

# “Trust”

## Beneath the Surface: Deepening Our Relationships—Part 5

### INTRODUCTION

In our final sermon study of the series we will be looking at how we can deepen our relationships through trust. The primary object of our trust is God. Because of His nature, we know that He is worthy of our uncompromising trust. But trust is also vital to healthy relationships with others. As Christ followers, we aspire to be like Jesus, and one aspect of that is to be trustworthy.

#### **Ice Breaker (Optional):**

What kinds of trust building games have you been part of? (falling backwards, blindfold walks...)

### Study Questions (45 MIN)

#### **Trust takes courage**

##### **Q1. Read Psalm 56:3-4; Psalm 9:10; Psalm 13:5; Psalm 40:11-13**

Placing our trust in someone requires us to believe that they are worthy of our confidence and will not do us harm. It exposes our vulnerabilities. How does fear generally work against trust? What does the Psalmist do when he is afraid? (Psalm 56:3-4) Why does his trust in God change his perspective toward his enemies? As believers, our faith and knowledge of God form the basis of our trust in Him. What are some of the reasons we know we can trust God? (Psalm 13:5; Psalm 40:11-13)

##### **Q2. Read Proverbs 3:5-6; Isaiah 26:3; Jeremiah 17:5**

Not only is God worthy of our trust, we also reap great benefit from trusting in Him. What specific benefits are noted in Proverbs 3:5-6 and Isaiah 26:3? How have you personally benefitted from placing your trust in God? When choosing to place our trust in another, what is one of the pitfalls that we should watch out for (Jeremiah 17:5?) What are some of the characteristics of a person that cause you to trust them?

#### **Trust takes time**

##### **Q3. Read Ephesians 4:15-16; Exodus 14:31**

Healthy relationships within the body of believers result when our lives reflect God. (Ephesians 4:15-16) But we must earn the trust and respect of others over time. What was it about Moses that the Israelites

recognized when they finally trusted him (Exodus 14:31?) What habits, behaviors, and choices do we need to practice or make to be considered trustworthy?

##### **Q4. Read Ephesians 4:25, 31; Ephesians 4:1-3; Colossians 3:13; Matthew 18:21-22**

The Bible gives us instruction on how God wants us to relate to others. These principals can all be applied to build trust within our relationships. What are the important, trust-building elements, of our communication described in Ephesians 4:25, 31? How would the absence of the qualities listed in Ephesians 4:2 affect our trust of someone? How does expressing mercy and forgiveness present an opportunity to build trust in a relationship?

### Wrap-Up

Trust is a choice we make to place our confidence in another. God alone is worthy of our unquestioning trust. The Bible encourages and assures us that trusting Him will bring us blessing and peace. But to deepen our relationships with others requires courage to expose our vulnerabilities and risk being hurt. Healthy relationships are grown through mutual trust. We can improve our own trustworthiness when our behavior toward others is a reflection of Christ in us. Ultimately we must be willing to invest ourselves to grow genuine trust, because cultivating trust takes time and effort.

### Memory Verse

*Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.*  
Proverbs 3:5-6 NIV

### Prayer (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: \_\_\_\_\_

Pray for your group members' needs: (see back for more notes) \_\_\_\_\_

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**Challenge:** Have you experienced a breach of trust in a relationship? Ask God if there is a “next step” you can take to repair the breach and build trust once again?

