

## TRUSTWORTHINESS

### References:

El-Keraza, H. G. Bishop Thomas Bishop of Quossia and Mair.

### Notes For Servants:

1. Build a relationship based on trust with your children at Sunday school.
2. Help them to respect the Church, their parents and teachers, through example.

### Objectives:

**General:** Trusting others and gaining the trust of others.

### Specific:

1. Once you betray someone, even if he is a long time friend, you will lose his trust and you will never completely get it back.
2. Parents usually have trust in their children until something bad occurs causing a loss of trust.
3. If you want to keep other people's trust in you, which you worked hard to gain, think twice before you do anything that might hurt them.

### Instructions:

1. Pray before and after Sunday school.
2. Review last week's lesson.
3. Church occasion.
4. Present the lesson, add some of your own examples/stories.
5. Memorize verse with the class.

### Bible Verse:

*"Offer the sacrifices of righteousness, and put your trust in the LORD."*  
(Psalm 4:5)

### Lesson:

## TRUSTWORTHINESS

Can you ever trust those who have deceived you or betrayed you?

How do you recover when you have been betrayed?

Trust, psychologists point out, is made of three components: honesty, acceptance and respect.

It seems that the secret to trust is knowing when to give it and when to withhold it. You trust your friend because over many years he/she has never once done anything to make you suspicious; he/she has shared as many intimacies with you as you have with him/her.

Real trust, though, does not happen overnight. A 14 year-old boy, for example, sneaked out of the house in the middle of the night, took the family car on a joyride, and crashed it. His parents certainly do not feel that they can leave him unsupervised again even in the middle of the night.

The victims of broken trust are often too shocked, angry, and hurt to tend their wounds immediately. Even with counselling, the recovery process is painfully slow. The first thing to say to people is that "Trust is always a risk". The next thing is that the betrayed person needs to work on recovery, regardless of the behaviour of the betrayer. It is essential for betrayers to understand the depth of the pain which they have caused, and to realize that trust does not ever come back completely. There is generally, however, plenty of room for hope as long as we are realistic.

Those who succeed in rebuilding trust are people with a strong basic sense of human understanding. Much also depends upon how the betrayal was handled. When people are deeply hurt, but are told that they are overreacting, they carry that mistrust into the future. Building trust, either at the beginning of a new relationship or after trust has been violated, requires listening to the 'soft voice within', that is, the Holy Spirit Who dwells within us.

Trust the authority of your own senses; in other words, be open to others but listen to the stirring of your own heart and then be willing to risk again. The simple truth is that trust does not begin with other people; it begins with you.

Ideally, trust is learned in infancy and childhood, yet some children cannot always count on their parents, and consequently, do not develop self-esteem. Your first step to developing your ability to trust is in becoming trustworthy; your next step is to examine your relationship with God, to place your absolute trust in Him, and to forgive those who hurt you, just as God forgives you.

Trusting God, of course, does not mean that you will never be hurt. However, what it means is that you will come to believe that you deserve to trust and be trusted, and that you are a person who can make good judgments most of the time and recover from the times in which you do not. It is important to remember that trust must be held gently and given only to those who appreciate its value .

### **Conclusion:**

1. Trust God first of all, then try to be trustworthy yourself.
2. Learn to tolerate people's weaknesses when you are hurt or betrayed.