

How Can You Trust God for Today?

BY RICK
WARREN

When Jesus taught his followers how to pray, he told them to say, “Give us today our daily bread” (Matthew 6:11 NIV). He didn’t tell them to pray for tomorrow’s bread or next year’s bread—just today’s. And God also wants you to trust him for today, every day. But how do you actually do that? There are four key ways, and you can find them all in one powerful passage:

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. . . . Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

Philippians 4:6, 8 (NLT)

So how can you trust God for today?

1. Worry about nothing.

It’s one of the hardest commands in the Bible to obey. Most people worry every day—and usually many times a day! But when you worry, you’re really saying, “God, I don’t believe your promises. I don’t believe you’ll meet all my needs.”

Instead, recognize that God is taking care of today’s needs and trust him to continue caring for you tomorrow. The Living Bible Paraphrase says, “Don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time” (Matthew 6:34).

2. Pray about everything.

Everything? Yep, every single thing. When you’re tempted to worry, God wants you to pray instead. Worry has never changed anything—but prayer does!

Romans 8:32 says, “God did not keep back his own Son, but he gave him for us. If God did this, won’t he freely give us everything else?” (CEV). If God loved you enough to send Jesus to die for you, don’t you think he loves you enough to take care of all your other problems? So instead of worrying, trust God by praying about everything.

3. Thank God in all things.

We don’t have to thank God *for* all things, but he does tell us to thank him *in* all things: “In everything give thanks; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:18 NKJV). No matter what is happening in your life, you can trust that God will help you through it—one day at a time.

4. Think about the right things.

When you fill your mind with worries, you’ll be depressed, discouraged, and defeated. But when you think about the right things—what’s true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise—you’ll find yourself feeling hopeful, encouraged, and positive. The Bible promises, “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” (Isaiah 26:3 NLT).

Remember: God wants you to trust him for today. And you can do that by worrying about nothing, praying about everything, thanking him always, and thinking about what is right.