



Five-Day Devotional 11
Trust God—Don't Try to Figure Him Out: A Journey Into Peace, Faith, and Surrender
March 16-20, 2026

From the Pastor's Desk

Devotional Inspiration

Trust God—Don't Try to Figure Him Out: A Five-Day Devotional Journey Into Peace, Faith, and Surrender

Introduction: This devotional is an extension of the GLC Bible study lesson shared on March 11, 2026, titled “**Faith Focus—Building on God’s Character.**” While the study emphasizes strengthening faith by understanding who God is, this devotional approaches the same truth from another perspective: learning to **trust God without trying to figure out how He will work.**

Trusting God is one of the most frequently repeated instructions in scripture—yet it is also one of the most challenging disciplines for believers to practice. Many followers of Christ sincerely declare their faith in God, while quietly attempting to calculate how He will fulfill His promises or resolve their circumstances.

This tension between **trust and figuring things out** often creates an internal struggle. When we try to mentally map every detail of God’s plan, our thoughts can quickly lead to disturbance, frustration, anxiety, and even panic. But when we place our confidence in **God’s character rather than our own reasoning**, something different happens—**peace begins to replace pressure.**

One truth we must continually remember is this: **God will not abandon you—especially during challenging times.** His faithfulness does not depend on our ability to understand His methods. **Trust in God produces peace. Trying to figure Him out produces anxiety.**

Over the next five days, this devotional— “**Trust God—Don’t Try to Figure Him Out: A Five-Day Devotional Journey Into Peace, Faith, and Surrender**”—will guide you toward deeper reliance on God’s character. Each day invites you to release the need to control outcomes and instead rest in the certainty that the God who made the promise is fully capable of fulfilling it.

Blessings,

Pastor Fryar

Note to reader: This five-day devotional is designed to encourage and reaffirm that when you pray, you are deepening your walk with God. This is highlighted through use of scripture references from the New King James Version unless otherwise indicated.



Day 1 — Trust Releases Peace

Scripture: “Trust in the LORD with all thine heart; and lean not unto your own understanding.”— Proverbs 3:5.

Devotional thought: Trust is not passive optimism; it is a deliberate reliance on the integrity of God.

- The Hebrew word **batach** means *to trust, to be confident, to be secure, to put confidence in*. When Scripture calls us to trust God, it is inviting us into a posture of settled confidence in His reliability.

When we truly trust God, we believe: He is faithful, He is dependable, and He will accomplish what He promises. But many believers attempt to trust while simultaneously trying to **figure out** God’s methods.

- To figure something out means to analyze, calculate, reason, or solve. The problem is obvious: if we are solving the problem ourselves, we have not actually surrendered it to God.

Trust transfers responsibility. Trying to calculate keeps the burden in our hands. God never promised that we would understand every step of His plan, but He did promise His faithfulness.

Reflection: Where in your life are you trying to understand what God only asked you to trust?

Prayer: Heavenly Father, teach my heart to trust You fully. Remove the pressure I place on myself to understand every detail. I choose to rely on Your faithfulness rather than my own reasoning. Fill me with Your peace as I surrender every concern to You. Amen.

Today’s practice: When anxious thoughts appear, quietly repeat: **God is faithful. I choose to trust Him.**



Day 2 — Figuring It Out Creates Anxiety

Scripture: “It is better to trust in the LORD than to put confidence in man.”— Psalm 118:8

Devotional thought: Trust produces peace. Figuring things out produces inner disturbance. When we attempt to mentally engineer how God will solve a problem, several things happen:

- We disturb our own faith. We begin creating backup plans. We unknowingly prepare for disappointment.

A backup plan may seem wise, but spiritually it often reveals hesitation in fully trusting God.

- True trust says: Even if I do not see the path, I know the One who leads me. God’s ways frequently transcend human logic. If every miracle could be predicted or calculated, it would no longer be supernatural.

The moment we attempt to reduce God’s work to our understanding; we shrink the miracle down to the limits of our reasoning.

Reflection: Are you trusting God—or managing the outcome just in case He does not come through the way you expect?

Prayer: Heavenly Father, forgive me for the times I have tried to control what belongs in Your hands. Teach me to rest in Your wisdom rather than rely on my own plans. I surrender every backup strategy that replaces my trust in You.

Today’s practice: Whenever you feel the urge to analyze your problem, pause and say: **God is already working.**



Day 3 — Fear Is the Root of Overthinking

Scripture: “Behold, God is my salvation; I will trust and not be afraid.”— Isaiah 12:2

Devotional thought: Often, the real reason we feel compelled to figure everything out is fear. Fear whispers questions that attempt to shake faith: What if it doesn’t work? What if God doesn’t come through? You should prepare for the worst.

- Fear pushes us into the flesh—into self-reliant thinking and anxious action. Faith moves us into the Spirit—into God-directed peace.

The human mind tries to protect itself by imagining outcomes. But those imagined scenarios create emotional burdens God never intended us to carry.

- Faith does not eliminate wisdom, but it refuses to allow fear to lead. Our minds are simply not large enough to comprehend the genius of God’s plans. Trust acknowledges that reality.

Reflection: What fears are driving your need to control the outcome?

Prayer: Heavenly Father, replace my fear with confidence in Your character. When anxious thoughts arise, remind me that You are my salvation, my provider, and my defender. I choose trust over fear today.

Today’s practice: Each time fear surfaces, respond with this declaration: **God is greater than this situation.**



Day 4 — Faith Is Anchored in God’s Promise

Scripture: “He staggered not at the promise of God through unbelief; but was strengthened in faith, giving glory to God.”— Romans 4:20.

Devotional thought: Circumstances change constantly, God’s promises do not. Abraham provides one of scripture’s clearest examples of growing faith. Earlier in life, Abraham and Sarah attempted to help God fulfill His promise through human reasoning. But eventually Abraham reached a place of settled trust. Even when his body aged and the promise seemed impossible, Scripture says he **did not stagger in unbelief**.

- Faith anchors itself in two unchanging realities: Who God is and what He promised. Faith does not depend on: Physical conditions, visible evidence, and surrounding stability. The children of Israel experienced many changes during their years in Egypt, but God’s promise to visit and deliver them never changed.
- God’s Word stands firm when circumstances shift.

Reflection: Which promise from God are you allowing circumstances to challenge?

Prayer: Heavenly Father, strengthen my faith in Your promises. Help me anchor my hope in Your Word rather than in what I see around me. I choose to believe that Your promises remain true regardless of circumstances.

Today’s practice: Write down or record one promise from scripture that speaks to your situation. Read or listen to it several times throughout the day.



Day 5 — Release What You Cannot Control

Scripture: “Commit thy way unto the LORD; Trust also in Him; and he shall bring it to pass.”—
Psalm 37:5.

Devotional Thought: Faith is not merely believing—it is releasing. Trying to figure everything out usually means we are still holding the burden ourselves. But faith commits the situation fully to God.

- The word **commit** in Psalm 37:5 carries the idea of *rolling something onto another*. Imagine transferring a heavy load from your shoulders onto someone stronger. That is what trust does. When the enemy pressures you to analyze your healing, provision, or breakthrough, respond with simple confidence: God is my healer, God is my provider, and God is my deliverer.
- God never asked us to understand miracles. He simply asked us to believe.

Reflection: What burden do you need to roll onto God today?

Prayer: Heavenly Father, I release every concern I have been carrying. I trust You to accomplish what I cannot control. I place my future, my needs, and my unanswered questions into Your faithful hands.

Today’s practice: Take a moment of silence and physically open your hands as a symbol of surrender. Say: **Lord, I release this to You.**

Final encouragement: Trusting God is not the absence of questions—it is the decision that His character is trustworthy even when the answers are not visible.

When we stop trying to figure everything out, we finally create space for God to move in ways far beyond our understanding.

- “Trust in the LORD with all thine heart; and lean not unto your own understanding.”—
Proverbs 3:5.

Trust Him. Peace will follow.