

# WAYS TO REBUILD TRUST

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1. Take full responsibility for your sin. **Proverbs 28:13**
2. Ask for specific forgiveness. **1 John 1:9**
3. Demonstrate genuine sorrow for what you have done, and how this was a sin against God and the one(s) you offended. **Psalm 38:18**
4. Do not justify or defend any other persons involved. **Proverbs 17:15**
5. Be willing to make yourself accountable on how you or where you spend your time or money. This could include other areas of accountability as well. **Philemon v21, 22**
6. Submit whole-heartedly to Biblical counseling and complete all assignments. **Hebrews 13:17**
7. Be completely and painfully honest; acknowledge that great harm has been done. **Ephesians 4:20-25**  
**Psalm 139:23-24**
8. You must bring forth fruits (works) that demonstrate repentance. **Matthew 3:8a**  
**2 Cor. 7:9-10**
9. Be willing to have family and personal devotions. **Psalm 119:11**
10. Express patience and realize that rebuilding truth is not an event, but a process. Persevere in doing these things. **Hebrews 12:1-4**
11. Work on building a lot of new and positive experiences. **Ephesians 5:33**
12. Pray and ask God to help you desire Him more than anything. **Matthew 22:35-40**

## **Recommended Resources:**

- *God's Plan for Marriage* – 11 CD series by Pastor Jerry
- *Instruments in the Redeemer's Hand* by Paul Tripp
- *War of Words* by Paul Tripp
- *Relationships: A Mess Worth Making* by Paul Tripp and Tim Lane
- *This Momentary Marriage* by John Piper
- *Seeing With New Eyes* by David Powlison
- *Devotions for Couples* by Patrick Morley