

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

**TRUST**

CONFIDENCE IN ANOTHER



**T**rust is firm belief or confidence in the honesty, integrity or reliability of another person or thing. Though trust takes time to develop, a basic level of trust is needed for any relationship.

Using the definition above, do I trust others? How?



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\_\_\_\_\_

Using the definition above, do I trust myself? How?

\_\_\_\_\_

\_\_\_\_\_

How would I rate myself on showing trust to others?

Poor \_\_\_ Fair \_\_\_ Good \_\_\_ Excellent \_\_\_ Date \_\_\_\_\_

*Symptoms and consequences . . .*

**HOW TO TELL WHEN TRUST IS LACKING**

The lack of trust, distrust, means that people don't have confidence in one another. They're suspicious of others, and working together can be difficult, stressful and unproductive.

We sometimes have sad experiences of trusting others in the past, people who proved untrustworthy.

At times we won't trust because we want to be self-sufficient and independent from others. We avoid having to rely on other people. Sometimes we simply have a skeptical, questioning nature.

**It is an equal failing to trust everybody, and to trust nobody.**

- 18th Century English Proverb

**Who do I find it hard to show trust to?**

*List 1-3 names, codes, or initials*



\_\_\_\_\_

\_\_\_\_\_

**Why?** \_\_\_\_\_

\_\_\_\_\_

**Who do I find it easy to show trust to?**

*List 1-3 names, codes, or initials*



\_\_\_\_\_

\_\_\_\_\_

**Why?** \_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_

Seed 5

**LIFESKILLS**

12Seeds™

- RESPECT
- ENCOURAGEMENT
- LISTENING
- APPRECIATION
- TRUST
- INTEGRITY
- ORDER
- NURTURE
- SYNERGY
- HOPE
- IDEALS
- PARDON

**FOR GROWTH**

Trust helps fill the human need for:

**Security**



Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.

- Proverbs 3:5-6

**Write below what the verses above mean to you.**



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\_\_\_\_\_

There's a good harvest . . .

**WHEN TRUST GROWS**


When trust grows between people in a relationship, they no longer have the need to continually question each other's motives. Increased trust brings forth greater levels of mutual understanding as people are able to share their fears, needs, joys and dreams at increasing levels of significance.



**SOME OF THE BLESSINGS WHEN TRUST GROWS:**

- People learn to take on increased responsibility.
- People are able to confide in one another.
- Wasteful time and energy spent maintaining masks and evasive tactics decreases.
- People work together more effectively.
- Friendships grow.

**Which blessings are the most important to me?**

 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Blessed is the man who makes  
the Lord his trust . . .**  
- Psalm 40:4a

Considering the examples on the right → → → → → → → → →

**AM I PRACTICING TRUST WITH . . .**

- **Family members?** Yes No *If yes, how?*

 \_\_\_\_\_

*How could I improve?*

 \_\_\_\_\_


- **Friends and acquaintances?** Yes No *If yes, how?*

 \_\_\_\_\_


*How could I improve?*

 \_\_\_\_\_


- **Authority Figures?** Yes No *If yes, how?*

 \_\_\_\_\_

*How could I improve?*

 \_\_\_\_\_

**What will I commit to do in order to better practice this seed?**

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**HABITS TO HELP  
TRUST GROW:**

**PRAYER**

Dear Lord, help me to trust in You completely and to wisely trust other people.

**THOUGHTS &  
ATTITUDES**

In God We Trust.  
Our level of trust is increasing.  
Trust wisely and carefully in others.

**WORDS**

"You are a trustworthy friend."  
"I will honor the trust you have in me."  
"I trust you."

**ACTIONS**

Venture out of your comfort zone.  
Delegate or share the workload.

**FELLOWSHIP**

Avoid trying to control others.  
Be patient.

Date \_\_\_\_\_ Signed \_\_\_\_\_