

Trust Issues: June 16

//DISCUSS

Q1 – Your ability to trust in the present hinges upon your willingness to address your pain from the past. Have you ever thought about this?

Q2 – **Which one of the 4 core trust issues do you wrestle with most often?**

1. The fear of depending on others?
2. The fear of being controlled?
3. The fear of being imperfect?
4. The fear of reliving our trauma?

Q3 – If you want people to believe you've changed, you can't just tell them once, you've got to show them often. What thing do you need to continue working on showing people?

Q4 – James 1:19 "You must be quick to listen, slow to speak, & slow to get angry"
What part of this verse do you find most difficult to do personally?
How could you work on that area? What would that look like?

//READ

- Luke 8
- Philippians 2:13

//PRAY

Lord, we pray that you would help us to address what we need to from the past in order to heal and move forward in our relationships.