

# TRUSTING IN THE LORD

Compiled by Laura M. Brotherson, LMFT, CST – The Marital Intimacy Institute (Mar 2025)

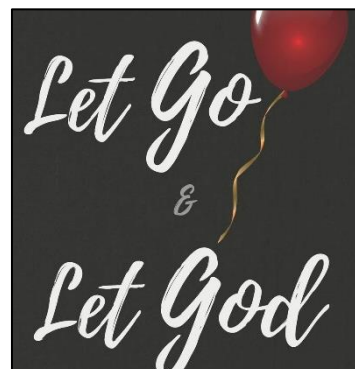
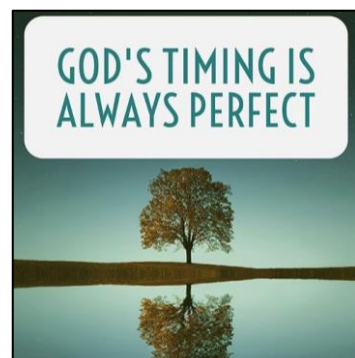
*A compilation of quotes, scriptures, questions, and other resources to help you actively live in a “trusting in the LORD” state of mind. You might consider reading / reviewing these regularly!*

## WHY TRUST IN THE LORD?

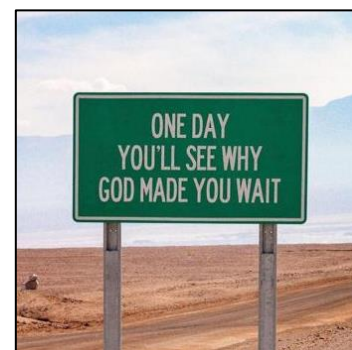
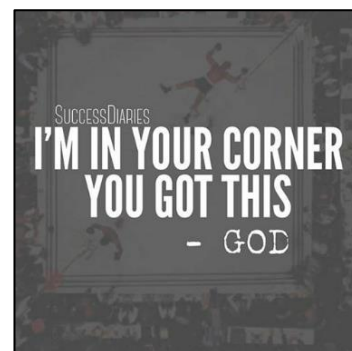
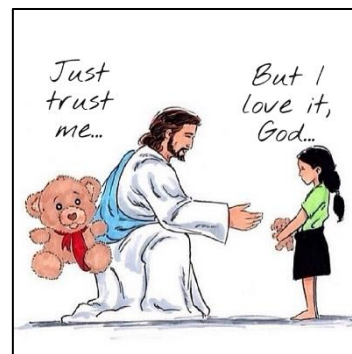
- **God knows all** and sees all. He is omniscient and loves us perfectly! (See Mosiah 4:9, 2 Nephi 9:20, 1 John 3:20, 2 Nephi 26:24.)
- **He sees the future** -- A major part of the reason that God’s plan is far better than ours is that He can see the future and we cannot. We can’t even see into the next minute. At best, we can only take educated guesses, but God knows for certain what will happen tomorrow, next week, and years down the road. It’s like He can see around the blind corners of time. So, wouldn’t you want to trust God’s plan for your life over your own plan? That’s a no-brainer, isn’t it?  
(<https://faithinthenews.com/3-ways-gods-plan-is-better-than-your-plan/>).
- **His ways are higher than ours** -- We think we know what’s best for our future, but God alone says, “My thoughts are not your thoughts, neither are your ways my ways, declares the LORD” (Isaiah 55:8). My plans often blow up in my face, but “the plans of the LORD stand firm forever” (Psalm 33:11).
- **God’s ways are superior to my own** -- “For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts” (Isaiah 55:9).

## SCRIPTURES – Trusting in the LORD

- **Proverbs 3:5-6** – “Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”
- **Psalm 91:2** – “He is my God and I trust Him.”
- **Mosiah 4:9** – “Believe in God; believe that he is, and that he created all things, both in heaven and in earth; believe that he has all wisdom, and all power, both in heaven and in earth; believe that man doth not comprehend all the things which the Lord can comprehend.”
- **2 Nephi 9:20** – “For he knoweth all things, and there is not anything save he knows it.”
- **2 Nephi 26:24** – “He doeth not anything save it be for the benefit of the world; for he loveth the world, even that he layeth down his own life that he may draw all men unto him.”
- **Doctrine & Covenants 58:3-4** – “Ye cannot behold with your natural eyes, for the present time, the design of your God concerning those things which shall come hereafter, and the glory which shall follow after much tribulation. For after much tribulation come the blessings. Wherefore the day cometh that ye shall be crowned with much glory; the hour is not yet, but is nigh at hand.”
- **John 13:7** – “Jesus answered and said unto him, What I do thou knowest not now; but thou shalt know hereafter.”
- **1 Corinthians 2:9** – “Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.”
- **Jeremiah 17:7** -- “Blessed is the man that trusteth in the LORD, and whose hope the LORD is.”
- **Psalm 118:8** – “It is better to trust in the LORD than to put confidence in man.”



- **Doctrine & Covenants 1:19** – “...that man should not counsel his fellow man, neither trust in the arm of flesh.”
- **2 Nephi 4:34** – “O LORD, I have trusted in thee, and I will trust in thee forever. I will not put my trust in the arm of flesh; for I know that cursed is he that putteth his trust in the arm of flesh. Yea, cursed is he that putteth his trust in man or maketh flesh his arm.”
- **Nephi 4:19** – “And when I desire to rejoice, my heart groaneth because of my sins; nevertheless, I know in whom I have trusted.”
- **Alma 37:37** – “Counsel with the LORD in all thy doings and he will direct thee for good.”
- **Jacob 4:10** – “Seek not to counsel the LORD, but to take counsel from his hand.”
- **Alma 36:3** – “...for I do know that whosoever shall put their trust in God shall be supported in their trials, and their troubles, and their afflictions, and shall be lifted up at the last day.”
- **Romans 8:28** – “And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”
- **Mosiah 3:19** – “For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the LORD, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the LORD seeth fit to inflict upon him, even as a child doth submit to his father.”
- **Doctrine & Covenants 133:45** – “For since the beginning of the world have not men heard nor perceived by the ear, neither hath any eye seen, O God, besides thee, how great things thou hast prepared for him that waiteth for thee.”
- **Isaiah 55:8-9** – “For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.”
- **Psalms 118:6** – “The Lord is on my side; I will not fear”
- **Psalms 33:11** – “The counsel of the LORD standeth forever.”
- **Psalms 37:4-5** – “Delight thyself also in the LORD; and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.”
- **Psalms 33:20-21** – “Our soul waiteth for the LORD: he is our help and our shield. For our heart shall rejoice in him, because we have trusted in his holy name.”
- **Isaiah 12:2** – “Behold, God is my salvation; I will trust, and not be afraid; for the LORD Jehovah is my strength and my song; he also is become my salvation.”
- **Psalms 9:9-10** – “The LORD also will be a refuge for the oppressed, a refuge in times of trouble. And they that know thy name will put their trust in thee; for thou, LORD, hast not forsaken them that seek thee.”
- **Psalms 56:3-4** – “What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.”
- **Jeremiah 17:7** – “Blessed is the man that trusts in the LORD, and whose hope the LORD is.”
- **Proverbs 29:25** – “The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.”
- **Doctrine & Covenants 11:12** – “...put your trust in that Spirit which leadeth to do good—yea, to do justly, to walk humbly, to judge righteously; and this is my Spirit.”
- **Psalms 28:7** – “The LORD is my strength and my shield; my heart trusted in him, and I am helped...”
- **Ecclesiastes 3:1** – “To every thing there is a season, and a time to every purpose under the heaven.”

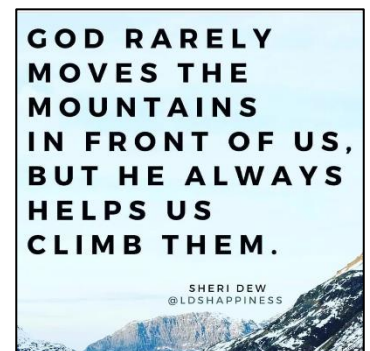


- **Isaiah 40:31** – “But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”
- **Joshua 1:9** – “Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.”
- **Psalms 112:7-8** – “He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord. His heart is established, he shall not be afraid, until he see his desire upon his enemies.”
- **Isaiah 41:10** – “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”
- **Psalms 143:8-9** – “Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. Deliver me, O Lord, from mine enemies: I flee unto thee to hide me.”
- **Psalms 40:8** – “I delight to do thy will, O my God: yea, thy law is within my heart.”
- **Isaiah 58:11** – “And the Lord shall guide thee continually, and satisfy thy soul in drought.”
- **Deuteronomy 31:6, 8** – “Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.”
- **Mosiah 23:22** – “Whoever puts his trust in God shall be lifted up at the last day.”



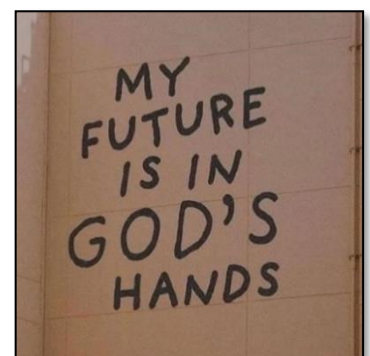
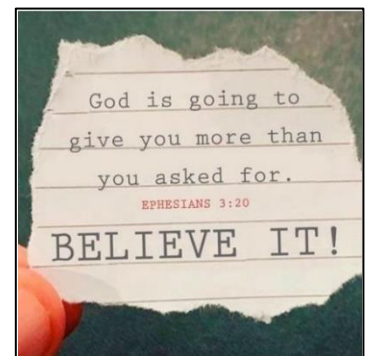
## QUOTES – Trusting in the LORD

- “God’s got this!” (Laura M. Brotherson).
- “God’s timing is perfect. It may not be the timing we want, but it’s the timing we need. Trust in Him” (Instagram @bibleversestolivebyquotes).
- “Trusting in the LORD includes trusting in His timing and requires patience and endurance that outlasts the storms of life” (Elder L. Todd Budge, Gen Conf, Oct. 2019).
- “God has perfect timing. Trust Him” (Laura M. Brotherson).
- “When the Bible says, ‘do not lean on your own understanding,’ the Bible is being serious. Your heart is deceitful, your emotions fluctuate, your understanding does not see the overall, big picture. God never lies. God never changes, God knows all. Trust Him” (Instagram @jesusisthetruth\_\_).
- “Trust God and believe in good things to come” (Jeffrey R. Holland, Gen Conf, Oct. 2021).
- “God rarely moves the mountains in front of us, but he always helps us climb them” (Sheri Dew).
- “Sometimes God doesn’t change your situation because he’s busy changing you” (Instagram @trustgodbro).
- “If it doesn’t open, it’s not your door” (Dr.Laura.com).
- “Don’t rush anything. When the time is right, it’ll happen” (@kushandwisdom).
- “The more you go with the flow of life and surrender the outcome to God, and the less you seek constant clarity, the more you will find those fabulous things start to show up in your life” (Mandy Hale, “The Single Woman: Life, Love, and a Dash of Sass”).
- “But if not. . . Trust God” (Dennis E. Simmons, Gen Conf, April 2004).
- “There is so much we do not know that our only sure reliance is to trust in the LORD and His love for His children” (Dallin H. Oaks, Gen Conf, Oct. 2019).
- “One day you’ll see why God made you wait” (Instagram @trustgodbro).
- “God knows exactly what he’s doing” (Instagram @trustgodbro).

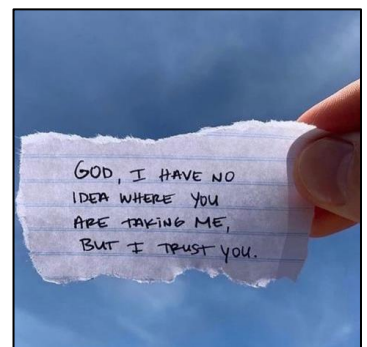
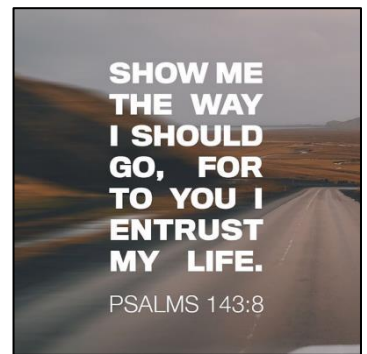
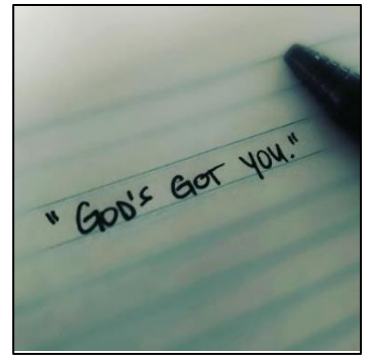




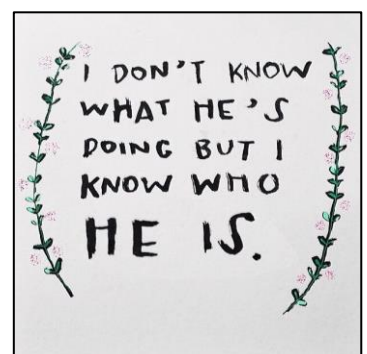
- “If God is making you wait, be prepared to receive more than you asked for” (Instagram @godcareful).
- “The Savior loves you and knows you personally. He knows the profoundest concerns of your soul” (Russell M. Nelson, Venezuela Devotional, Feb. 2020).
- “Sometimes a no from God is just a simple ‘not yet.’ Keep trusting” (Instagram @trustgodbro).
- “Just because you don’t see anything happening, doesn’t mean God’s not working” (Instagram @trustgodbro).
- “Be a companion with Christ and He will draw near unto you and be your best friend. There is no better friend than Christ” (William R. Bradford, Gen Conf, May 1967).
- “Trust God even when the answer is ‘wait’” (Instagram @trustgodbro).
- “Patience is not the ability to wait but the ability to keep a good attitude while waiting” (Biblereasons.com).
- “God loves you too much to give you everything you want” (Instagram @trustgodbro).
- “God’s power is greater than your past” (Instagram @trustgodbro).
- “Even now, when things are not going her way, she trusts God like she already has what she prayed for” (Instagram @lets growsisters).
- “God knows what’s best for you” (Instagram @pureflix).
- “My future is in God’s hands” (Instagram @biblelockscreens).
- “Challenges will come to you but as you trust in God they will strengthen your faith” (Neil A. Anderson, Gen Conf, April 2014).
- “Never assume that you can make it alone. You need the help of the LORD” (Gordon B. Hinckley, Gen Conf, April 2004).
- “Faith is trust—trust that God sees what we cannot and that He knows what we do not” (Dieter F. Uchtdorf, Gen Conf, Oct. 2016).
- “God has already prepared the way. He’s just preparing you” (Instagram @trustgodbro).
- “I testify that those who put their trust in the LORD and heed this counsel in faith will gain great strength to bless themselves and their families for generations to come” (Robert D. Hales, Gen Conf, Oct. 2013).
- “Brothers and sisters, if we are not rooted by steadfast trust in God and the desire to serve Him, the painful experiences of mortality can lead us to feel as though we are burdened by a heavy yoke; and we can lose the motivation to live the gospel fully” (Ulisses S. Soares, Gen Conf, April 2017).
- “In God’s perfect timing... everything will be made right” (Instagram @jenipherlyn).
- “Regardless of the issue, hard can be good for those who will move forward with faith and trust the LORD and His plan” (Stanley G. Ellis, Gen Conf, Oct. 2017).
- “Faith does not mean trusting God to stop the storm but trusting him to strengthen us as we walk through the storm.” (Facebook @D.I.Quotes).
- “God’s plans are the best—always better than ours.”
- “[Trusting in God] is going from failure to failure without losing your enthusiasm” (adapted from Winston Churchill).
- “Fear is the glue that keeps you stuck. Faith is the solvent that sets you free” (Shannon L. Alder).
- “Pray, and let God worry” (Martin Luther).
- “God is fixing that situation you’re stressed about.”
- “Faith means obeying God even when you don’t understand” (Instagram @PastorRickWarren).
- “I encourage you to keep going. Cling to the Savior. He is your refuge from the storm” (Quentin L. Cook).



- "I accept what is. I can trust that it's perfect for me" (Laura M. Brotherson).
- "Everything that happens to me is happening for me" (Laura M. Brotherson).
- "Everything I am going through is planting something valuable in me."
- "Don't spend another moment worrying. God has already worked it out for you" (Instagram @daily\_jesus\_images).
- "God is always on time. Let go of the worry. Trust His timing" (Instagram @daily\_jesus\_images).
- "I trust in God that the universe is working for me even when I don't feel it or things don't make sense."
- "I trust that everything I need comes to me at exactly the right place and time" (Instagram @iam.affirmations).
- "Let God fight your battles. He hasn't lost one yet" (Instagram @trustgodbro).
- "Whatever is making you anxious. Give it to Him" (Instagram @theprayerteam).
- "God is going to give you more than you asked for. Believe it" (Instagram @trustgodbro/Ephesians 3:20).
- "God, I have no idea where you are taking me, but I trust you" (Instagram @trustgodbro).
- "God's timing is not your timing. Trust Him and His plan for you" (Instagram @theprayerteam).
- "Your season of waiting has a purpose! While you are waiting, God is working" (Instagram @theprayerteam).
- "Wait on God. He's working everything out for your good and His glory" (Instagram @faith.factor.media).
- "God is not going to fail you." (Instagram @faith.factor.media).
- "God is going to open a better door than the one you prayed for" (Instagram @faith.factor.media).
- "God knows you are tired. He knows you are trying. Put Him first. Trust Him. He will make a way for you" (Instagram @faith.factor.media).
- "If it's meant to be, God will make a way. Don't stress. God has a plan" (Instagram @faith.factor.media).
- "Don't underestimate what God is doing in your season of waiting" (Instagram @trustgodbro).
- "Everything God is doing in you and through you right now is in perfect preparation for the future that only He can see" (Instagram @faith.factor.media).
- "If Daniel can trust God in the lion's den, you can trust God in your stresses and worries" (Instagram @trustgodbro).
- "God isn't asking you to figure it out. He's asking you to trust that he already has" (Instagram @trustgodbro).
- "Just because you don't see anything happening, doesn't mean God's not working" (Instagram @trustgodbro).
- "Just wait and see why God had you wait. What God is doing is beyond what you could ever pray or think of" (Instagram @daily\_jesus\_images).
- "Why you should never worry... John 13:7 Jesus replied, 'You do not realize now what I am doing, but later you will understand'" (Instagram @trustgodbro).
- "God is arranging things in your favor right now" (Instagram @mygodissoamazing)
- "Trust in what God sends your way" (Laura M. Brotherson).
- "Trust God. Everything will work out in the right way, at the right time" (Instagram @daily\_jesus\_images).
- "Stop overthinking. If it's God's will it'll happen, and nothing will stop it. If it's not, He has a better plan. Have peace in knowing that" (Instagram @daily\_jesus\_images).



- "I accept what the flow of life is presenting me" (Anonymous).
- "I trust God's timing."
- "We can trust in the Lord, even when we do not have a perfect understanding" (Laura M. Brotherson).
- "Everything in life has something to teach you. It's all for your growth."
- "At the right time, I the LORD, will make it happen" (Instagram @daily\_jesus\_images).
- "In this moment, I am exactly where I am meant to be" (Instagram @iam.affirmations).
- "Not only does God replace what you've lost. He upgrades it" (Instagram @mygodissoamazing).
- "Show me the way I should go, for to you I entrust my life" (Psalms 143:8 / Instagram @trustgodbro).
- "God knows the right time, the right place, the right person, the right answer. He KNOWS, so you don't have to" (Instagram @proverbs\_31life).
- "Let your life reflect the faith you have in God. Fear nothing and pray about everything. Be strong, trust God's word, and trust the process" (Germany Kent).
- "Never be afraid to trust an unknown future to a known God" (Corrie Ten Boom, Author of "The Hiding Place").
- "Faith is taking the first step even when you don't see the whole staircase" (Martin Luther King, Jr.).
- "Faith talks in the language of God. Doubt talks in the language of man" (E.W. Kenyon).
- "Faith doesn't come in a bushel basket. It comes one step at a time. Decide to trust Him for one little thing today, and before you know it, you find out He's so trustworthy you'll be putting your whole life in His hands" (Lynn Austin).
- "Dedication is writing your name on the bottom of a blank sheet of paper and handing it to the LORD for Him to fill in" (Rick Renner).
- "Trusting in God means that whatever we suffer, in the end, can be used for our ultimate good" (Angie from [resoundinghislove.com](https://resoundinghislove.com)).
- "Waiting and trusting God's timing is easy when all is going well. It's in those challenging times when it's the most difficult. We tend to want to jump ahead of his way and his timing when we should let go and let God do the work" (Angie from [resoundinghislove.com](https://resoundinghislove.com)).
- "Sometimes what we want is not what we need. God knows what we need better than we do" (Anonymous).
- "Trust that every moment that comes before you is a divine unfolding of the universe" (Anonymous).
- "When we take God at His word, we acknowledge that He knows better than us. We stop trying to 'figure Him out' and start accepting that He's got it all figured out" (Mary "How to Trust in the LORD with All Your Heart").
- "Somewhere in your quest for spiritual knowledge, there is that 'leap of faith,' as the philosophers call it. It is the moment when you have gone to the edge of the light and stepped into the darkness to discover that the way is lighted ahead for just a footstep or two" (Boyd K. Packer, "The Candle of the Lord," June 1982).
- "Heaven's grace exceeds our merit" (Jeffrey R. Holland, BYU, Jan 2022).
- "I don't want my plan. I want God's" (Instagram @trustgodbro).
- "The flow of life knows exactly what it's doing" (Laura M. Brotherson).
- "If God can part the Red Sea you know He can do anything. Trust Him" (Laura M. Brotherson).
- "I choose to trust the process I am currently in" (Laura M. Brotherson).





- “Everything out of my hands is in God’s hands” (Laura M. Brotherson).
- “God’s is in charge. He knows what he’s doing” (Laura M. Brotherson).

## QUESTIONS

- Can I trust that God’s plans and purposes for me are higher and better than my plans and purposes?
- Can I trust that everything happens for a reason and that everything has a purpose?
- Can I trust and believe that God’s timing is always better than my timing in the eternal scheme of things?
- Do I struggle to trust God when I can’t figure Him out or understand His plan?
- Could I imagine each moment of my life as if it was given to me by God himself? (Each moment is given to you by God to learn from and grow from.)
- Can I imagine living my life by simply serving with my whole heart and soul whatever life brings my way?
- “Whom do you look to when you’re facing issues that are out of your control?”
- **Let God Prevail** (Russell M. Nelson, Gen Conf, Oct. 2020).
  - “Are *you* willing to let God prevail in your life?”
  - “Are *you* willing to let God be the most important influence in your life?”
  - “Will you allow His words, His commandments, and His covenants to influence what you do each day?”
  - “Will you allow His voice to take priority over any other?”
  - “Are you *willing* to let whatever He needs you to do take precedence over every other ambition?”
  - “Are you *willing* to have your will swallowed up in His?”

## SONGS

- [You Know Better Than I](#) (from the movie “Joseph: King of Dreams”)
- [He Knows What He's Doing](#) (by Jason Crabb)
- [Laying it All Down](#) (by Nathan Pacheco) – [turn on CC to see lyrics]
- [It Is Well with My Soul](#) (by Philip Paul Bliss)

## OTHER RESOURCES

- HANDOUT – [“Spiritual Surrender \(7 Steps\) – How to Do Spiritual Surrender”](#)
- ARTICLE – [“Pending, not vending: John Bytheway shares how God helps things work out ... eventually”](#)
- TALK – [“But If Not ...”](#) (Apr 2004) by Elder Dennis E. Simmons
- TALK – [“But If Not”](#) (Oct 2002) by Elder Lance B. Wickman
- TALK – [“Willing to Submit”](#) (Apr 1985) by Elder Neal A. Maxwell

