



Trust in the Lord with all thine heart;
and lean not unto thine own understanding.
In all thy ways acknowledge him,
and he shall direct thy paths.
—Proverbs 3:5–6

TRUST: T- TAKE MY NEEDS TO GOD IN PRAYER & HAVE FAITH
THAT HE IS WORKING

God is the greatest comforter and burden-bearer! Prayer is the best coping mechanism when facing trauma or trials because God truly cares about me, and I am safe to share my struggles with Him. Scripture says I can come boldly to His throne and find immediate mercy and grace in my time of need. When I pray, God will not only listen but may speak back to me through words of scripture, a song, or divine instruction. My prayers and petitions accomplish much in the spiritual realm, and God acts when I pray.

Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. Proverbs 3:5-6

Blessed is the man who **trusts in the LORD, And whose hope is the LORD.** For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And **will not fear** when heat comes; But its leaf will be green, And **will not be anxious** in the year of drought, Nor will cease from yielding fruit. Jeremiah 17:7-8

Therefore I say to you, whatever things you **ask when you pray, believe that you receive them,** and you will have them.
Mark 11:24

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and **God of all comfort, who comforts us in all our tribulation,** that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:3-4

Casting all your care upon Him, for He cares for you. 1 Peter 5:7

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us, therefore, **come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.**

Hebrews 4:15-16

Confess your trespasses to one another, and pray for one another, that you may be healed. **The effective, fervent prayer of a righteous man avails much.** James 5:16

TRUST: R- RELEASE MY HARD EMOTIONS TO GOD

Facing trauma and trials will stir up my emotions. I may feel complex emotions like sadness, anger, fear, or shame. My default reaction is to run from, deny, or repress these emotions. When I deny or repress my feelings, I only compound my problems. Repression leads to physical and psychological issues and harmful coping skills. The best thing I can do is to face these feelings and allow them to move through me with constructive expression. I can pray, lament, journal, breathe deeply, walk, or call a friend. As I invite God to sit with me in my complex emotions, I provide Him opportunities to minister to me and provide what I need in the moment.

Have mercy on me, O LORD, for I am weak; O LORD, heal me, for my bones are troubled. My soul also is greatly troubled; But You, O LORD—how long? Return, O LORD, deliver me! Oh, save me for Your mercies' sake! For in death there is no remembrance of You; In the grave who will give You thanks? **I am weary with my groaning; All night I make my bed swim; I drench my couch with my tears. My eye wastes away because of grief;** It grows old because of all my enemies. Depart from me, all you workers of iniquity; For the LORD has heard the voice of my weeping. The LORD has heard my supplication; The LORD will receive my prayer. Psalm 6:2

Then they **cried out to the LORD** in their trouble, And He delivered them out of their distresses.

Psalm 107:6

Trust in Him at all times, you people; **Pour out your heart before Him;** God is a refuge for us. Psalm 62:8

A time to **weep**, And a time to **laugh**; A time to **mourn**, And a time to **dance**. Ecclesiastes 3:4

TRUST: U- UNDERSTAND THAT GOD IS FOR ME

As my Heavenly Father, God has good thoughts and intentions toward me. His love is safe and nurturing; therefore, I have no reason to fear. As a good Father, He is present to hear my cries and attends to my prayers. He works only good in all my hardships. He provides all my needs, and His power enables me to stand firm in the face of difficulties. He promises to protect me in danger and preserve me in life's darkest valleys. I can trust Him because He is for me!

Yea, though I walk through the valley of the shadow of death, **I will fear no evil; For You are with me;** Your rod and Your staff, they comfort me. Psalm 23:4

Because you have made the LORD, who is my refuge, Even the Most High, your dwelling place, **No evil shall befall you, Nor shall any plague come near your dwelling;** For He shall give His angels charge over you, To keep you in all your ways. Psalm 91:9-11

For I know the thoughts that I think toward you, says the LORD, **thoughts of peace and not of evil, to give you a future and a hope.** Jeremiah 29:11

And we know that **all things work together for good** to those who love God, to those who are called according to His purpose.

Romans 8:28

For it is **God who works in you both to will and to do** for His good pleasure. Philippians 2:13

But my God **shall supply all your need** according to his riches in glory by Christ Jesus. Philippians 4:19

For God has not given us a spirit of fear, but of **power and of love and of a sound mind.** 2 Timothy 1:7

As **His divine power has given to us all things that pertain to life and godliness,** through the knowledge of Him who called us by glory and virtue. 2 Peter 1:3

TRUST: S- STILL MY HEART

When facing trauma or trials, my natural reaction is to jump in to take control by taking matters into my own hands due to my fear. Instead of jumping in to control, I will stand still and know that God is present to work in my situation. God knows what I need and is sufficient to handle my problems. When I am still and patient to allow Him to work, He can do what I cannot. When I trade control for prayer and thanksgiving regarding my needs, I will reap a mind of peace. His peace will calm my anxious heart and allow me to rest quietly with expectation while He works for my good.

Be anxious for nothing but in everything **by prayer and supplication, with thanksgiving**, let your requests be made known to God; and the **peace of God, which surpasses all understanding, will guard your hearts and minds** through Christ Jesus. Philippians 4:6-8

You will keep him in **perfect peace, whose mind is stayed on You** because he trusts in You. Isaiah 26:3

For thus says the Lord GOD, the Holy One of Israel: "In **returning and rest** you shall be saved; In **quietness and confidence** shall be your strength..."
Isaiah 30:15

The work of righteousness will be peace, And **the effect of righteousness, quietness, and assurance forever**. Isaiah 32:17

But those who **wait on the LORD Shall renew their strength**; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. Isaiah 40:31

The LORD is good to those who wait for Him, To the soul who seeks Him. **It is good that one should hope and wait quietly** for the salvation of the LORD. Lamentations 3:25-26

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. Psalm 46:10

Come to Me, all you who labor and are heavy laden, and **I will give you rest**. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For **My yoke is easy and My burden is light**. Mathew 11:28-30

But let **patience have its perfect work**, that you may be perfect and complete, lacking nothing. James 1:4

TRUST: T-TAKE THOUGHTS CAPTIVE

I am most vulnerable to automatic negative thoughts when facing trauma or trials. As my emotions react and my inner critic speaks, I can spiral into doubt, condemnation, shame, blame, and despair. In my vulnerability, Satan, the author of lies, will also tempt me to believe lies about myself as a result of my hardship. When I believe these lies, they form strongholds that place me in bondage. I will capture these automatic negative thoughts and lies and replace them with the truth of what God's Word says. I will renew my mind daily in scripture and cast down any imaginations or negative thoughts contrary to it. I will intentionally train my mind to dwell on pure and honorable things.

For those who live according to the flesh set their minds on the things of the flesh, but **those who live according to the Spirit, the things of the Spirit.** Romans 8:5

And be not conformed to this world: but be **transformed by the renewing of your mind**, that you may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2

For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for **pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ**, and being ready to punish all disobedience when your obedience is fulfilled. 2 Corinthians 10:3-6

And be **renewed in the spirit of your mind**; And that you put on the new man, which after God is created in righteousness and true holiness. Ephesians 4:23-24

Let **this mind be in you**, which was also in Christ Jesus. Philippians 2:5

Finally, brethren, whatever things are **true**, whatever things are **noble**, whatever things are **just**, whatever things are **pure**, whatever things are **lovely**, whatever things are of **good report**, if there is any virtue and if there is anything praiseworthy—**meditate on these things.** Philippians 4:8

I OVERCOME THE BULLY OF THE SPIRIT OF FEAR:

1. I am safe in God's nurturing and protective love.

Joh 3:16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

Rom 5:8 But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

1 Joh 4:18 There is no fear in love; but perfect love casts out fear because fear involves torment. But he who fears has not been made perfect in love

2. I challenge my fear by asking if it is true or just perceived.

Php 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

3. I live fully in the present, not the past or the future.

Matt 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Php 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

2 Tim 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

4. I take fear's lies captive and replace them with truth.

2 Cor 10:5-6 Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled.

5. I lay down controlling outcomes & perfectionistic tendencies

Ps 46:10 Be still, and know that I am God.

Prov 3:5-6 Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

2 Cor 12:9 And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness."

God does not want you to try harder, He wants you to trust Him deeper. Stop trying. Start trusting. This will change everything, in you.

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