

Overcoming Worry Trusting in the Faithfulness of God

A Teaching for Believers

Key Thought:

You cannot worry about the future and trust God's faithfulness at the same time.

Worry is something we all encounter. It often begins with uncertainty, fear of what might happen, fear of failure, or fear of loss. But worry does not change tomorrow—it weakens us today. The teaching describes this clearly: **“Fear of the future does nothing but weaken us today.”**

The answer to worry is not simply trying harder to stop worrying. The answer is learning to **shift our focus from what might happen to God's faithfulness.**

1. Understand What Worry Does

Worry focuses our attention on circumstances we cannot control.

We begin asking:

- What if something goes wrong?
- What if I fail?
- What if I lose something important?
- What will happen tomorrow?
- Will everything work out?

The problem is that worry takes a future possibility and allows it to control our present.

Fear of what might happen can rob us of the strength we need today.

Key Principle

Worry magnifies the problem while trust magnifies God.

When our attention becomes consumed with circumstances, we can lose sight of God's promises.

2. Worry and Trust Cannot Occupy the Same Place

The teaching presents a powerful challenge:

“You can’t worry about the future and trust God’s Faithfulness at the same time, so pick one.” This prayer focus is directed t...

This does not mean that believers will never experience a fearful thought.

It means that when fear comes, we have a choice:

Will I allow the fear to become my focus, or will I return my focus to God and His Word?

Trust requires us to move our attention from:

“What might happen?”

to:

“What has God said?”

Isaiah 41:10 gives us the foundation:

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”

God's faithfulness does not change because our circumstances change.

3. Keep Your Eyes on Jesus

Peter Walking on Water — Matthew 14:22–33

Peter experienced something remarkable.

As long as his focus remained on Jesus, he walked on the water.

But then he **looked at the storm**.

The teaching uses Peter's experience to illustrate what happens when our focus shifts from Jesus to our circumstances.

The Principle

What captures your attention can influence what controls your response.

When we continually stare at the storm, fear grows.

When we continually look to Jesus, our confidence in Him grows.

So, when worry says:

“Look at what could happen!”

Faith responds:

“Look at what God has said!”

4. Be Fully Convinced by God's Word

One of the three practical steps in the teaching is:

Be Fully Convinced in God's Word

Romans 4:21 points us to Abraham, who was **“fully convinced that God was able to do what he had promised.”**

Being fully convinced doesn't happen simply because we hear a promise once.

Faith grows as we:

Read the Word → Study the Word → Meditate on the Word → Believe the Word → Stand on the Word.

The more we know what God has said, the less room we give fear to create its own scenario.

Prayer Focus #1

Pray that you and others become fully convinced that God will do what He has said.

The prayer focus emphasizes that being fully convinced helps keep fear and worry from taking control.

5. Look at the Birds

Jesus gave His disciples a practical lesson from creation.

Matthew 6:25–27

Jesus directed attention to the birds of the air.

They do not build their lives around worry about tomorrow, yet their heavenly Father provides for them.

The teaching asks us to consider:

If God cares for the birds, how much more does He care for His children?

This is why similar prayer focuses are very practical:

Take time to observe the birds.

Stop.

Look.

Watch.

Consider God's creation.

Let what you see remind you:

God is still the Provider.

6. Remember Your Value to God

Sometimes worry is connected to feelings of insecurity, inadequacy, or being overlooked.

But Scripture gives us another perspective.

Isaiah 43:4 says:

“You are precious in my eyes, and honored, and I love you.”

If God values His children, we do not need to live as though we have been forgotten.

Ask Yourself:

“Do I really believe that God cares about me?”

Because if I believe that God cares about me, then I can begin releasing the responsibility of trying to control everything myself.

7. Exchange Worry for Prayer

Philippians 4:6–7 gives us a practical response to anxiety:

Pray.

Ask.

Give thanks.

Trust God.

The teaching emphasizes that God's peace guards both the **heart and mind** when we bring our concerns to Him with thanksgiving.

Notice that Scripture doesn't tell us to pretend that problems don't exist.

Instead:

Bring the problem to God.

Prayer changes the direction of our attention.

Instead of continually rehearsing the problem in our minds, we place the problem before God.

8. God's Peace Becomes Our Foundation

The goal isn't simply:

“I don't want to worry anymore.”

The greater goal is:

“I want to trust God more deeply.”

When trust grows, peace becomes our foundation.

The teaching describes this peace as something that does not depend upon perfect external circumstances. It flows from confidence in God's faithfulness.

That means:

The storm may still be present, but the storm does not have to control my heart.

9. Three Practical Responses When Worry Comes

When worry begins to surface, use these **three questions**:

1. What has God said?

Go back to His Word.

2. What am I focusing on?

Am I looking at Jesus or staring at the storm?

3. Have I brought this to God in prayer?

Pray, ask, and give thanks.

These three responses help move us:

From doubt → to faith

From fear → to boldness

From worry → to peace

The teaching material identifies this change of perspective as central to overcoming worry.

Personal Application

Take a moment and identify **one thing you are currently tempted to worry about.**

Write it down.

Then underneath it write:

“What has God said?”

Find the promise in God's Word.

Read it.

Study it.

Pray it.

Stand on it.

Then thank God for His faithfulness.

Prayer Focus

Pray for yourself and others who struggle with worry:

1. Pray that they become fully convinced that God's Word is true and that He will do what He has said.
2. Pray that they will recognize God's provision by observing His creation.
3. Pray that they will understand how valuable they are to God.
4. Pray that they will shift their focus from fear to God's faithfulness.
5. Pray that God's peace will guard their hearts and minds.

Conclusion

Worry asks:

“What if?”

Faith asks:

“What did God say?”

Worry looks at the future and becomes fearful.

Faith looks at God's faithfulness and becomes established.

We may not know everything that tomorrow holds.

But we know who holds tomorrow.

So, when worry comes, don't allow the fear of what might happen to take over today.

Return to God's Word.

Look to Jesus.

Remember His faithfulness.

Pray with thanksgiving.

And receive His peace.

You cannot worry about the future and trust God's faithfulness at the same time.

Choose to trust His faithfulness.

[Click here.](#) **RPG Prayer Focus (SPF #15) For those who worry RPG Prayer Focus**

[Click here.](#) **Main resources. RPG Prayer Focus (WPF #70) For those who worry and need the peace of Jesus! (New Version)**

Overcoming Worry: Trusting in the Faithfulness of God

A TEACHING FOR BELIEVERS

KEY THOUGHT:

You cannot worry about the future and trust God's faithfulness at the same time.



1 UNDERSTAND WHAT WORRY DOES

Worry stems from uncertainty, fear of what might happen, fear of failure, or fear of loss. It takes a future possibility and allows it to control our present.

"Fear of the future does nothing but weaken us today."

John Marino

2 WORRY AND TRUST CANNOT COEXIST

You can't worry about the future and trust God's faithfulness at the same time, so pick one.

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Isaiah 41:10

3 KEEP YOUR EYES ON JESUS

Peter walked on the water as long as his focus remained on Jesus. When he looked at the storm, doubt crept in and he began to sink.



"When we focus on Jesus, the storms of life lose their power to overwhelm us."

Matthew 14:22-33

4 BE FULLY CONVINCED BY GOD'S WORD



Immerse yourself in Scripture and meditate on God's promises. Being fully convinced helps keep fear and worry out.

"He was fully convinced that God was able to do what He had promised."

Romans 4:21

5 LOOK AT THE BIRDS



Take time to observe nature. Watching birds provides a tangible reminder of God's provision and care.

"Consider the birds of the air ... and yet your heavenly Father feeds them. Are you not of more value than they?"

Matthew 6:25-27

6 REMEMBER YOUR VALUE TO GOD

Fear and insecurity often come from believing lies about our inadequacy. But God says:



"You are precious in my eyes, and honored, and I love you."

Isaiah 43:4

7 EXCHANGE WORRY FOR PRAYER



Bring your concerns to God with thanksgiving. Prayer changes the direction of our attention.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Philippians 4:6

8 GOD'S PEACE BECOMES OUR FOUNDATION



God's peace does not depend on perfect circumstances. It flows from a deep trust in His faithfulness and guards our hearts and minds.

"And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus."

Philippians 4:7

9 THREE PRACTICAL RESPONSES WHEN WORRY COMES

1 What has God said?
Go back to His Word.

2 What am I focusing on?
Am I looking at Jesus or staring at the storm?

3 Have I brought this to God in prayer?
Pray, ask, and give thanks.

PRAYER FOCUS



- 1 Become fully convinced that God will do what He has said.
- 2 Take time to observe the birds and recognize God's provision.
- 3 Understand our value to God.
- 4 Shift our focus from fear to God's faithfulness.
- 5 Pray that God's peace will guard our hearts and minds.

CONCLUSION

We may not know everything that tomorrow holds, but we know who holds tomorrow.

So when worry comes, don't allow the fear of what might happen to take over today.

Return to God's Word. Look to Jesus. Remember His faithfulness. Pray with thanksgiving. And receive His peace.