

Single & Single-Again TUES NITES Meal, Message & Mixer

TRUST

Jane Stolz's video teaching, handout, and audio Mp3 file of this message will be online to share with others at www.christiansinglesindenver.com

Jesus taught that it's what you do with what you hear that makes all the difference.

Your relationships, whether at home, at work, or even right here, your relationships are no stronger than the amount of trust that you have in those relationships.

If you can't trust and if you don't know how to trust, and if you're not willing to take some risks when it comes to trust, you will never ever, ever fully engage relationally.

There are **two things** that make it hard for you trust:

1. **What you S** _____
2. **Who you A** _____

Non-functional families have rules: You may have learned it from here as well.

* Don't **T** _____ * Don't **T** _____ * Don't **F** _____ * Don't **T** _____

I Corinthians 13:4-5 (TNIV)

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

Three Statements:

- Love gives the other person the benefit of the doubt.
- Love looks for the most generous explanation for the other person's behavior.
- Love chooses trust over suspicion.

When it comes to the bedrock of great relationships—friendships, dating relationships, marriage relationships, work relationships; you need to understand love bends. Love does everything it can to protect the integrity of that relationship, so love goes out of its way to believe the best.

It is within your power to choose what goes in the gap. And your best shot, your best chance at restoring and healing and making stronger a relationship, your best shot is always to believe the best.

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Because this is a necessary part of relationships, and for there to be healing and for the gap to be closed, there is a point in time where we have to **C** _____.

Problem: We don't confront, we **G** _____. We don't talk to, we talk **A** _____. And even if you don't talk about, you have imaginary conversations, right?

Five Things: Challenge

- When there's a gap between what I expected and what I experienced, I'm going to believe the best.
- Why are you assuming the worst about him/her? Why don't we just believe the best?
- If what I experience begins to erode my trust, I'll come directly to you
- And when I'm convinced I will not be able to deliver on a promise, I'll tell you ahead of time.
- When you confront me about the gaps I have created, I will tell you the truth.

Do to others what you would have them do to you.

Notes:

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Discussion Questions:

1. On a scale of 1 _____ 10 where do you think you fall on the level of Trusting people? (1 being not at all.)
2. **Based on your experiences in life, how well do you bend with understanding and giving the other person the benefit of the doubt? Why do you think you are great at this or why you struggle? What do you think you can do to improve in this area?**
3. When considering the gap that happens in our relationships, how are you with confronting people? Is it Easy, More Difficult, Impossible? Why?
4. **There is a Problem: We don't confront, we Gossip. We don't talk to, we talk About. And even if you don't talk about, you have imaginary conversations, right? What do you think you can do to change this in your own life or when you hear other people doing it? How do you see that playing out even in this group? Do you think it would increase the healthiness and safety of the group?**
5. Do you think you can take the challenge this week and apply it to your daily life?

HELPFUL TIPS for Great Table Discussions

**Each table should have a designated
Table Host.**

Use God's ear-to-mouth ratio:

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

1. **Smile and be friendly.**
Avoid excessive complaining about people or personal problems.
2. **God's grace rules the day**
Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.
3. **Moving the discussion along.**
Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.
4. **Help for the hurting:**
This is a supportive group, but it is not a support group or a therapy session. But if someone is really hurting, take a moment and have someone in the group specifically pray for them.