | <input type="radio"/> | <input type="radio"/> |
| Schedule      | <input type="radio"/> | <input type="radio"/> |
| Thoughts      | <input type="radio"/> | <input type="radio"/> |
| Emotions      | <input type="radio"/> | <input type="radio"/> |
| Habits        | <input type="radio"/> | <input type="radio"/> |
| Other: _____  | <input type="radio"/> | <input type="radio"/> |

3

**Relax and bring  
your worries to  
God in prayer.**

1 Peter 5:7 says,

*"Give all your worries  
and cares to God, for  
he cares about you"*  
(NLT).

You don't overcome  
worry by pushing it  
down. You overcome  
it by bringing it  
to God.

# REFLECT

Think about two or three worries that feel especially heavy right now. Then use the simple prayer below to help you bring those concerns to God and place them in his hands.

**God, I'm worried about**

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**I give my worry to you  
because I know you  
care about me.**

**Amen.**

# 4

## **Trust God one day at a time.**

In the Bible, Jesus gives clear instruction:

*“Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes”*  
(Matthew 6:34 MSG).

# REFLECT

**Take a moment to think about where your attention has been focused lately. Are your thoughts . . .**



Stuck in the past?



Focused on today?



Worried about the future?

**What is one good thing God is doing in your life right now—something you can focus on instead of dwelling on the past or the future?**

When worry starts  
to take over, remember:

1

Ask God to be  
your Shepherd.

2

Give God first  
place in every area  
of your life.

3

Relax and bring  
your worries to  
him in prayer.

4

Trust God one day  
at a time.