

Do Not Worry

Do not worry – trust God with your concerns

Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. ⁷And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus. PHILIPPIANS 4:6–7

Leave all your worries with him, because he cares for you. 1 PETER 5:7 GNT

Do not worry about the cares of this life, for God will provide

[JESUS:] *So then, don't worry saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' ³²For the unconverted pursue these things, and your heavenly Father knows that you need them. ³³But above all pursue his kingdom and righteousness, and all these things will be given to you as well. ³⁴So then, do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own. MATTHEW 6:31–34*

Do Not Trust in Other Things

Do not trust in other people, but rather trust in God

It is better to take shelter in the LORD than to trust in people. ⁹It is better to take shelter in the LORD than to trust in princes. PSALMS 118:8–9

Do not trust in yourself

The one who trusts in himself is stupid, but the one who lives wisely will be kept safe. PROVERBS 28:26 ISV

Trust in the LORD with all your heart, and do not rely on your own understanding. PROVERBS 3:5

Do not trust in riches

The one who trusts in his riches will fall, but the righteous will flourish like a green leaf. PROVERBS 11:28

22. Having Faith in God

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I. Faith and Hope

Faith in God is absolutely fundamental to the Christian life. We need to continually live by faith, doing so in all areas of our lives. Hope is also vital for Christians. It is necessary for such things as sustaining and strengthening us – particularly in sustaining our faith.

What Faith Is

Faith involves believing in God

[PETER, TO BELIEVERS:] Through Christ *you believe in God*, who raised Christ from the dead and gave him glory. *So your faith and your hope are in God.* [1 PETER 1:21](#) NCV™

This links belief with faith (and hope). As such, it reflects that having faith in God involves believing in him. Such belief includes believing what he says.

We must also trust in God

Trust in him at all times, you people! [PSALMS 62:8A](#)

Trusting in God is an integral part of having faith in God. Having faith in God can be defined as believing and trusting God. For we are to believe in God and what he says, and also confidently trust in him and what he says in regard to our own lives. One could say having faith means that: in our minds we are to believe and in our hearts we are to trust.

What to Have Faith For

Have faith that God will fulfill what he promises

[PAUL, TO MEN SAILING ON A SHIP WITH HIM IN A BAD STORM:] For last night an angel of the God to whom I belong and whom I serve came to me ²⁴and said, ‘Do not be afraid, Paul! You must stand before Caesar, and God has graciously granted you the safety of all who are sailing with you.’ ²⁵Therefore keep up your courage, men, for *I have faith in God that it will be just as I have been told.* [ACTS 27:23–25](#)

Do not be afraid – be strong and courageous

[GOD, TO JOSHUA:] *“Be strong and courageous, because you’ll be leading this people to inherit the land that I promised to give their ancestors. ⁷Only be strong and very courageous to ensure that you obey all the instructions that my servant Moses gave you—turn neither to the right nor to the left from it—so that you may succeed wherever you go. ... ⁹“I’ve commanded you, haven’t I? Be strong and courageous. Don’t be fearful or discouraged, because the LORD your God is with you wherever you go.” ... ¹⁸... Only be strong and courageous.”* [JOSHUA 1:6–7, 9, 18B](#) ISV

Do Not Be Afraid (II): Reasons

God is far more powerful than our enemies

[KING HEZEKIAH, TO HIS ARMY:] *“Be strong and brave! Don’t be afraid and don’t panic because of the king of Assyria and this huge army that is with him! We have with us one who is stronger than those who are with him. ⁸He has with him mere human strength, but the LORD our God is with us to help us and fight our battles!”* *The army was encouraged by the words of King Hezekiah of Judah.* [2 CHRONICLES 32:7–8](#)

God is always with his people

[MOSES, TO THE ISRAELITES:] *Be strong and courageous! Do not fear or tremble before them, for the LORD your God is the one who is going with you. He will not fail you or abandon you!” ... ⁸The LORD is indeed going before you – he will be with you; he will not fail you or abandon you. Do not be afraid or discouraged!* [DEUTERONOMY 31:6, 8](#)

God helps his people

God is our strong refuge; *he is truly our helper in times of trouble. ²For this reason we do not fear when the earth shakes, and the mountains tumble into the depths of the sea, ³when its waves crash and foam, and the mountains shake before the surging sea.* [PSALMS 46:1–3](#)

So we can say with confidence, *“The Lord is my helper, and I will not be afraid. What can man do to me?”* [HEBREWS 13:6](#)

II. What Not to Do

To live a life of faith, we need to avoid things which cause us to lack faith in God. These include doubt, fear, worry and trusting in other things. Some verses which encourage believers not to be afraid or worry are amongst the best-loved verses in the Bible.

Do Not Lack Faith

Do not be lacking in faith

Now a great windstorm developed and the waves were breaking into the boat, so that the boat was nearly swamped. ³⁸But he [Jesus] was in the stern, sleeping on a cushion. They woke him up and said to him, “Teacher, don’t you care that we are about to die?” ³⁹So he got up and rebuked the wind, and said to the sea, “Be quiet! Calm down!” Then the wind stopped, and it was dead calm. ⁴⁰And he said to them, “Why are you cowardly? Do you still not have faith?” [MARK 4:37–40](#)

Do not doubt

Immediately Jesus reached out his hand and caught him [Peter], saying to him, “You of little faith, why did you doubt?” [MATTHEW 14:31](#)

[JAMES, SPEAKING OF ONE ASKING GOD FOR SOMETHING:] *But he must ask in faith without doubting, for the one who doubts is like a wave of the sea, blown and tossed around by the wind.* [JAMES 1:6](#)

The “wave” imagery depicts weak faith that wavers between belief of sorts (as shown in asking) and unbelief (as shown in doubting).

Do Not Be Afraid (I): Instructions

Do not be afraid – trust in God

[DAVID, TO GOD:] *When I am afraid, I trust in you. ⁴In God – I boast in his promise – in God I trust, I am not afraid. What can mere men do to me?* [PSALMS 56:3–4](#)

Jesus said, “Don’t let your hearts be troubled. Trust in God, and trust in me. [JOHN 14:1](#) NCV™

[PETER, TO BELIEVERS:] *But in keeping with his [God’s] promise, we are looking forward to new heavens and a new earth, where righteousness is at home.* [2 PETER 3:13](#) ISV

In “looking forward” to the fulfillment of God’s promises one demonstrates faith in them being fulfilled.

Note that God’s promises include promises regarding the afterlife (in view here), promises to take care of us (cf. Acts 27:23–25 ↑) and promises to answer prayer. The latter two are reflected in the next two subsections.

Have faith that God will care for you

All of you that honor the LORD and obey the words of his servant, *the path you walk may be dark indeed, but trust in the LORD, rely on your God.* [ISAIAH 50:10](#) GNT

And what more should I say? For time would fail me to tell you about Gideon, Barak, Samson, Jephthah, David, Samuel, and the prophets. ³³*Through faith they conquered kingdoms, administered justice, received promises, shut the mouths of lions, ³⁴put out raging fires, escaped death by the sword, found strength in weakness, became powerful in battle, and routed foreign armies.* [HEBREWS 11:32–34](#) ISV

Various people of God are shown here to have had faith that God would take care of them when facing powerful enemies and other very difficult circumstances.

Have faith that God will do what you ask

[DAVID:] *LORD, in the morning you will hear me; in the morning I will present my case to you and then wait expectantly for an answer.* [PSALMS 5:3](#)

As Jesus went on from there, *two blind men followed him, shouting, “Have mercy on us, Son of David!”* ²⁸When he went into the house, the blind men came to him. *Jesus said to them, “Do you believe that I am able to do this?” They said to him, “Yes, Lord.”* ²⁹Then he touched their eyes saying, *“Let it be done for you according to your faith.”* ³⁰*And their eyes were opened.* [MATTHEW 9:27–30A](#)

The Importance of Faith

By faith we stand firm

[PAUL, TO THE CORINTHIAN BELIEVERS:] I do not mean that we rule over your faith, but we are workers with you for your joy, because *by faith you stand firm*. 2 CORINTHIANS 1:24

Faith produces obedience to God

By faith Abraham obeyed when he was called to go out to a place he would later receive as an inheritance, and he went out without understanding where he was going. HEBREWS 11:8

Faith produces work in service to God

[PAUL, TO THE THESSALONIAN BELIEVERS:] We continually recall before God our Father *the things you have done because of your faith* and the work you have done because of your love. 1 THESSALONIANS 1:3A NCV™

Faith is vital to prayer, for God to grant requests

If you believe, you will receive whatever you ask for in prayer. MATTHEW 21:22 GNT

They [Israelite soldiers] cried out to God during the battle; *he responded to their prayers because they trusted in him.* 1 CHRONICLES 5:20B

If we have faith nothing will be impossible

Then the disciples came to Jesus privately and said, “Why couldn’t we cast it [a demon] out?”²⁰ He told them, “It was because of your little faith. I tell you the truth, *if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; nothing will be impossible for you.*” MATTHEW 17:19–20

The “mountain” signifies a seemingly insurmountable difficulty, here presumably alluding to difficulties encountered in advancing God’s kingdom.

Jesus is emphasizing genuine or quality faith, rather than amount of faith. If we have such faith nothing will be impossible, both in our service of God and in confronting issues in our lives. As such we are to have faith (and pray) that what we understand to be in accordance with God’s will, will take place.

Hope in God

Hope for a believer involves an assurance of their future, based on the truth of God’s promises – rather than merely being an unfounded optimism.

Set your hope on God’s care

[PAUL, SPEAKING OF GOD:] He delivered us from such a deadly peril, and he will deliver us. *On him we have set our hope that he will deliver us again.* 2 CORINTHIANS 1:10 ESV

[PAUL, INSTRUCTING TIMOTHY WHAT TO TEACH BELIEVERS:] Command those who are rich in the things of this life not to be proud, but *to place their hope, not in such an uncertain thing as riches, but in God, who generously gives us everything for our enjoyment.* 1 TIMOTHY 6:17 GNT

Set your hope on Jesus Christ’s return and what will follow

[PAUL:] At the same time we can expect *what we hope for – the appearance of the glory of our great God and Savior, Jesus Christ.* TITUS 2:13 GW

Therefore, get your minds ready for action by being fully sober, and *set your hope completely on the grace that will be brought to you when Jesus Christ is revealed.* 1 PETER 1:13

Hope is vital for faith

[PAUL, TO THE COLOSSIAN BELIEVERS:] *Your faith and love have arisen from the hope laid up for you in heaven, which you have heard about in the message of truth, the gospel ...* COLOSSIANS 1:5

Now *faith is being sure of what we hope for*, being convinced of what we do not see. HEBREWS 11:1

The hope Christians have is not a groundless longing, but a confident assurance. Such hope stimulates and supports ongoing faith, which has as its focus that for which we hope.