

Fresh Start: Trusting Deeper

Growing in faith one day at a time

By Tim LaTour, October 05, 2025

Numbers 20:7-12

7 The Lord said to Moses, 8 “Take the staff, and you and your brother Aaron gather the assembly together. Speak to that rock before their eyes and it will pour out its water. You will bring water out of the rock for the community so they and their livestock can drink.”

9 So Moses took the staff from the Lord’s presence, just as he commanded him. 10 He and Aaron gathered the assembly together in front of the rock and Moses said to them, “Listen, you rebels, must we bring you water out of this rock?” 11 Then Moses raised his arm and struck the rock twice with his staff. Water gushed out, and the community and their livestock drank.

12 But the Lord said to Moses and Aaron, “Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them.”

We like control, but God is in command ✓

We are scared, but God is our courage ✓

We’ve been disappointed, but God never fails ✓

We don’t understand, but God is wise ✓

We want instant gratification, but God’s timing is perfect ✓

Philippians 4:6-7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus

Prayer: Acknowledge God and His goodness.

Fresh Start: Every morning, give the day to God and start it with prayer ✓

Petition: Bring your specific need or worry.

Fresh Start: Keep a prayer journal ✓

Thanksgiving: Thank Him for hearing and for His work

Fresh Start: Record your gratitude ✓

Release: Hand it over and trust Him.

Fresh Start: Pause to make declarations ✓

“We need to consistently remind ourselves of God’s faithfulness so that we can remain faithful.”

Psalm 62:1-2

1 Truly my soul finds rest in God; my salvation comes from him. 2 Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

God is my rock, I will not be shaken.

REFLECTION QUESTIONS

1. Which of the five trust barriers (control, fear, disappointment, misunderstanding, or impatience) do I struggle with the most, and what would trusting God in that area look like today?
2. When I feel anxious or uncertain, how can I practically hand my worries over to God and experience His peace, as Philippians 4:6-7 promises?