

Build, Sustain, Rebuild Trust

Whether it's friends, neighbors, coworkers, spouses or anyone else, God calls us to healthy, balanced relationships, and it's important that both our hearts and minds are in the right place. Let's talk about five relationship dynamics that, when navigated well, will help us develop healthy relationships with one another.



INTRODUCTION

Today Pastor David continued the Mind Your Heart sermon series by discussing trust. Looking to examples throughout scripture, Pastor David explained how we can build, sustain, and rebuild trust in our relationships.

STARTER QUESTION

Pastor David said today there are two reasons why we don't trust people: because we don't know them and because we do know them. Would you describe yourself as a person who naturally trusts or are you more naturally skeptical or cautious? Explain with some examples.

INTO THE WORD

1. Revisit Philippians 2:1-8, which we read during last week's sermon. Philippians 2:5, our key verse for this sermon series, is a short verse that sounds so simple: *"In your relationships with one another, have the same mindset as Christ Jesus"* (NIV). Why is it so difficult to have the mindset of Christ? How can we get closer to taking on His mindset?
2. Read 1 Peter 4:8 and 1 Corinthians 13:7-8. How do these verses about love apply to sustaining trust in a relationship?

APPLICATION

3. Pastor David said that building trust comes from knowing. Discuss some practical ways we can build trust in our relationships.
4. Broken trust can cause a lot of harm in relationships or even cause them to break altogether. When trust is broken, the other relationship dynamics become all out of sync as well. What are ways we can rebuild trust in a relationship after trust has been broken?
5. When you look at the relationships in your life, do you see the need to build, sustain or rebuild trust? Can you identify one relationship in each category? What steps can you take to improve one or more of these relationships?

PRAYER

Dear Father, please help us to be reliable friends and trustworthy people in all our relationships. Give us the grace to follow Your example and be just like Jesus in our mindsets where relationships are concerned. In Jesus name, Amen.

SUGGESTED ANSWER GUIDE / MORE FOOD FOR THOUGHT FOR SELECTED QUESTIONS:

Question 1: Philippians 2:6-8 goes on to describe just what Christ's mindset was: a picture of humility. Though He was God, He "*did not consider equality with God something to be used to his own advantage*" (Phil 2:6 NIV). He took on the "*very nature of a servant*" (verse 7) and "*humbled himself by becoming obedient to death*" (verse 8). We can choose to be more like Christ in these ways.

Question 2: 1 Peter 4:8 (ESV) says, "*Above all, keep loving one another earnestly, since love covers a multitude of sins.*" 1 Corinthians 13:7-8 says, "*Love bears all things, believes all things, hopes all things, and endures all things. Love never ends.*" In relationships, especially between spouses, love covering a multitude of sins and love enduring all things are essential to sustaining trust. As Pastor David said, in order to sustain trust, you need to bring the good to the front and push the bad to the back and give the benefit of the doubt to others.

Question 4: The important thing to remember is that forgiveness does not mean trust. We are called to forgive one another (see Ephesians 4:32), but trust must be rebuilt after it has been broken. Consider the example that Pastor David used today with his son's cast. Forgiveness is like a cast around a hurt in a relationship, which holds things (the bones) in place. Trust is the healing, which takes time.

Question 5: Look for progressive growth in the relationship dynamics discussed by Pastor David. Examine each of the areas in the order of Know, Trust, Rely, Commit, and Touch, and determine where the relationship is out of balance. To build trust, address issues in the areas of honesty, integrity, or reliability. To sustain trust, bring the good to the front and push the bad to the back: focus on the positive over the negative. To rebuild trust, forgive and begin to trust again...slowly.