

GROUPS DISCUSSION GUIDE

Building Trust: How It Breaks and How It's Restored

ICEBREAKER

1. What's something small you trust every day without thinking about it (GPS, coffee maker, alarm clock, etc.)?
 2. Have you ever had your trust in something or someone challenged or broken?
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SERMON RECAP

Trust fuels every relationship. When it is broken, relationships suffer. When it is built wisely, relationships flourish.

Dr. Henry Cloud outlines five key elements of trust: Understanding, Motives, Ability, Character and Track Record.

DISCUSSION QUESTIONS

1) Understanding (Feeling Seen and Heard)

Scripture

Proverbs 18:13

To answer before listening, that is folly and shame.

Proverbs 20:5

The purposes of a person's heart are deep waters, but one who has insight draws them out.

Questions

When was a time you felt truly heard and understood? What made the difference?

Why do you think listening deeply builds trust more than simply being right?

What would it look like for you to practice this kind of listening this week?

2) Motives (Do They Have My Best in Mind?)

Scripture

Philippians 2:4

Let each of you look not only to his own interests, but also to the interests of others.

Questions

How can you tell when someone genuinely has your best interest in mind?

Where in your life do you need to be more intentional about considering others' needs?

How does understanding someone's motives affect your willingness to trust them?

3) Ability (Can They Actually Do What I Need?)

Scripture

Proverbs 22:29

Do you see someone skilled in their work? They will serve before kings.

Questions

Why is it important to trust people based on their actual ability, not just good intentions?

Where might you be expecting someone to deliver something they are not equipped to give?

How can you grow in your own competence so others can trust you more?

4) Character (Who Are They Under Pressure?)

Scripture

2 Peter 1:5 to 7

Make every effort to add to your faith goodness, and to goodness knowledge, and to knowledge self control, and to self control perseverance, and to perseverance godliness, and to godliness mutual affection, and to mutual affection love.

Questions

Which of these character traits stands out most to you right now?

How have you seen character revealed in difficult or high pressure situations?

What is one area of character God may be inviting you to grow in?

5) Track Record (Patterns Over Time)

Questions

What do consistent patterns reveal about a person that words cannot?

Where have you seen trust grow because of someone's consistency?

What kind of track record are you currently building in your relationships?

PERSONAL REFLECTION

- Where do I need to grow in becoming more trustworthy?
 - Is there a relationship where trust has been damaged that I need to address?
 - Am I placing trust wisely or ignoring warning signs?
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APPLICATION

This week, take one step:

1. Practice listening before responding
 2. Consider someone else's interests first
 3. Follow through on a commitment
 4. Begin a conversation to repair trust
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PRAYER

God, thank You that You are fully trustworthy.

You understand us, care for us, and remain faithful through every season. Help us grow into people who reflect Your character. Help us listen well, love deeply, and live with integrity.

Give us wisdom to know where to place our trust and courage to rebuild trust where it has been broken.

In Jesus' name, Amen.