

trust

between you and me | week three

post falls campus | january 22nd & 25th | sam meredith



Trust Defined

- Not a feeling or a blind leap – an active choice
- Healthiest when based on evidence that supports - dependable, faithful, consistent
- Like concrete foundation, it takes time to lay and set up, but once established, it can sustain a heavy load
 - Without it, nothing is stable, fear fills the cracks and gaps, things fall apart

1. A Biblical Picture of the Trust Restored | Paul & Barnabas Acts 9:26-30

- No trust based on past actions. It limits opportunities for connection and service to others
- An advocate steps in and gives an opportunity to prove faithfulness
- Paul proves faithful to Jesus' mission for the sake of the Gospel & serving others
- Trust restored – movement from fear to how can we help and protect

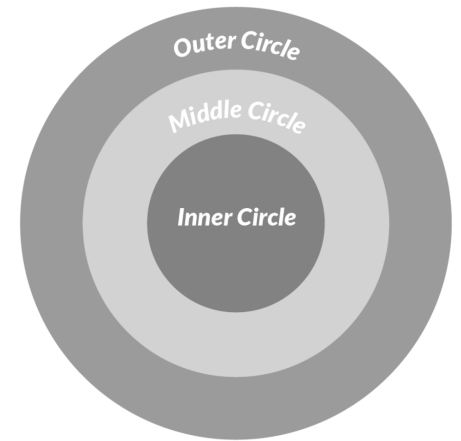
2. What to do When People Don't Trust You

- Distinguishing *my part* from *their part* and *God's part*
- *Trust is lost in buckets but rebuilt by the spoonful.* It takes time and consistency!
- Whose voice are you listening to? Enemy? Culture? Self? The Lord?
- Confess vertically and horizontally | 1 John 1:9 and James 5:16
 - Apology language assessment:
<https://5lovelanguages.com/quizzes/apology-language>
- No excuses – take responsibility for the action AND the results | Prov 28:13
- Change. Grow. Choose Humility. Get help. Invite accountability. Stay consistent!

3. What to do When You're the One Who *Doesn't* Trust

- Distinguishing *my part* from *their part* and *God's part*
- Keep forgiveness (Col 3:13) and trust as separate components of reconciliation
- Use discernment (Prov 25:19)
- Recognize trust requires vulnerability and risk – so make a wise investment (Prov 11:14; 12:15; 20:18)
Ultimately, we're trusting our Heavenly Father and
- His ways (Gen 2:18; Matt 22:37-40; Jn 2:23-25)
- So our hope is not in people but in our God – let's use wisdom for whom we trust (Circles of trust)

Circles of Trust



Level of Trust

- Low/None
- Medium/Low
- High

4. When You're the Barnabas (standing in the gap)

- Distinguishing *my part* from *their part* and *God's part*
- Hear the whole story before coming to conclusions (Prov 18:17)
- Differentiate *heart* from *hands* – intent vs ability – character vs skills

5. Without Jesus, We're in Trouble

- An abiding relationship with Jesus is key to life, maturity, & healthy relationships
- He is the ultimate trustworthy One; let's keep our eyes on Him
- Our identity and hope are secure in Him: adopted, wanted, loved, forgiven, holy (Jn 15:5) (Heb 12:2)(Eph 1:4-5)

Let's continue to be people who...

- Own our part and take responsibility
- Use wisdom and discernment in our relationships – risking wisely
- Are peacemakers – restoring people to God and doing life His way

