

# Between You & Me

## Trust | Week 3

Hayden | Jan 22<sup>nd</sup> and 25<sup>th</sup> 2026 | Gabe Cleave

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Trust is essential to every healthy relationship, yet trust is broken in every relationship at some point.

- When we do or say what we shouldn't, trust is broken.
- When we fail to do or say what we should, trust is broken.
- Every one of us has broken trust because every one of us has sinned.

The severity of broken trust depends on what happened. Some breaches are easier to move past, while others change relationships forever. Because of this, many people become guarded and hesitant to trust again.

### **1 Corinthians 13:7 (NIV)**

Love always protects, always trusts, always hopes, always perseveres.

### **The Enemy's Goal: Isolation**

The enemy seeks to separate us from God and from others. As distance grows, lies begin to fill the gap:

- "You're better off alone."
- "People always let you down."
- "God will let you down."
- "You'll just get hurt again."

### **John 8:44 (NIV)**

### **John 10:10 (NIV)**

### **When Trust Is Broken**

At some point, your trust will be broken.

- For some, this has happened many times.
- For others, this may be happening right now.

While broken trust is painful, there is a healthy way and an unhealthy way to walk through it.

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# TWO WAYS TO WALK THROUGH BROKEN TRUST

## The Unhealthy Way (Leads to Isolation)

1. I trust.
2. My trust is broken.
3. I fail to forgive.
4. I become cynical.
5. I refuse to trust again.
6. I isolate.

### **Proverbs 18:1 (HCSB)**

One who isolates himself rebels against all sound judgment.

## The Healthy Way (Leads to Healing)

1. I trust.
2. My trust is broken.
3. I bring my pain to God.
4. I forgive.
5. I create boundaries.
6. Reconciliation is possible.

### **Psalms 62:8 (NIV)**

Pour out your hearts to him, for God is our refuge.

### **Matthew 6:14–15 (NIV)**

If you forgive others, your heavenly Father will also forgive you.

Forgiveness frees you. Unforgiveness allows bitterness to grow.

### **Hebrews 12:15 (NLT)**

Watch out that no poisonous root of bitterness grows up.

“Trust is built when words and actions align.” —Henry Cloud

Trust can be rebuilt, but it often takes time, and it may never look the same.

## Two things to remember through all of this...

1. Stay connected to your faith family
2. You can always trust God

