



Just Trust Me – When Trust Gets Broken

November 12, 2023

What Happens When Trust Gets Broken

“Trusting again, once trust has been broken, is more than a decision. It is a dilemma – a choice between equally unfavorable options.” Dr. Henry Cloud

Frist the good news - you need to know that you can trust again.

The not so good news – it will take some time – it’s a process - it’s more than just a decision.

Steps for rebuilding Trust

1. HEAL FROM WHAT HAPPENED TO YOU

...and make straight paths for your feet, so that *the limb* which is impaired may not be dislocated, but rather be healed. Hebrews 12:13

2. MOVE BEYOND ANGER AND REVENGE AND TURN TOWARD FORGIVENESS

Forgiveness = freedom!

See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled... Hebrews 12:15 ESV

Holding on to broken trust, anger and bitterness can be like a cancer that just eats away at every fiber of our being! Emotionally – Physically – Spiritually - Mentally



Forgiveness is not optional – it's a necessity, it's a command!

And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.' For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:12-15 NIV

Experience Today's Message

Have you ever been forgiven for an offense? How did that make you feel?

Who do you need to forgive?

How could forgiveness bring about freedom and healing in your life?