



## PART 2: TRUST FALLS

### INTRODUCTION

Adulting requires relationships—lots and lots of relationships. We know that healthy relationships are found upon trust. But trust can be fleeting, and trust issues make adulting hard. How can we choose to trust when trust doesn't feel like a safe or valid choice?

### DISCUSSION QUESTIONS

1. Have you ever participated in a “trust fall” exercise? What was that like?
2. Are you typically a trusting person or a distrustful person? What experiences contributed to that dynamic?
3. In the message, Gavin observed that when our experience doesn't meet our expectation, we not only lose trust, we can even lose our *ability* to trust. Have you ever seen your experience in one relationship compromise your ability to trust in another relationship? How did that affect the second relationship?
4. Read 1 Corinthians 13:4-8. How would your life and relationships be different if you could love like that?
5. In every relationship there are unexplained gaps between what we expect and what we experience. How can we move toward filling that gap with trust rather than suspicion?
6. What is one relationship where you find it difficult to trust? What would it look like for you to choose trust over suspicion in that relationship? How can this group help you as you choose to trust?

### MOVING FORWARD

Even though we've been hurt before, we can trust again. Trust is a choice, not a result. Choosing to trust may cause pain, but refusing to trust guarantees pain. We can start trusting again by trusting in Jesus, who is trustworthy. Trusting Jesus frees us to trust others.

### CHANGING YOUR MIND

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails*

**1 Corinthians 13:4-8**