

Trust

I just can't trust him anymore.

After what she did to me, how will I know if I can ever trust her again?

I trusted God for something and it didn't happen. How can I trust in Him the next time?

Life is all about trusting in someone or something. Trust is a major life issue that all of us have struggled with from time to time.

Trust according to Webster means "Assured reliance on the character, ability, strength, or truth of someone or something, one in which confidence is placed, dependence upon future or something contingent, to place confidence in, to trust in or to rely upon, depend on, count on, have confidence in, have faith in, set store by, put or take stock in, swear by, believe in, put or place ones' confidence in, pin one's faith upon, have confidence in and be optimistic in."

In a nutshell, when I say I trust you, I mean I believe in you, I have confidence in you, I have faith in you. Trusting you means you can be counted on and will be dependable and responsible to fulfill your word to me. Trust is a step of faith that entrusts important things into the care and custody of another.

Think about it. We trust bankers with our money. We trust drivers to stay on their side of the white line. We trust medicines to not contain poisons. We trust doctors to operate on our bodies. We trust pilots to keep planes in the air. We trust warning labels on products. We trust that the Bible is the word of truth.

Trusting is an everyday thing. We take so much trust for granted. The trust that is most problematic for us is trusting people and at times, even God, with our hearts. **Whenever trust is broken, our hearts break, and we tend to shrink back from trusting again.**

There are indeed some people who by character and conduct are untrustworthy. They should not be trusted with what is valuable to us. People who cannot be trusted, do not trust in God or themselves. When a person proves untrustworthy again and again, we need to walk away from that relationship. And not feel bad about it!

But what about people and relationship we value? What about re-establishing trust that has been broken? What about trusting again after we have been hurt so we can enjoy new relationships? Should we ever throw trust out with the baby and bath water?

God designed life so that trust is not optional. Trust is required if we are to enjoy the blessings God has promised us.

Trust is a willful decision of my heart that decides to trust the object of my trust. Trust is all about faith and belief. Trust is a matter of who you are looking to and believing in for life's outcomes.

TRUSTING GOD

Life's difficulties and adversities can shake our trust in God if we are not careful. Satan's ultimate goal in his war against our souls is to try to get us to stop trusting in the Lord. The enemy wins if he can steal our faith.

No matter what happens in life, God can be trusted. Tried, tempted or tested, God can be trusted. The Bible makes it abundantly clear that God is trustworthy. He is a God of His Word (I Peter 1:23-25). He performs what He promises (Jeremiah 1:12). He keeps his covenant with His people (Genesis 17:19, Exodus 6:4-5, Psalm 89:34). God cannot lie. Not one of His promises has ever been broken (I Kings 8:56, Joshua 23:14).

God is worthy of our trust because He is trustworthy. God always does what He says he will do. We may not always understand the process (see Proverbs 3:5-6), but we can trust our Father when we don't understand. *Read through Matthew, Mark, Luke and John and see in the life of Jesus the trustworthiness of God.*

Scriptures For Trusting God: Psalm 37:3, Psalm 37:5, Psalm 118:8, Proverbs 3:5-6, Isaiah 26:4, Isaiah 50:10, II Samuel 22:31, Psalm 31:19, Psalm 32:10, Psalm 34:22, Psalm 125:1, Proverbs 29:25, Isaiah 26:3, Jeremiah 17:7, Nahum 1:7, II Kings 18:5, Job 13:15, Psalm 25:2, Psalm 56:3, Psalm 57:1, Isaiah 12:2, I Timothy 4:10, I Timothy 1:12.

"Faithful (trustworthy and worth trusting) is He who calls you, who will also bring it to pass." I Thessalonians 5:24

TRUSTING SELF

Self-trust is a sign of maturity. When we can trust ourselves, then others can trust us. On the other hand, it is equally true that people who cannot trust themselves cannot be trusted by others. **Trusting self means that God can trust us with the life He has given**

us. God can count on us to be faithful to fulfill His will for our lives and give a good account when it is over.

“Search me O God, and know my heart, try me and know my anxious thoughts, and see if there be any hurtful way in me, and lead me in the everlasting way.”

Psalm 139:23-24

Here are some searching questions we need to answer.

- ✓ Do you trust yourself? Especially when tempted to not be faithful?
- ✓ Knowing what you know about you, can people trust you?
- ✓ Why should people trust you with their hearts?
- ✓ What does people’s trust in you mean to you?
- ✓ Are you who you say you are and do you do what you say you do?
- ✓ List three good reasons why someone should trust you.

1. _____.

2. _____.

3. _____.

TRUSTING PEOPLE

Here is where the trust rubber meets the road. We want to and need to trust people. **Trust is critical to healthy human relationships. Love that lasts is based on trust and faith. Loving relationships in life are mutually satisfying and fulfilling when they are based on trust.**

So who can you trust? Everyone? Some people? No people? It is important, that even though some people will prove untrustworthy, we need to believe that most people can be trusted. We need to give people the benefit of the doubt when it comes to trust. We would want it, wouldn’t we?

But God ‘s Word warns us not to trust in man more than we trust in God (see Psalm 118:9 Psalm 146:3, Isaiah 2:22, Isaiah 30:2, Isaiah 31:1, Isaiah 36:6, Jeremiah 17:5, Hosea 5:13). We are never to put any person above God. People, no matter how much influence they have in our lives, are not God and never will be. Trusting people has limits.

If someone has broken your trust, ask yourself these questions:

- How did they break your trust?
- Why did they break your trust?
- Is their trust worth restoring?

In general, people who trust people are people that people can trust. Ask God to help you trust people appropriately.

RESTORING TRUST

❖ Restoring Trust in God

When we feel that God has let us down, it is time for us to rise up and restore our trust in Him. Romans 10:11 declares *“Whoever believes in Him will not be disappointed.”* Life, people and even we can disappoint us, but God never can.

When we turn to the Lord to restore trust in Him, He never disappoints! God knows that hurt causes us to withdraw from Him. Our challenge is to allow hurt to draw us nearer to God, not away from Him.

Here is a simple pray that will help you restore your trust in God.

Heavenly Father, I come to you to release my pain and heartache. I know that You are not the cause of my disappointment. I ask You to forgive me for thinking that You let me down. As your child, I look to You as my Father, and put my hand back into your hand. I choose this day to begin trusting You again.

Thank you for believing in me and trusting me even when I didn't trust you. I love you with all my heart and will spend the rest of my life trusting you, whether I understand what is going on or not. I will walk by faith and not sight.

“Trust in the Lord with all your heart, and do not lean on your own understanding, acknowledge Him in all your ways and He will make your path straight.”

Proverbs 3:5-6

❖ Restoring Trust in People

“Therefore, however you want people to treat you, so treat them...” Matthew 7:12

Broken trust is like a betrayal. When someone breaks trust, it betrays our confidence in them. So, when someone has broken trust, what do we do? How can trust be restored? How will I know when the untrustworthy person is now trustworthy?

First, pray about forgiving the person and giving them another chance to regain your trust. Release the person and their sin against you (Ephesians 4:29-32). Be willing to give them a chance to restore trust. If you really want to trust this person again, you will need the help of God's grace, mercy, lovingkindness, patience, wisdom and discernment to know if the person can be trusted again.

Second, understand that renewed trust is proven by PERFORMANCE OVER TIME. In other words, you will know a person by their fruit (Matthew 7:16-20). Fruit is produced through a growth process over time. Trust isn't re-established in a moment or two.

Someone can say, you can trust me now. That sounds great. But we need to say, okay, show me that I can trust you. Back your word with your works. I will be watching for changed behavior over time. Essentially, the person is on trust probation.

Third, when the person demonstrates genuinely changed behavior over time, communicate to them that you trust them now. People (like you and me) can't be on probation forever. There comes a time when you convey to them that your trust in them has been regained and restored. Now you can move forward in a renewed relationship of trust, faith and belief in one another.

❖ Restoring Trust in Ourselves

When we have found that we can't trust ourselves in a certain area of our lives, it is imperative that we overcome this shortcoming as soon as possible.

Take these ten steps to restore trust in yourself.

1. Stop denying and start taking responsibility for your problem.
2. Recognize and clearly define the area you need to work on.
3. Confess your failure in this area to God and seek His help to do better.
4. List specific steps you need to take to correct this behavior.
5. Lay out a plan for correction and set markers for progress.
6. Share your restoration process with a trusted confidant. Be accountable.
7. Celebrate progress. Rejoice in your personal victories!

8. If you fall back, get back up and overcome this time!
9. Enjoy a more trustworthy you!!!
10. Thank God for helping you be more trustworthy.

Thoughts About Trust

- God can be trusted because He alone is worthy of my trust. God can always be trusted because He is always trustworthy. There is never a time when God cannot be trusted. Never.
- Just because someone breaks trust, doesn't mean the next person will.
- The devil is a trustbuster. The evil one deals in distrust. Satan will always tempt us to distrust God and the people we love.
- The world system operates on a spirit of distrust and suspicion.
- Trust sets us free to experience peace and joy regarding our relationships.
- Men will break trust. God never will.
- When no one else can be trusted, God can be trusted.
- Trust your heart to God and you will find that God can be trusted with your heart.
- Trust is always a decision that I make.
- Trusting God when you don't understand is a mark of mature Christian faith.
- Trust in God is what ultimately takes us to heaven.

There is nothing more powerful in life and creates greater security than to say we trust in God and trust in someone very close to us.

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