

Trust

Pastor Kurt Skelly

Marriage Words—Keys to a Strong Marriage

Trust can be defined as “an assured reliance on the character, ability, strength, or truth of someone or something.” When I think of God in light of those defining words, I realize that my trust is well placed! After all, His character, ability, strength, and honesty are unparalleled. Trustworthy. That’s what God is, *worthy of trust*. And with that quality comes the predictability and confidence one needs to possess a healthy relationship with Him.

To what degree am I trustworthy? Does my spouse—or anyone for that matter—have good reason to trust me?

Why is trust so important?

Trust is important because it is foundational to a relationship.

It is the foundation for all of marriage’s most important components: submission, love, respect, and communication.

“I love you,” and similar statements are meaningless when no relationship exists.

Without trust, the other words lack the meaning they should have.

Trust is important because it is first in a relationship.

A true relationship finds inception with trust.

Acts 16:31; John 1:12; Heb. 11:6; Eph. 2:8, 9

What is the basis for trust?

You can’t just “trust.” That’s like saying, “Just have faith.” Have faith in what? Trust must have a source. Faith must have an object.

Trust in God versus Trust In Man

"Every word of God is pure: He is a shield unto them that put their trust in Him." (Proverbs 30:5 KJV)

"As for God, His way is perfect; the Word of The Lord is tried: He is a buckler to all them that trust in Him" (2 Samuel 22:31 KJV)

"How excellent is Thy lovingkindness, O God! Therefore the children of men put their trust under the shadow of Thy wings." (Psalm 36:7 KJV)

"In God I will praise His word, in God I have put my trust; I will not fear what flesh can do unto me." (Psalm 56:4 KJV)

"For therefore we both and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe." (1 Timothy 4:10 KJV)

"It is better to trust in The Lord than to put confidence in man" (Psalm 118:8 KJV)

The Lord is ultimately trustworthy. We can be trustworthy as are empowered by Him.

Therefore we need to travel on the road of honesty and keep humility as our guardrail.

Reliability

Keeping your word--James 5:12

Reputation

Reputation is simply a report card of your perceived reliability in a given area.

See Titus 2:9.

What are the enemies of trust?

Dishonesty

Why are you lying? Lying in front of me to someone else.

Cheating on the income tax

Evasiveness

What are you hiding?

Separate passwords for computers, phones, etc.

Hiding the phone

Nebulous about whereabouts

Hypocrisy

The claim to be something somewhere else without being that person at home will only serve to erode the confidence of your spouse in you.

1 Timothy 1:5 Now the end of the commandment is charity out of a pure heart, and of a good conscience, and of faith unfeigned.

How can I rebuild trust?

Over communicate

When trust has been breached, suspicion will fill the gaps of communication with negative thoughts.

Proactively communicate.

Schedule it. Find your time and place.

Evening coffee; breakfast; dinner

Celebrate small victories. Learn to provide feedback.

Increased Accountability

Trust but verify.

Take your medicine!

Learn to like inspection.

View the other's suspicion as evidence that they are still in the game, not as an indicator that they want to quit.

Understand the "Acceptance Circle"

What God knows
What others know

Time

There needs to be space for a patterning.

This is why full disclosure is important.

Incremental findings cause additional pain and trample the sprouts of renewed trust.

Most will give 1 strike; some will give 2; very few will give three.