



KINGDOM ECONOMY

Spiritual Rest & Formation – Week 4

TRUST

From Worry to Peace

"Trust in the Lord with all your heart and lean not on your own understanding."

– Proverbs 3:5



BEFORE YOU BEGIN

*"This week's resource isn't something to rush through.
It is an invitation to spend time with your Father."*

Before you begin, take a moment to prepare your heart:

- Find somewhere quiet
- Go for a walk
- Leave distractions behind
- Take a Bible
- Bring a notebook
- Listen to God

OPENING PRAYER

Father, as I begin this week, I bring my worries and anxieties to You. Help me to trust You more deeply. Quiet my heart. Open my eyes to see Your faithfulness. Teach me what it means to rest in Your provision and walk in Your peace. In Jesus' name, Amen.

01

KNOW THE FATHER

Trust grows through relationship.



KNOW THE FATHER

Read these passages slowly. Let them speak to you about who God is.

Matthew 6:25–34

Psalms 23

Philippians 4:4–9

Romans 8:31–39

REFLECTION

What does this teach me about God?

What does this reveal about His character?

What is God saying to me?

02

PRAY & SURRENDER

Trust is practised daily.



MY BURDENS

Write down everything you are carrying. Every worry, fear, anxiety and burden. Bring them honestly before God.

As you write, consider:

- What is stopping me from being generous (time, giftings, resources, etc)?
- Where am I being fearful instead of faithful?
- Where am I being self-reliant instead of trusting God?

A PRAYER OF SURRENDER

Father, I bring You every burden I have written down.

I lay them at Your feet.

I choose to trust You with each one.

I cannot carry them.

I was never meant to.

You are faithful.

You are good.

You are in control.

I surrender my need to understand.

I surrender my need to fix.

I surrender my need to worry.

I trust You.

In Jesus' name, Amen.

LEAVE THEM THERE.



03

STEWARD WELL

Trust leads to faithful obedience.

If you haven't yet completed the Financial Audit and Stewardship Audit, now would be a great time to look back. All resources can be found on our website.

STEWARD WELL

Trust leads to faithful obedience.

When we trust God with our lives, we steward what He has given us with faithfulness and joy — not out of fear or obligation, but out of love and gratitude.

Reflect on these questions:

What has God entrusted to me that I am stewarding well?

Where am I holding on too tightly instead of trusting God?

What would faithful obedience look like in my finances this week?

How can I honour God with my time, energy and resources?

*"God doesn't want something from you.
He wants freedom for you."*



04

TAKE ONE STEP OF FAITH

Trust always results in action.

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What is one step of trust God is asking you to take this week?

(For example: Opening your Bible every morning. Giving generously. Forgiving someone. Having a day off. Applying for that job. Having that conversation. Serving someone.)

Who will I share this with?

"For we walk by faith, not by sight." – 2 Corinthians 5:7



AS YOU WALK THIS WEEK...

Whenever you worry...

Pause.

Remember the birds.

Remember the flowers.

Remember the cross.

Remember the empty tomb.

Remember who your Father is.

A PRAYER FOR THE WEEK

Father, as I walk this week, remind me that You are with me. When worry rises, help me to pause and remember Your faithfulness. You feed the birds. You clothe the flowers. How much more will You care for me? I choose to trust You today. In Jesus' name, Amen.

THIS WEEK'S CHALLENGE WALK WITH GOD

Each day this week, take a walk — even just 10 minutes.

As you walk:

- Leave your phone behind (or on silent)
- Talk to God as you would a friend
- Thank Him for three things you can see
- Ask Him one question and listen
- Pray for one person by name

"Be still, and know that I am God." — Psalm 46:10

JOURNAL

Use this space to write down anything God is speaking to you this week.

KINGDOM ECONOMY

TRUST

Week 4

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

Proverbs 3:5-6

From Worry to Peace.

From Fear to Faith.

From Self-Reliance to Surrender.