Bonus Session

WITH ROBERTA ROWE

October 28, 2026

How can we live a life of confident trust in God?

1. Have a life that is preoccupied with Jesus... In all areas in your life, make it about your relationship with God. Matthew 6:25-34

2. Learn to be content... in all circumstances. All complaining is against God. Exodus 16:8

3. Learn to be dependent on God rather than self. John 15:5

4. Think about the things God wants you to think about. Phil. 4:8

5. Remember God is your provider and He knows what you need. Matthew 6:7-8

6. Trust God in every situation, refusing to be mastered by worry. Proverbs 3:5-6 (Worry strikes at the very character of God. Worry says, "God, I don't trust you." Luke 12:25-31)

7. Replace fear with right focus.... Focus on the attributes of God. Col 3:2. Remember God is always available when you are afraid. He promises to be with you always. Matthew 28:20

8. The Holy Sprit is ready to comfort you! John 14:26

9. Memorize the Word of God. The Word is powerful! 2 Tim 3:16 & Hebrews 4:12

10. Living a life of gratitude, always be thankful. Start every day with a thankful heart. 1 Thess. 5:16-18

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Questions for your personal quiet time with God:

- What difficulty or challenge in my life is causing me to worry and fail to trust God? Read Psalm 91 prayerfully.

- What does the Lord Jesus say about worry in Matthew 6:25-34?

- What happens when I seek God and His kingdom first rather than trying to control my own life? Memorize Matthew 6:33.

- What did Peter see as the safer place to be? On the water and in the storm with Jesus or in the boat? Matthew 14:22-33

- How have you trusted Jesus in the middle of a "storm" and what was the result or outcome?

- How have you seen God use prayer and His Word to comfort you and guide you through a time of fear and worry? How did He change you through it? Memorize Psalm 27:1.