



Just Trust Me – 5 Essentials of Trust

October 8, 2023

“Trust is the fuel for all of life. Nothing in life works without it – especially relationships.”
~ Dr. Henry Cloud

A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences. Proverbs 22:3 NLT

These 5 essentials can lead you to trust the right people as well as protect you from trusting the wrong people.

Understanding - Does this person know me. Do they understand me and my needs?

One who gives an answer before he hears, It is foolishness and shame to him. Prov 18:13 NASB

Motive - “WHY” What motivations are driving a potential interaction or relationship?

Ability - Can they deliver? Is this person or organization in question truly able to provide what you need? Can they be trusted in the specific ways that you need depend on them in the situation or circumstances that have brought you together?

Character - Does this person possess the whole package – integrity? Do they possess the moral qualities for trust?

Like a broken tooth or a lame foot is reliance on the unfaithful in a time of trouble.
Proverbs 25:19 NIV

For this very reason, make every effort to add to your faith virtue; and to virtue, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. 2 Peter 1:5-7 BSB

Track Record - The best predictor of the future is the past. What does their track record from the past say about the present trustworthiness?



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Which of these 5 essentials feels most lacking in your culture/situation?

Which of these essentials have you found to be the biggest challenge when considering whether or not someone is trustworthy? Why?

How has betrayals and broken trust shaped the person you are today?