

## The Relationship Equation: Trust

Recap: Relationships get better when they're done God's way.

Philippians 2:5: In your relationships with one another, have the same mindset as Christ Jesus.

Becoming Better Together: A Plan for Growing Together When Life is Pulling You Apart.

How to Avoid Falling in Love with a Jerk –Dr. John Van Epp

### FIVE MAJOR BONDS IN EVERY RELATIONSHIP



### Safety vs. Danger Zone

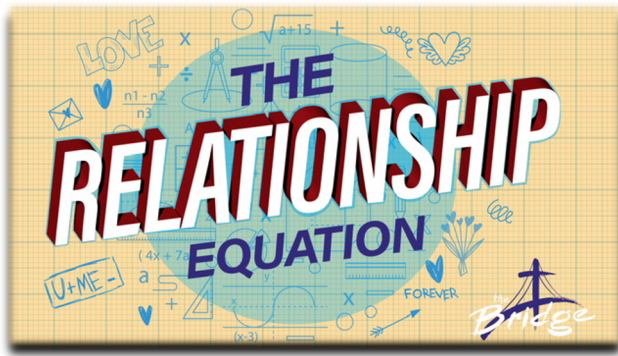
**Safety Zone:** never progress to next level until you're firmly established at the previous level.

**Danger Zone:** The danger zone is when you begin to move to another level before you're firmly established at the present level.

**Trust:** a feeling of security or confidence in another person.

Note: Your feelings of trust don't come from *what you know* about someone else, but from *what you decide to think* about what you know about someone else.





Benjamin Franklin: Before marriage keep your eyes wide open, but afterwards half shut.

*If You're Married:*

Where do you focus? Do you focus on all the positives about them or the negatives? Do you focus on all the things that bug you first, and miss all the things that bless you?

“You live with two spouses—the one in your house and the one in your head.”

1 Samuel 16, 1 Corinthians 13, 1 Peter 5:8, 1 Peter 4:8, Romans 8:28

### **How do you rebuild trust when it's been broken?**

*Offended: Forgive and Wait*

*Offender: Time and Transparency*

*Forgiveness is past oriented; trust is future oriented.*

*Takeaway for Singles:*

Spend time evaluating if you can trust someone.

Watch their actions, not their words.

Get other people you trust to weigh in on the relationship.

*Takeaway for Married:*

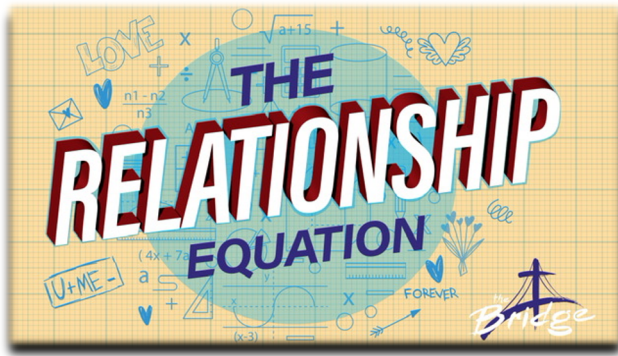
Focus on the positive, not the negative.

Believe the best if possible.

*Takeaway for Broken Trust:*

Offended: forgive whether the relationship continues or not.

Offender: work hard at rebuilding trust and showing your spouse a new picture.



## Discussion Guide

How would you differentiate between trust, rely, and commit? [5 min]

How do you build trust? [5 min]

How do you sustain trust? [5 min]

How do you rebuild trust? [5 min]

Choose a relationship that you want to go deeper with (marriage, business partner, friend, or family member). Identify one thing you plan to do this week to build, sustain, or rebuild trust. [10 min]

Luke 16:1-8 (NIV) Jesus told his disciples: “There was a rich man whose manager was accused of wasting his possessions. So he called him in and asked him, ‘What is this I hear about you? Give an account of your management, because you cannot be manager any longer.’” “The manager said to himself, ‘What shall I do now? My master is taking away my job. I’m not strong enough to dig, and I’m ashamed to beg—I know what I’ll do so that, when I lose my job here, people will welcome me into their houses.’” “So he called in each one of his master’s debtors. He asked the first, ‘How much do you owe my master?’ ““Nine hundred gallons of olive oil,’ he replied. “The manager told him, ‘Take your bill, sit down quickly, and make it four hundred and fifty.’” “Then he asked the second, ‘And how much do you owe?’ ““A thousand bushels of wheat,’ he replied. “He told him, ‘Take your bill and make it eight hundred.’” “The master commended the dishonest manager because he had acted shrewdly. For the people of this world are more shrewd in dealing with their own kind than are the people of the light.

Romans 15:13 (NIV) May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

1 Corinthians 4:2 (NIV) Now it is required that those who have been given a trust must prove faithful.

Hebrews 2:13 (NIV) “I will put my trust in him.”

Rather than taking prayer requests, as someone in your group (or you can do it yourself), to take a mental note during the discussion of who needs prayer in specific relationships that lack trust. Pray for those relationships during the prayer time, demonstrating that you have heard their hearts and are taking their needs to God on their behalf.