



The Trust App
1 Corinthians 13:4-7; Matthew 18:15-17; Luke 6:31
Message from Pastor Martin Hawley
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Idea: Introduction: Love bends ... Believe the best.

Series Overview of *Life Apps*: Don't be hearers of the word but doers.
Application is everything.

We've been focusing on four applications: Application is
Everything, Forgive, Confess, Rest, and today -TRUST.

Trust is easier for some, but trust is an absolute necessity for healthy relationships, as well as healthier work, and even community/national culture.

“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 (1 Corinthians 4:4-7 TNIV).”

“ ... bears all things, believes all things, hopes all things, endures all things (v. 7 NASB).”

LOVE BENDS

Love gives the other person the benefit of the doubt.

Love looks for the most generous explanation for the other person's behavior.

Love chooses trust over suspicion.

In every relationship, there are unexplainable gaps between what we expect people to do and what they actually do.

We decide what goes in that gap, but we think they decide what we put in the gap.

In the gap, we can ...

Believe the Best: benefit of the doubt.

Assume the Worst: he's so ... / she's so ...

We think they force us to opt for one over the other. They don't. We choose!

TIP: In healthy relationships, both parties go to ridiculous lengths to believe the best.

Refusing to trust becomes a self-fulfilling prophecy because suspicion is a form of rejection. Our hearts are drawn toward acceptance.

When you choose to trust, you make room for people to act trustworthy.

TIP: You will be happier and your relationships will be healthier if you choose to trust.

When you can't trust, you must choose to confront.

Usually, we just sit and stew and gossip. Our suspicion makes things worse.

The longer we keep suspicion concealed, the bigger it grows, and the uglier it gets because suspicion communicates rejection.

*The consequences of confrontation are
far less severe than the consequences of concealment.*

Confronting: asking for an explanation with the assumption that there's a good one.

Five commitments:

Who do you need to trust?

Next Week

Life Apps – Part 6: The Encouragement App

Replenish others and you will be replenished.
Our conversations average six criticisms to every one encouragement. Is reversing this ratio the key to improving our relationships at home, at work, and in our everyday lives?
There's power in encouraging others. Come and learn how.

- What can you do to trust more?**
- Do you need to have a conversation with someone?**
- Join Us Next Week for Life Apps-Part 6: The Encouragement App.**

1. When there is a gap between what I expected and what I experienced, I will believe the best.
2. When other people assume the worst about you, I will come to your defense.
3. If what I experience begins to erode my trust, I will come directly to you about it.
4. When I'm convinced I will not be able to deliver on a promise, I will inform you ahead of time.
5. When you confront me about the gaps I've created, I will tell you the truth.

Conclusion:

Do you tend to believe the best or assume the worst?

What can you do to break that cycle?

- It's not doing any good not to trust them.
- Most people want to be trusted.
- It might be as simple as saying, "I want to trust you. I want to keep the door open."

What would it look like to give the other person the benefit of the doubt ... even if you don't feel like it?

What if you started looking for the most generous explanation for the other person's behavior?

What if, in this context, you took this advice from Jesus?

What if you ...

"Do to others as you would have them do to you?" – Luke 6:31

Choose to trust.

NEXT STEPS:

- Memorize: Luke 6:31; 1 Corinthians 13:4-8**