



### Building blocks for good relationships | Building block 4 - Trust

The Greek word *pepoithesis* means to trust or rely on.

#### Jesus as an example

*Matt 27:43*

Even when Jesus faced death, bystanders said that Jesus had put His trust in God

*Mark 11:22*

Jesus was very clear with His disciples: Have faith in God!

#### Did Jesus trust everyone?

*John 2:24*

Jesus was careful in which people to trust. He knew from His Father who to trust and who not to trust. He knew people's hearts.

Yet He was very normal with people He knew were going to betray Him. And He remained open and sincerely normal with Judas and Peter, despite His knowledge of their coming betrayal.

Jesus was anchored in the love of the Father. Jesus knew who He was and what the plan was. He was not moved by traitors around Him. He knew the hearts of Judas and Peter. Judas was evil, Peter was not. Peter would betray out of fear, but he would run back just as hard to his Savior and Master.

#### What does the Bible say about trust in relationships?

*Ps 27:3*

(don't be afraid of an army)

*Ps 40:4,5*

(don't rely on liars and proud people)

*Ps 49:6,7*

(don't rely on people with money)

*Ps 49:13,14*

(don't trust yourself)

*Jer 48:7*

(do not rely on your own performance)

*Ps 112:7*

(evil speakers do nothing to him because his trust is in God)

*Ps 118:8,9*

(trust in God instead of prominent people)

*Prov 25:19*

(do not rely on untrustworthy friends)

#### Trust in God, His promises are true

*Ps 9:10*

God will not abandon anyone who trusts in Him

*Ps 37:3-5*

God will make it happen

*Ps 52:8*

You always stay "green"

*Ps 91:1,2,3,4,11-16*

He is your protector against evil

*Ps 125:1*

You will be unmovable

#### The Secret of Jesus

*John 19:11*

In all circumstances and in all the relationships that He had, Jesus was certain in His trusting in His Father. He knew that nothing could happen to Him because He and the Father had agreed.

Jesus chose to trust in all circumstances. He also demands this attitude from His followers.





He gave His life not only for His friends, but even for His enemies. *Eph 5: 25-27*  
Jesus acknowledged His Father's authority, He trusted Him. This allowed Him to be a blessing to His followers. Christ can be trusted, so must His servants also be trustworthy.

### Practical steps to gain trust.

- 1. Start trusting God:**  
Always choose to know God's will, especially in relationships that you have and still have.
- 2. Choosing trust in relationships:**  
Grace is given to us by God. Be full of grace. We get new opportunities. Give the other person a new chance, even if things go wrong.
- 3. Integrity:**  
Be honest and sincere.  
Keep your promises.
- 4. Working on relationship:**  
Be honest and open with each other. Do not ignore issues.  
Allow time to process things that have been discussed.
- 5. Listening ear:**  
Be patient and listen carefully.  
Ask questions if you have understood correctly what the other has said.  
Express your understanding of the explanation that has been given.  
Active listening shows that you are really interested.
- 6. Everyone has their own place:**  
You can be yourself.  
Take the place given to you by God.  
Also give space to others.

### GROUP EXERCISE:



*Discuss the 6 points mentioned above with each other. Pick one point for yourself about which you especially want to talk. What is difficult for you about this assignment and how can others help you with it?*