

How to Rebuild Trust and Forgive

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Trust!

The reliance on the integrity, strength, ability, etc., of a person or thing; *confidence*, having confidence that an individual (or something) will be faithful, honest, dependable, keep promises and confidences, and not abandon you.

There is no command to trust.

Psalm 146:3-5

Jer 17:5

Jer 17:7-8

Prov 11:28

Prov 28:26

Rom 15:13

John 14:1

Psa 84:12

Prov 3:5-6

Prov 56:3

Prov 31:14

Psa 13:5

Psa 37:3-4

Nahum 1:7

Isaiah 26:3

1 Timothy 4:10

Psalm 118:8

Trust just doesn't just happen!

Psa 9:10

2 Sam 7:28

Psalm 22:4

Psalm 91:2

Dan 6:23

God's people trusted God because he was always faithful. I Cor 10:13

Humans must earn trust by being faithful.

Luke 16:11 If then you have not been faithful in the unrighteous wealth, who will entrust to you the true riches?

Exodus 18:21 Moreover, look for able men from all the people, men who fear God, who are **trustworthy** and hate a bribe, and place such men over the people as chiefs of thousands, of hundreds, of fifties, and of tens.

Prov 11:13 A gossip betrays a confidence, but a trustworthy man keeps a secret.

Prov 20:6 Many a man proclaims his own loyalty, But who can find a trustworthy man?

I Cor 4:1-2 Let a man regard us in this manner, as servants of Christ and stewards of the mysteries of God. ²In this case, moreover, it is required „„of stewards that one be found trustworthy.

Proverbs 31:11 "The heart of her husband doth safely trust in her, so that he shall have no need of spoil"

NOTE: Only God is faithful-and trustworthy. When believers begin to image God, we will naturally become trustworthy and therefore, reap the trust of people who know us.

The FORGIVE AND FORGET ARGUMENT

FORGIVE

We must forgive as we have been forgiven. Eph 4:32; Col 3:12-13; Matt 6:12-15

Our forgiving others depends upon our being forgiven *first*. BUT, if we don't forgive others, we will not be forgiven!

Understanding the language of reconciliation

1. Heb/Grk words indicate
2. Sin/ offense has placed
3. removes the burden

Two becoming one is a process of developing unity and harmony, a picture of the Trinity. Sin is the only thing that can separate the intimacy of a relationship. **Isa 59:2**

HOW DOES GOD FORGIVE?

He makes a promise: I will remember your sins no more! **Jer 31:34**

Does God really forget?

How do you "forget"?

1. agree to remove the offense from between
2. promise to forget - remember no more (no liability; no debtowed)
 - a. don't bring it up to them
 - b. don't bring it up to others
 - c. don't bring it up to yourself
 - 1) don't dwell on it (pity party)
 - 2) think biblically of transaction (promise)

Put on actions of forgiveness; continue to develop the relationship

You are not forgetting that it happened; you are forgetting that it caused a break in your relationship

DOES GOD ALWAYS FORGIVE?

1 John 1:9 Luke 17:3

Confession and repentance are the keys to inviting forgiveness to be granted. If present, forgiveness **MUST** be granted! If there is **NO** confession or repentance, **NO** forgiveness can be granted!

How does Christ forgive and remember the sins of:

a. Believers 2 Cor 5:21 (1 Pet 2:19-23)

b. Unbelievers Luke 23:24
Leave vengeance to God **Rom 12:19; 1 Pet 2:23**

NOTE: Every sin need not break fellowship.

It takes two: one to offend, and another to take offense. You don't have to take offense at everything. Love covers a multitude of sins. **1 Pet 4:8.**

You can overlook much if you love much. **1 Cor 13:5**

- it is not easily angered, it keeps no record of wrongs.(NIV)
- it is not irritable or resentful;(ESV)
- is not provoked; does not keep a record of wrongs;(HOLMAN)
- i.§ not easily provoked , thinketh no evil: (KJV)
- does not take into account a wrong suffered (NAS)

A good marriage eventually does a lot of overlooking AND a lot of forgiving.

If you've broken trust:

- Begin by taking the logs out of your own eyes Matt 7:1-5
- Humbly confess your sins (not your spouse's) with repentance
- Convey your sorrow
- Ask for forgiveness
- Ask for help!
- Bring forth fruit of repentance - show evidence of change
- Become trustworthy.
 - Look for areas to become faithful
 - Lying: Tell the truth.
 - Irresponsible: Begin doing what you are expected to do (e.g. chores!)
 - Be accountable to your spouse. Answer all questions honestly.
 - Develop a track record of dependability in every area.
 - Ask your spouse: Where am I not dependable, faithful, honest?
- Become a committed disciple of Jesus. **Matt 10:24-25**
- Pray for your spouse!
- Take advantage of resources
 - be disciplined; get biblical counseling; read your Bible; books, booklets, CDs

If you've lost trust:

- Confirm the facts. Do you have all the facts? Could a misunderstanding or misinformation cost you the relationship? As you learn the facts, calmly share your hurts as well as listen.
- Have realistic expectations
- Grow in Christ- patience, kindness, self-control - fruit of the Spirit
- Overcome the temptation to fear
- Be humble
- Pray for your spouse!
- Be forgiving

Recommended:

The Peace and Joy Principle: Learning how to be content in any situation. FOCUS Publishing