



spiritual adult

DISCIPLE ME

TRACK 3: DEEPENING RELATIONSHIPS

BUILDING TRUST

ICEBREAKER: TRUST TIERS

To begin our conversation today, let's read a few everyday scenarios. Notice your **first reaction** - not what you should feel, but what you actually feel. Rate each one **1–5** (**1 = low trust, 5 = high trust**). There are no right answers - just notice whether you lean toward trust or skepticism.

- You go in for a routine oil change, and they suddenly recommend \$1,000 in repairs.
- The politician says, "I will work for you and make decisions for your benefit."
- Your child says, "Just give me five more minutes, then I'll do my chores."
- A coworker says, "I'll take care of it" (after dropping the ball before).
- The online company says, "Your data is completely secure."
- The customer service rep says, "I totally understand your frustration."
- The email says, "Last chance – offer expires tonight!"
- Your spouse says, "I thought you would be okay with it."

STUDY: TRUST

Trust is one of the most powerful - and fragile - currencies in every relationship. It takes time, consistency, and humility to build, but it can be broken in a single moment. Most of us don't struggle to be trustworthy when it's easy. The deeper question, especially at this stage of growth, is this: **"Am I becoming the kind of person others can rely on, even when it costs me?"** Spiritual Adults don't just protect their reputation. They understand that influence is a responsibility - and trust is the foundation that holds it.

Trust doesn't grow by accident - and it doesn't survive on good intentions alone. So, the question becomes: **"What actually builds trust over time?"** What kind of character allows someone to rely on you - not just when things are easy, but when it costs you something? That's where Proverbs points us. It doesn't give us a strategy for looking trustworthy. It calls us to become trustworthy - from the inside out. Let's turn to **Proverbs 3:3–4** and see what kind of life earns trust with both God and people.

FILL IN THE BLANKS:

Let _____ and _____ never leave you; _____ them around your _____, write them on the _____ of your _____.⁴ Then you will win _____ and a _____ in the sight of _____ and _____.

BACKGROUND:

When Proverbs says, *“Let love and faithfulness never leave you,”* the word translated “love” isn’t about emotion or affection. The Hebrew word here is *hesed*. It’s a word that describes loyal, covenant love - the kind of love that stays, shows up, and keeps its word. It’s love expressed through faithful action, not just warm feelings. This is the kind of love that creates safety over time, because people know what to expect from you.

In ancient Israel, this kind of love was often symbolized by something bound around the neck - a visible sign of commitment and identity. It wasn’t decoration, it was a reminder: *this is who I am and how I live*. The phrase *“write them on the tablet of your heart”* goes even deeper. In that culture, writing something on stone or a tablet meant it was permanent, deliberate, and authoritative.

Proverbs is saying: don’t just practice love occasionally - internalize it. Let it shape your instincts, your reactions, and your decisions. This is why trust grows slowly. *“Hesed”* isn’t proven in big moments - it’s revealed in repeated, ordinary faithfulness.

DISCUSS:

- Where have you seen how quickly trust can be damaged - either by you or by someone else?
- Which is harder for you: protecting your image or protecting the relationship? Why?
- Proverbs says love and faithfulness must be “written on the heart.” What habits or practices help make those qualities consistent in your life? How are you doing this?
- Is there a relationship where trust was broken, and rebuilding it will require patience and humility from you?

READ PSALM 101

- Which phrase or line from Psalm 101 stood out to you most, and why do you think it caught your attention?

READ LUKE 16:10-12

- What are the small, often unnoticed responsibilities in your life that reveal how trustworthy you’re becoming?

CHALLENGE: THE FOLLOW-THROUGH

Trust isn’t built by being flawless. It’s built by being **faithful**. Spiritual Adults understand that trust is carried, not assumed. So this week, identify one commitment you’ve made – spoken or implied – that you’ve been slow to follow through on. Now go do it. Don’t wait to be reminded or for the pressure to build up. Go do the thing you said you would do, because your faithfulness matters. Trust isn’t built by good intentions; it grows when people experience your consistency over time.