

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

A. Review your class notes from Tuesday.

- Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. ([www.DivineDesignDiscipleship.com](http://www.DivineDesignDiscipleship.com)).
- Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.

B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

### III. PERSONALIZATION

C. Beyond Confrontation: Study this Scriptural account of moving forward after going through the process of confronting and seeking to negotiate a difference:

- 2 Cor 2:4-11-- For out of much affliction and anguish of heart I wrote to you, with many tears, not that you should be grieved, but that you might know the love which I have so abundantly for you. 5 But if anyone has caused grief, he has not grieved me, but all of you to some extent--not to be too severe. 6 This punishment which was inflicted by the majority is sufficient for such a man, 7 so that, on the contrary, you ought rather to forgive and comfort him, lest perhaps such a one be swallowed up with too much sorrow. 8 Therefore I urge you to reaffirm your love to him. 9 For to this end I also wrote, that I might put you to the test, whether you are obedient in all things. 10 Now whom you forgive anything, I also forgive. For if indeed I have forgiven anything, I have forgiven that one for your sakes in the presence of Christ, 11 lest Satan should take advantage of us; for we are not ignorant of his devices.
- Luke 17:3--If your brother sins, rebuke him. If he repents, forgive him.
- *Do you find it easier to be obedient when it comes to being "tough" than when it comes to being loving?*
- Insights:

B. Broken Trust: The entire Bible is the story of how God reaches out to reconcile and restore relationship after trust is broken.

- Like God, we must move forward from a strong foundation:
  1. Start from place of being loved
    - God doesn't need us, but still wants to be in relationship with us: Jn 17:26 NIV-- I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.
  2. Integrity between words and actions
    - If we want relationships with trustworthy people, we must be trustworthy--we must deal with our stuff: Mt 7:5 NLT-- First get rid of the log from your own eye; then perhaps you will see well enough to deal with the speck in your friend's eye.
    - See how God responds to broken people—offers help and relationship if they return to Him: Ps 146:6-9 MSG-- He always does what he says - He defends the wronged, He feeds the hungry. God frees prisoners - He gives sight to the blind, He lifts up the fallen, protects strangers, takes the side of orphans and widows, but makes short work of the wicked.
  3. Function in community
    - God's community is the Trinity. We need a support system of like-minded individuals also: Pr 24:6 AMP—For by wise counsel you can wage your war, and in an abundance of counselors there is victory and safety
  4. Let go of the ideal, accept the real
    - God's original plan was for perfect relationship, but He let go of that: Col 2:13-14 MSG- When you were stuck in your old sin-dead life, you were incapable of responding to God. God brought you alive - right along with Christ! Think of it! All sins forgiven, the slate wiped clean, that old arrest warrant canceled and nailed to Christ's Cross.

Insights:

C. My Trustee: Safety was lost for all of us at the Fall. Since the time that sin entered the world, we all come to relationships with compromised or broken “Trustees.”

- Trusting God is hard work: Jn 6:28-29 CJB--So they said to him, “What should we do in order to perform the works of God?” Yeshua answered, “Here’s what the work of God is: to trust in the one he sent!”
- Basic Trust (Frost)-- Basic trust is having an open heart. It is when you risk being vulnerable, even when it hurts you to stay open and not to close your spirit. Basic trust is when you are able to move beyond the weaknesses in others, receive God’s healing touch one moment at a time, and not run away. You are able to risk being childlike again and receive love and nurture. Basic trust is foundational for building healthy relationships. Without basic trust, especially toward those in authority, relationships easily become dysfunctional: “I do not trust you enough to talk about my feelings.” If you do not have basic trust, you may battle with pride, fears, independence, and control, thus finding great difficulty in receiving love and comfort from God and others.
- Prayerfully consider if your reluctance to reconcile and trust again may be because of your own internal trust issues. Use this list to help recognize entry points:
  - Bonding was interrupted, (answering the question: Who loves me?):
    - Someone was emotionally unavailable to us
    - Someone abandoned us
    - Someone was inconsistent in connecting with us
    - Someone criticized the needy parts of us
    - Someone violated trust through misuse or abuse
  - Boundaries weren’t respected, (answering the question: Who am I?):
    - We can’t keep love in because we were forced to give in repeatedly to a controlling or irresponsible person
    - We were not able to say “no” without guilt, abandonment, or hurt
    - Someone never told us “no.”
  - Issues with Real & Ideal, (answering: Am I good or bad?):
    - Shaming (not safe to have faults)
    - Idealization (you can do no wrong)
    - Perfectionism (not safe to fail)
  - Maturing Process Thwarted, (answering: Am I free to be me?):
    - Kept in the One Down position
    - Children treated as parents
    - Others trying to be in charge of our lives
    - Someone attacked us when we challenged their thinking

*(Adapted from “Safe People” by Henry Cloud and John Townsend)*
- Insights:

D. Their Trustworthiness

- God does command that we love even our enemies, but He gives very wise counsel in regards to trusting people: 1 Cor 4:2 NIV-- Now it is required that those who have been given a trust must prove faithful.
- First, consider if repentance is evident (true sorrow vs. sorry they were caught): Mt 3:8 NAS- Bear fruit in keeping with repentance.
- Next, understand that trust is extended 1) In an area (Ex: time, money, honesty, emotional risk, etc.) and 2) Incrementally (step by step vs. all at once)
- Insights:

## E. Traits of Consistently Untrustworthy People

1. Show Only Their Strengths
  - Unsafe people are more interested in maintaining image than in 1) Integrity or 2) You or 3) Relationship
  - Ecc 4:10 NLT-- If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble.
2. Lack humility
  - Prov 9:7-9 NCV-- If you correct an evil person, you will get hurt. Do not correct those who make fun of wisdom, or they will hate you. But correct the wise, and they will love you. Teach the wise, and they will become even wiser; teach good people, and they will learn even more.
3. Apologize vs. Repent
  - Repentance is a turnaround, a change of mind that leads to new behaviors: Mt 3:8 NAS- Bear fruit in keeping with repentance.
  - The heart motive for true repentance = heart for righteousness and love that doesn't want to hurt again.
  - Jesus invited scrutiny of His life: Jn 10:37-38 NLT-- Don't believe me unless I carry out my Father's work. But if I do his work, believe in the evidence of the miraculous works I have done, even if you don't believe me. Then you will know and understand that the Father is in me, and I am in the Father."
  - Insights

## F. Going Your Separate Ways

- Severing relationship is a legitimate option after all else has failed: 1 Cor 5:11-13 NIV-- But now I am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat. 12 What business is it of mine to judge those outside the church? Are you not to judge those inside? 13 God will judge those outside. "Expel the wicked man from among you."
- You are not ready to end a significant relationship, according to Cloud and Townsend:
  - If you are trying to resolve it outside of community.
  - If you continue to contribute to the problem.
  - If you have not grieved, forgiven, and accepted the person as is.
  - If you haven't grown and sought to develop new relating skills.
  - If you haven't responded in a godly way no matter what their actions.
  - If you haven't persevered and given the process of redemption adequate time.
- Insights

## G. Continue to grow in your relationship with God by applying these principles:

- Make God your secure foundation: Ps 118:8 TV--It is better to put your faith in the Eternal (God) *for your security* than to trust in people.
- At the beginning of your day, take a few minutes to connect with God: Proverbs 8:34 NAS-- Blessed is the man who listens to me, watching daily at my gates, waiting at my doorposts.
- Deepen your intimacy with God by rejoicing in Him. Take time each day to offer Him thanksgiving and praise.
- Maintain connection with God by applying "The Middle of the Page" listening exercise whenever you sense distance between you and Him: "Is there anything causing separation or disconnection between us right now, Lord?"

