



**MEMORY VERSE:** “Fearing people is a dangerous trap, but **trusting** the Lord means safety.”  
Proverbs 29:25 (NLT)

**\*\*\*Remember to listen to this week’s sermon, review the Sermon Notes Sheet and complete the discussion questions before attending your Connection Group.**

## INTRODUCTION:

Although the words “In God We Trust” are stamped on the U.S. currency, most of us trust in God only when it’s convenient, and we resist doing the real work necessary to ensure that trust becomes “a state of mind and a state of being.” However, until and unless we develop and sustain trust within ourselves, we cannot trust the process of life, and we will not trust the power that gives us life.

In this sermon series and Connexion Group Lessons we will discover that trust is a demonstration of hope, courage, and perseverance that moves the mind, heart, and body beyond what is known into the realm of what is possible.

## OPENING DISCUSSION QUESTIONS

How important is honesty and trust in making our society work?

## GROUP LESSON DISCUSSION

1. What was most helpful, encouraging, or challenging from this week’s sermon?
2. Take is self-evaluation and decide for yourself, based on your answer, whether you’re a trustworthy person.

True      False

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I am honest, I don’t lie, cheat, or steal.               |
| <input type="checkbox"/> | <input type="checkbox"/> | I keep my promises and follow through on my commitments. |
| <input type="checkbox"/> | <input type="checkbox"/> | I try to do what is right, even when it feels difficult. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am a good and dependable friend.                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Those who know me best would call me trustworthy.        |

What makes a person trustworthy?

3. How would you define trust?

What part does trust play in your relationships with your friends and family?

What part does trust play in your relationship with God?

4. Have you ever lost the trust of someone you cared about? How did it make you feel?

How is your relationship with that person now?

5. “The bottom line intention of Trust is this: You must commit to building your trust muscles on a daily basis through spiritual practice.” Do you agree with this statement? Why or why not?

### **next steps**

This week, explore trust by completing the following three writing assignments in a journal:

1. What is the relationship between trust and vulnerability?
2. Can you trust someone you fear?
3. Can you respect someone you do not trust and can you trust someone you do not respect?