

life group study guide

April 27, 2014



How do I Learn to “Re-Trust”?

Filling the Gap

The Scottish preacher George MacDonald once said, “To be trusted is a greater compliment than being loved.” There is something refreshing about being around someone you can trust implicitly. You don’t have to keep your guard up. You can be yourself without all the silly pretensions. But what does one do when that trust has been injured? What if you are the one who has done the injuring?

In today’s text – trust has been lost. We don’t know the reason or all the gritty details of the episode but sufficed to say, good Christian friends lost trust and separated. In times where trust is broken we may be tempted to throw up our arms and say, “that’s it, never again!” It’s reasonable to assume that thought ran through Paul’s mind. But late in Paul’s life we read of him calling for John Mark (2 Tim 4:11). Evidently trust had been restored.

Pastor Matt spoke of steps in this process. Remember these are pieces of a puzzle that may help rebuild the trust that was lost. We will look at these steps along with some supporting Scriptures.

Step 1 – Put your trust in God to love and guide you.

1. Read Proverbs 3:5-6; Romans 15:13
2. How have you experienced trusting God to be easy or difficult?
3. Why is placing our trust in God imperative to this process?

Step 2 – Understand what you are up against

1. Read John 2:23-25
2. In this text *motives* seems to be the issue. How should a healthy understanding of people’s motives help guide the process?

Step 3 – Become someone who is trustworthy

“Being trustworthy is not about being flawless, it’s about being worthy-of-trust” – Andy Stanley

1. Read Luke 16:9-15; Colossians 3:9-10
2. What are the ways you are trusting God to forge your character?
3. How do spiritual disciplines work in this process?

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Step 4 – Choose to trust

Matt mentioned that two things make it really hard to trust; me and you.

1. Read Psalm 139:23-24.
2. Why is it important to start with my own heart?
3. How does the gospel intersect with this discussion?
4. What steps are then helpful for reaching out to someone you have hurt or that has hurt you?