

Date:

**Podcast Worksheet**  
**4 Steps to Get through Anything: Trust, Commit, Rest, Wait**

**Scriptural Texts:**

Psalm 37:1-11; Proverbs 3:5-6; 9-10; Isaiah 26:3; Romans 8:32; Ephesians 4:32; Philippians 4:6-7;  
1 Peter 5:7

**Main Points:**

1. Going through challenging or painful circumstances forces us to respond in some manner.
2. Relying on false idols is a popular choice, but one that makes our life more difficult.
3. God warns us to stay away from worry and fret, a form of anger that has a negative effect on our life.
4. When we are standing in the place of God, we are choosing to be our own power, provider, or protector.
5. Any course of action needs to begin by trusting the Lord to do the right thing for us.
6. After putting our trust in God, we need to commit to obey him and follow Scripture.
7. The next step is to rest, meaning we don't act out or try to take control back. We let God work.
8. Finally, we wait, allowing God to work in his way and in his time frame.

**Questions:**

1. Trust: Describe your current belief in God's wisdom, love, power, and trustworthiness. Describe your current belief in your inherent value. How would you describe your level of trust in God?
  
2. Commit: To what degree do God's ways and will play into your decisions and life-choices?
  
3. Rest: How successful are you in taking your hands off a matter and avoiding fretting when you have turned it over to God? What temptations come into play for you?
  
4. Wait: What do you believe regarding God's ability and willingness to work on your behalf and answer your prayers?

**Prayer of Response:**

Lord God, I struggle letting you work in my painful circumstances. My doubt interferes. My pride interferes. My false idols interfere. I know it never turns out as well as it could when I don't trust you to hear my prayers and act on my behalf. I truly want to live my life according to your Word. Please help me live in the truth that you are worthy of my trust. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

---