

DEVELOPING TRUST

Session Objective: To encourage participants to trust others and form intimate and close relationship with others.

GET STARTED

Share about the person you really trust, and what do you think made you trust him

REFLECT

1. The song of Billy Joel titled “Honesty” portrays the pessimism that many people have about finding a trustworthy partner.

*If you search for tenderness
It isn't hard to find.
You can have the love you need to live.
But if you look for truthfulness
You might just as well be blind.
It always seems to be so hard to give.*

*Honesty is such a lonely word.
Everyone is so untrue.
Honesty is hardly ever heard.
And mostly what I need from you.*

2. What make it hard for some people to trust others? Write the answers that your group came up with.

OPEN UP

Do you consider yourself as a person who is trusting or not? What do you think are the reasons why you are such?

WORK OUT

What can you do in order to develop greater trust with people particularly those who are near you?

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3. How important is trust in life and relationship?

- a. Trust is indispensable in life. It is essential for society to function, and any relationship requires trust in order to work. Any dealing requires trust, be it personal or merely functional. We exercise trust when we ride the bus or the train. We trust the driver that he is competent to drive, to keep us safe and to bring us to the right destination, or else we would not ride. All communication requires trust. If you cannot believe what is being said, why bother to listen in the first place.
- b. Since trust is indispensable in life and in any relationship, the ability then to trust becomes a requirement for our emotional well-being and happiness.
- c. You can never feel close to someone whom you do not feel to be trustworthy. If you are suspicious of someone, you will never be at ease, your defenses will always be in place and you will never fully reveal yourself. At the end, no real and intimate relationship can be formed.
- d. The most successful partnerships are those that have established full trust. Soldiers are paired with another and are taught to trust their buddy with their life. As a result, these buddies come out of their duty even closer than brothers.
- e. But while the ability to trust is a virtue, gullibility is not. Trust considers the trustworthiness of the person before trusting, while gullibility throws reason out of the window and just recklessly trust.
- f. *But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.*
Hebrews 11:6

Trust is not only essential in our relationship with other human beings but also in our relationship with God. Not trusting God is a moral issue. Not to trust God is to defame his character. It is to say that He is not trustworthy, that His character is under question. It is to say that we are better on our own, that we do not want to consider him as our God.

4. How do we develop trust in relationship?

a. By striving to be trustworthy

To have the trust of other people, we need to have integrity. The word integrity comes from the same word as the term “integers. “ Integers are whole numbers in contrast to fractions. Integrity then means to be whole and unfractured. It is to be the same be it before a bunch of people or on our own. It is to be consistent be it in pleasant situations or difficult ones. It is to walk the talk.

b. By being dependable

It means to abide by our word and commitment, to be a man of our word. In Spanish, this is called “palabra de honor.”

c. By trusting others

Trust breeds trust and distrust breeds distrust. In order to convince others to trust us, we must first extend our trust to them. By trusting them, we communicate our expectation and desire for them to be trustworthy.

One way to trust others is by revealing and entrusting them with our vulnerable side, sharing those things that are not so pleasant about us, those things that reveal our weaker side. Doing so will make them feel that we are being real, that we trust them and that we want a more personal relationship.

d. By loving others

But I trust in your unfailing love; my heart rejoices in your salvation.

Psalm 13:5

Love has a way of getting the full trust of another. Love means that you only have the best interest for the other person, even if it would mean that you sacrifice yourself. This is another reason to trust God, aside from His infinite power, He is also the one who loves us the most.