

YOUR NEW



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## PART TWO: FROM SUSPICION TO TRUST

Remember when you were a kid and trusted at a level that seemed, well, childlike? But our trust gets broken. Over time, we become suspicious of people, organizations and even God. What happens to us when suspicion becomes our dominant view? Everything changes when you stop assuming the worst and start believing the best.

**BIG IDEA: The greatest way to eliminate stress is to lovingly choose to believe the best.**

### DISCUSSION QUESTIONS

1. Think of someone you know who you would say is not very generous. How do you feel when you interact with that person?
2. When you are in a situation where you are missing key information about what's going on (there's \$100 less in the bank account from a joint account and you're not sure why), what conclusions do you jump to?
3. Do you tend to move toward a generous explanation (I'm sure he picked up some groceries...or the car must have been out of gas) or toward the least generous explanation (that's him...he just can't stick to a budget...or I'll bet he's bought yet another thing he doesn't need). Do you know why you lean that way?
4. With your Bible or Bible App, read 1 Corinthians 13:4-7

*4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.*

*1 Corinthians 13:4-7 (NIV)*

5. In verse 7, the apostle Paul says love 'always trusts'. What is the hardest thing about trust for you?
6. What do you think might happen if you began to believe the best of God and people when faced with a 'gap in information' about a situation? What might happen to: Your faith? Your marriage? Your work? Your parenting? Your friendships?
7. What would scare you about believing the best about others?
8. During the message, Carlo said, "It doesn't matter how spiritual we are, how wise we are, or how generous we are: without love, we are nothing." How would a love-centered view of life impact your current stress levels?

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## WHAT WILL YOU DO?

This week, when you are not sure how to interpret someone's behavior, do this: believe the best. Give them the benefit of the doubt and fill every gap in information with the most generous explanation possible. Fill in the gaps with trust, not suspicion. Do this both with people and with God. Watch what it does to your relationships with everyone involved (including God). Not sure what to say?

Try this line: I'm not sure what happened, but there must be a perfectly good explanation.

## CHANGING YOUR MIND

"[Love] always protects, always trusts, always hopes, always perseveres." - 1 Corinthians 13:7 NIV