

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