

Marriage Words—Keys to a Strong Marriage

Trust

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Introduction: Trust can be defined as “an assured reliance on the character, ability, strength, or truth of someone or something.” When we think of God in light of these defining words, we realize that our trust is well placed! After all, His character, ability, strength, and honesty are unparalleled.

Trustworthy. That’s what God is, *worthy of trust*. And with that quality comes the predictability and confidence one needs to possess a healthy relationship with Him.

To what degree am I trustworthy? Does my spouse have good reason to trust me?

The English words *trust* and *true* originated from the same old Anglo-Saxon word, *trow*. *Trust* means to rely on the integrity of someone who is being true to you.

Why is trust so important?

Trust is important because it is foundational to a relationship.

It is the foundation for all of marriage’s most important components: submission, love, respect, and communication.

“I love you,” and similar statements are meaningless when no relationship exists.

Trust is important because it is first in a relationship.

A true relationship finds inception with trust. Our relationship with God began with trust.

Acts 16:31; John 1:12; Heb. 11:6; Eph. 2:8, 9

What is the basis for trust?

You can't just "trust." That's like saying, "Just have faith." Have faith in what? Trust must have a source. Faith must have an object.

Obviously God is trustworthy and as such, His Word can be completely trusted.

Prov. 30:5; 2 Sam. 22:31; Psalm 36:7; Psalm 56:4; 1 Timothy 4:10; Psalm 118:8

Reliability

Keeping your word is absolutely essential as a reflection of godly character. (Please see James 5:12.)

Honesty must be our goal and humility must be our guardrail.

Reputation

Reputation is simply a report card of your perceived reliability in a given area.

See Titus 2:9. Am I displaying a *pattern* of good works?

What are the enemies of trust?

Dishonesty

Dishonesty begs the question, “Why are you lying?” When I lie in front of my spouse I am destroying her trust in what I say to her.

Evasiveness

Evasiveness begs the question, “What are you hiding?”

Sometimes spouses demonstrate evasiveness in seemingly innocuous ways, like having separate passwords for computers, phones, etc.; hiding an activity; being unclear about their schedule; etc.

Hypocrisy

Hypocrisy purports to be something somewhere else without being that person at home. It will only serve to erode the confidence of your spouse in you. (See 1 Tim. 1:5—unfeigned faith.)

How can I rebuild trust?

Over communicate

When trust has been breached, fear will fill the gaps of communication with negative thoughts.

How can spouses practice over-communication?
Proactively communicate.

Schedule daily conversation. Find your time and place.

Celebrate small victories. Learn to provide feedback.

Increase Accountability

“Trust but verify.”

Take your medicine! Be willing to accept the necessary rules and boundaries necessary to rebuild trust.

Learn to appreciate inspection.

View the other's suspicion as evidence that they are still in the game, not as an indicator that they want to quit.

Understand the acceptance circle and strive to build relationship from the inner circle of your life toward the outer circle and not vice-versa.

Invest Time

There needs to be space for a patterning.

This is why full disclosure is important.

Incremental findings cause additional pain and trample the sprouts of renewed trust.