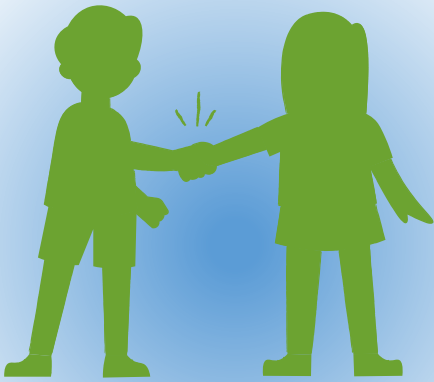


Thoughts on Trust



To trust someone is to believe that they are good and honest and will not harm you. We trust our friends – to do as they say they will, to not lie to us, to not hurt us in any way. But what happens if one of you does something to break the other's trust? Can you still be friends?

The Bible says

'Whoever can be trusted with small things can also be trusted with large things.'
Luke 16:10

Do you agree with this verse?

'I trust God. So I am not afraid.' Psalm 56:4

'Depend on God. Trust him, and he will take care of you.'
Psalm 37:5

'Those who know your name trust you, God because you have not abandoned any who seek you.' Psalm 9:10

'But the person who trusts in God will be blessed. God will show him that he can be trusted.' Jeremiah 17:7

How do you think Christians feel about these verses?

Do Do you need to say sorry to a friend? Or do you need to forgive them?

Talk to them, listen and try not to do the same thing again.

Pray

Help us to repair our friendships where trust has been broken. Help us to know what to do to make it better. Help us to not break their trust again.



Game

Play a trust game. Close your eyes and let your friend guide you around a course. How does it feel? Do you trust them to guide you safely?

Idea

Has a friend broken your trust in them? How does it feel? Maybe you've done something to break your friend's trust in you. How does that feel? It hurts, but it doesn't have to be the end of the friendship. Try to think about how your friend is feeling and why they acted that way. You can say and show you are sorry or you can forgive. It might take effort and time but good friendships can be repaired.

