

*If you missed last week's message, today's message may seem like it's missing its meat—because it is! Last week we talked extensively about a biblical framework that hopefully inspires us to care passionately about building trust with God and others. Whether offender or offended, how we deal with betrayal reveals a lot about what we believe. What we believe will set a course for how we behave. How we behave will determine the quality of relationships we develop. Our ability to sustain lasting, loving relationships will impact our ability to live out our true, God-created identity AND either help or hinder our quest to live the abundant life. Last week's message and today's go together like peanut butter and jelly. So, go online, order a CD, go to [Lightsource.com](http://Lightsource.com); there are lots of ways to get caught up!*

### **Practical Steps to Restore Trust**

#### **#1. Change your behavior**

**#2. Enter into dialogue about what needs to change and both parties (offender and offended) sincerely seek to take necessary steps in the right direction—moving toward rebuilding trust**

**#3. When you can't agree, seek outside feedback, support, and accountability**

#### **#4. Expect resistance to change**

- I don't have the right to ask for change.
- If I ask, I'll only be disappointed, so why bother?
- I shouldn't have to ask, he/she ought to know!
- It doesn't count if I had to ask.
- I can't trust change. It's really just another form of manipulation.
- Why should I have to change, I'm the offended party!?!

- I'll change after he/she does.
- I'm too angry to do this. It would be dishonest to pretend to trust.

#### **#5. Learn constructive ways to talk about the betrayal and willingly use these techniques to talk about what happened.**

- Ignoring, pretending, and hoping to just move forward without restoration of trust is like inviting viruses to come and take residence in your computer, hoping they won't mess up your machine.
- If you're having more conversations in your head than with the other party, you may be using silence as a technique to avoid conversation.
- If you find yourself expressing your feelings without restraint, you've got some maladaptive assumptions that are allowing you to excuse your bad behaving. This is like drinking poison and expecting someone else to die. Unrestrained expression is counterproductive—so stop already!

#### **#6. If you find yourself unwilling or unable to talk constructively about this betrayal . . .**

- Consider why you may not want to listen, and learn about why this is counterproductive—you may need help sorting this out.
- Learn how your past might affect the way you listen.

*The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the lord, who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Psalm 16:6-8 NIV*