

# TRUST ISSUES | WEEK 1: A FRAGILE CURRENCY

SEPTEMBER 9, 2018

## SERMON STUDY

Have some of your group members read these verses aloud: Jeremiah 17:5-9, Philemon 1:4-18

Dive deeper into this week's message and passages from the Bible. Here are some questions to help guide your group's discussion.

### Trust issues and where they come from

We don't come into the world with trust issues, we develop them. Trust issues occur when someone you felt close to hurts you, disappoints you, or lets you down in some way. It could be intentional or unintentional—it doesn't really matter. When trust is broken, a relational debt develops, and we naturally end up with "exes" (people we have written off or lost hope in).

- *Have you ever had your trust broken by someone? What was the impact of this relational debt?*
- *Have you ever broken the trust of someone you loved and cared about, even unintentionally?*
- *Knowing that trust is a fragile currency, what did you do or what could you have done to rebuild trust with that person?*

### Trust issues are dangerous when unaddressed

Paul is appealing to Philemon to keep trust alive. When you let go of trust, you lose hope. When you lose hope, you become a cynic. Cynics pre-judge people, put them in categories, and make conclusions too quickly. They aren't very teachable, are often cold-hearted, and project past hurts and betrayals on future opportunities and relationships. This is exactly where the enemy wants you to be and what he wants you to think.

- *Why is cynicism something we need to fight against?*
- *What consequences would we suffer if we allowed ourselves to become and/or remain cynical?*

### Learning to trust again

Trust leads to hope, and hope is the antidote to cynicism. Take a look at Jeremiah 17:7-8. Developing deep roots can help you withstand the intentional and unintentional wounds from others. Do this to become "unoffendable," not because you're emotionally detached but because you are emotionally connected to the right source!

- *Trust in the Lord gives us hope as an antidote to cynicism. How would hope specifically help in some of the situations or relationships you've grown cynical toward?*
- *How would trust in the Lord help you withstand the unavoidable experience of someone disappointing you?*
- *What are some ways that you can develop deep roots and remain connected to Jesus so that you are able to be a trusting person?*
- *Is there anything you need to change in the routines and rhythms of your week that would help you have an even stronger connection with Jesus?*

**QUESTIONS FOR REFLECTION** - What is God saying through his word? What are you going to do about it?

**DAILY BIBLE READING** - Subscribe at [tpcc.org/dailybiblereading](http://tpcc.org/dailybiblereading)

Here's a glance at what we're being challenged with this week through Daily Bible Reading.

Day one: Jeremiah 17:9 | The heart is the most deceitful.

Day two: Philemon 1:4-7 | Refresh the hearts.

Day three: Philemon 1:8-18 | Charge it to me.

Day four: Jeremiah 17:5-6 | The barren wilderness.

Day five: Jeremiah 17:7-8 | Blessed are those who trust in the Lord.