

# Trust

## **Trust grows when we reveal our feelings**

In one phrase describe how you feel right now & why

## **Trust grows when we touch in appropriate ways**

Hug everyone & describe what it was like

## **Trust grows when we make eye contact**

Lock eyes & don't look away for 30 seconds

## **Trust grows when we persevere**

run backwards 4 times around the group while humming the chorus of one of your fave songs

## **Trust grows when we take chances**

Close your eyes & sing at least 15 seconds of a song you like

## **Trust grows when our expectations are met**

Act out what you expect from a trustworthy friend, then act out what a friend might do to break your trust

## **Trust grows when we feel accepted**

Tell of an embarrassing moment

## **Trust grows when we are honest and loving at the same time**

Not using names or details tell a time you damaged or even broke a friendship. what would you change if you could go back & do it again?

## **Trust grows when we encourage others**

Tell each member to their face something you appreciate about them

## **Trust grows when we have courage**

Do your best 30 second imitation of a martial arts movie including sound effects

## **Trust grows when we experience loyalty**

Tell about a tough time in your life when a friend really came through for you

## **Trust grows when friends listen to each other**

Tell about an area in which you really struggle & how your friends can help

## **Read & Discuss**

Read Exodus14:30-31 what one word describes your trust in God?

Read Matt14:25-33 What is something God is asking you to do that seems impossible?

Read 2Tim3:16-17 Share One thing you have done because of your trust in God

Read Eph4:32 How do forgiveness, community, trust, grace & fear connect in your life?

Read Hebrews11:13 How might knowing & trusting God change you?

Read Hebrews10:25 what is one way you can get closer to the members of this group?

Read Prov27:17 How could you improve the way you sharpen a friend?

Read Eph4:15-16 Who is someone you can trust to speak the truth in love? Tell a story

Read Hebrews10:23-24 If you follow this what will happen to your relationships?

Read Eph4:2-3 what could you do to better bear with others?

Read Eph4:29 what could you do to make this group an even safer place- so we can build each other up?

Read Prov3:5 In what area does God want your complete trust?

**discuss:** what is something that would build trust between you & your friends

**share:** a story of when you lived up to your parents trust

**show & tell-** write down & share # 1 reason why trust is important between friends

**share:** something you're having trouble trusting with God

**draw & share** on a thermometer how high or low your level of trust in God

**pray:** Lord I trust you because.....

**live:** promise yourself that everything you will do the next 48 hrs. will be trustworthy

**share:** what is a way you can live out trust this week

**draw & share:** 2 faces– one of someone you trust & one you don't & thank God for both people

**draw & discuss:** a specific fear that keep you from trusting God or others

**act out:** a time you felt trusted

**pray:** Lord show us how to trust in you

**create:** a caricature of somebody you would never let do surgery on you

**discuss:** ways you can trust God more every day

**share:** who is the person you trust most in this world

**draw:** something that you find easy to trust God with

**Act out:** a quality about God that causes you to trust Him