

Understanding Trust

Trust Issues Pt. 1

Small Group Questions:

1. Are you a trusting person? Explain your answer.
 2. Look at the definition of trust in the outline above. Where have you seen aspects like safe, good, and reliable break trust or build trust?
 3. Read the quote from Henry Cloud. How does understanding impact trust?
 4. Read Genesis 3:8-13. Why do you think God asked these questions? What was His desired outcome from the conversation?
 5. Read Hebrews 4:15-16. What is this saying about Jesus' capacity to understand us?
 6. Read Proverbs 18:13 and the questions that accompany that verse. How could these questions build understanding and therefore trust in a relationship?
 7. God, Others, Church. Which relationship would you desire more trust? Explain your answer. What will you do about that?
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"Just trust me."

Trust: *to believe that someone is good and honest and will not harm you or that something is safe and reliable.* Cambridge Dictionary

Trust is the **OXYGEN** of real life.

People have trust issues with **GOD**, with **OTHERS**, and with **CHURCH**.

Proverbs 3:5-6 *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.*

5 Parts of Trust:

1. **Understanding**
2. Intent
3. Ability
4. Character
5. Track Record

Building trust does not begin with **CONVINCING** but understanding.

Brain science teaches us that we are designed to begin to open ourselves to trusting someone when we feel they understand us, when we feel mirrored by them. A mirror reflects back to us who we are, and in the deepest communications between people, reflecting back to someone who they are says: "I see you. I hear you. I know who you are." Henry Cloud

Genesis 3:8-13 *Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. 9 But the LORD God called to the man, "Where are you?" 10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." 11 And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" 12 The man said, "The woman you put here with me—she gave me some fruit from the tree, and I ate it." 13 Then the LORD God said to the woman, "What is this you have done?"*

Questions from an omniscient God aren't for information but **CONNECTION**.

People must feel known in order to trust. Henry Cloud

John 4:4-10 *Now he had to go through Samaria. 5 So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. 6 Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. 7 When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" 8 (His disciples had gone into the town to buy food.) 9 The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans. 10 Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."*

Hebrews 4:15-16 *For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

With God: God understands everything about me, still loves me, and desires connection with me.

Psalms 22:9 *Yet you brought me out of the womb; you made me trust in you, even at my mother's breast.*

With Others: People who demonstrate a desire to understand demonstrate a key component of trustworthiness.

Proverbs 18:13 *To answer before listening- that is folly and shame.*

4 Questions Understanding:

I really want to know what that is like for you, can you tell me more?

I want to understand what's going on, how did we get here?

I am interested in knowing you, tell me your story?

So you're feeling _____, am I understanding that correctly?

With Church: A spiritual community that creates a place for understanding demonstrates a key component of trustworthiness.

Bottom Line: Trust builders seek to understand before being **UNDERSTOOD**.