

Bible Verses on Trust

Trusting in God is a central theme throughout the Catholic Bible, emphasizing reliance on His providence rather than human understanding.

Proverbs 3:5-6 says: "**Trust in the LORD with all your heart, and do not rely on your own insight; In all your ways acknowledge him, and he will make straight your paths**". Don't hold back; give God your total, wholehearted trust. Recognize God's presence and guidance in every decision and action, big or small.

Psalms 56:3 says, "**When I am afraid, I place my trust in you,**". This is a powerful verse from King David acknowledging fear but choosing to rely on God, teaching that faith isn't the absence of fear but turning to God amidst it, finding courage and refuge in His promises and presence, not human strength.

Psalms 62:8 encourages deep trust in God as a constant refuge, saying, "**Trust in him at all times, O people; pour out your heart before him, for God is our refuge**". It emphasizes seeking shelter, strength, and safety in God, who is presented as a steadfast rock and fortress against life's challenges, urging people to share their deepest feelings with Him.

Matthew 6:25-26 "**Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap or gather into barns, yet your heavenly Father feeds them. Are you not much more important than they?**". Jesus teaches His followers not to worry about life's necessities, emphasizing that life is more valuable than these things and God, their heavenly Father, provides for creatures like birds, so He will surely provide for His children, who are of far greater worth. This passage encourages trust in God's providence and prioritizing spiritual needs over material anxieties, a core teaching in the Sermon on the Mount.

Catholic tradition points us to the lives of saints as practical guides for surrendering to God's plan:

St. Therese de Lisieux – her "little way" teaches a spirit of childlike trust believing that holiness is found in doing ordinary things with great love and total abandonment to God's mercy.

St. Faustina Kowalska – through the Divine Mercy devotion, she popularized the simple but profound prayer, "Jesus, I trust in you" emphasizing trust as the vessel through which all graces are received.