

Trust Amidst Turmoil

By Dr. Michael Obsatz – March 2026

It is challenging to "trust the process" when the world seems to be falling apart, and people are starving and dying all around us.

With wars raging everywhere, drones and bombs destroying villages with schools and hospitals, rampant hatred, racism and antisemitism, and ineffective leadership — it is hard to believe everything is going to turn out fine.

How do we TRUST in times of TURMOIL? Here are some thoughts about this:

T — Treasure every moment. Treat others with kindness and compassion.

R — Respect the earth and all its inhabitants. Refrain from judging, shaming, blaming, harming others.

U — Use resources wisely and sparingly. Use protesting with caution and care.

S — Seek to understand a variety of viewpoints. Speak up about violence and prejudice. Simply pray for peace.

T — Togetherness, oneness consciousness (seeing the Divinity in all beings) can be learned and then practiced.

Vanzant's book on "Trust" examines the four kinds of trust — trust in self, trust in others, trust in God, and trust in life. If we could only believe that life is unfolding as it needs to, and everything will be all right. Hard to achieve in tumultuous times.

“Pray as if everything depended on God, work as though everything depended on you.”
– Saint Augustine

The Alcoholics Anonymous' serenity prayer also speaks about trust. "God. grant me the serenity to ACCEPT the things I cannot change, COURAGE to change the things I can, and WISDOM to know the difference." – Reinhold Niebuhr

Along with love, trust is the answer.