



TASTE Reflection Questions
16 October 2025

**Focus on the Goodness of God and
Overcome Your Anxiety**

Fr. Virginus Onyekachi Osuagwu

Pray, Hope, and Don't Worry. ~ Padre Pio



1. What did you find most interesting about this talk?

2. Fr. Virginus said that the foundation of overcoming anxiety is understanding and trusting the goodness of God. The nature of God's goodness is threefold:

- God's goodness is **His nature**. He doesn't try to be good. God **is** good.
- God's goodness is **unchanging**. People may change, but God's goodness remains constant.
- God's goodness is **personal**. God is not just good to others. He is good to **you**.

- Were you aware of these three natures?
- Which nature of God is the easiest to accept?
- Which nature of God is challenging for you?

3. Fr. Virginus said that anxiety is not a sign of weak faith; it's an invitation to deeper trust. He said that there is a relationship between focus and anxiety. God is calling us to refocus, not on what is going wrong, but who He is. He then said that what we focus on will either feed our faith or fuel our fear. Consider Peter walking on the water in the storm. Matt 14:28-31.

- What did you think when Peter walked on the water when focusing on Jesus, but sank when he looked at the waves?
- What are the waves in your life that keep you from focusing on Jesus?
- When did you accept your anxiety as an invitation to a deeper trust in God?
 - How did that turn out?
 - What did you focus on to feed your faith rather than to fuel your fear? How did that help?

4. Fr. Virginus gave us four ways to focus on the goodness of God.

- Remember what God has done. Remember every provision, every healing, every rescue, etc. God is **still** good!
- Rest in what He has promised. When you pray with thanksgiving you shift from **fear** to **faith**. Phil 4:6-7.
- Rehearse the Word of God. Replace anxious thoughts with Truth of scripture.
- Respond in Worship. Sing hymns to God.

- What are some ways you like to focus on the goodness of God?
- What are some new ways you would like to try to focus on the goodness of God?
- What are some ways you feel are difficult to focus on the goodness of God?

CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU (PS 55:22: 1 PET 5:7)

1. INTRODUCTION: THE REALITY OF ANXIETY

- Every one of us, at some point, has faced anxiety. We have faced that uneasy feeling of uncertainty, fear, or worry about what might happen. Even strong believers, prophets, and apostles experienced moments of anxiety. Elijah, after calling down fire from heaven, ran in fear. David often cried out to God in distress.
- But here is the truth: **Anxiety is not a sign of weak faith; it's an invitation to deeper trust.** When anxiety rises, God is calling us to refocus, not on what is going wrong, but on who He is.
- **Key Thought:** What you focus on will either feed your faith or fuel your fear.

2. THE NATURE OF GOD'S GOODNESS

- The foundation of overcoming anxiety is understanding and trusting the **goodness of God.**
- **God's goodness is His nature** — Psalm 145:9 says: The Lord is good to all. He has compassion on all He has made. God does not try to be good. God is good. His goodness is not based on your performance or your circumstances.
- **God's goodness is unchanging** — People change, seasons change, and emotions change but God never changes. For the Lord is good: His mercy is everlasting; and His truth endures to all generations (Ps 100:5). Even when life feels uncertain, God's goodness remains constant.
- **God's goodness is personal** — God is not just good to others – God is good to you. Surely goodness and mercy shall follow me all the days of my life (Ps 23:6).

3. THE RELATIONSHIP BETWEEN FOCUS AND ANXIETY

- Anxiety grows when we meditate on our fears instead of God's faithfulness. Consider Peter walking on water (Matt 14:28-31). As long as Peter's eyes were on Jesus, he walked above the storm. But the moment he focused on the wind and waves, he began to sink.
- **Principle** — Whatever you magnify becomes powerful in your life. If you magnify your problems, they will overwhelm you. If you magnify the goodness of God, peace will guard your heart.

4. PRACTICAL WAYS TO FOCUS ON THE GOODNESS OF GOD

- **Remember What God Has Done** — David said in Psalm 77:11: I will remember the deeds of the Lord, yes, I will remember your miracles of long ago. When you feel anxious, take time to remember God's faithfulness in the past. Every answered prayer, every provision, every healing, every rescue -- they all testify: "God is still good." **Practical Step:** Keep a "Goodness Journal." Write down every blessing and answered prayer. When anxiety tries to speak, let gratitude answer.
- **Rest in What God Has Promised** — Anxiety thrives on the unknown. But God's promises give you something known to stand on. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus (Phil 4:6-7) When you pray with thanksgiving, you shift from fear to faith. You are no longer telling God how big your problem is, you are reminding your problem how big your God is.
- **Rehearse the Word of God** — Faith comes by hearing (Romans 10:17). Replace anxious thoughts with truth from Scripture. Say aloud: The Lord is my Shepherd. I shall not want. God is my refuge and strength. He will never leave me nor forsake me. You cannot think your way out of anxiety, but you can speak your way into peace through God's Word.
- **Respond in Worship** — Worship is one of the most powerful antidotes to anxiety. When Paul and Silas were imprisoned in Acts 16, they sang hymns to God. Their praises broke their chains. Worship shifts your focus from fear to faith, from panic to praise. You cannot worship and worry at the same time.

5. THE OUTCOME: PEACE THROUGH TRUST

- When you focus on God's goodness: Your perspective changes. Your confidence grows. Your heart finds rest.
- Isaiah 26:3 says: You will keep in perfect peace those whose minds are steadfast, because they trust in you.
- Peace is not the absence of problems: It is the presence of trust.

6. CONCLUSION

- God's goodness is not a theory - it is a Truth that transforms your life.
- He was good yesterday. He is good today, and He will be good tomorrow.
- When anxiety whispers, what if? Faith answers, Even if -- God is still good.