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## Anatomy of Trust

As a ROCK tribe (a family of families) we have been called to live from the heart transparently with one another... To fellowship in the light as he is in the light 1 John 1:7

To have love-bonded relationships in the Family of God takes trust - trust in God and trust in people.

What is trust? What does it look like in relationships and what is its' anatomy?

When we have common language and can break it down, we become empowered to understand our own hearts and communicate clear expectations with our family, spouse, MKF, co-worker.

Last week, Tim taught on the Baptism of Innocence and total forgiveness (a must watch).

After you have completely forgiven someone, how do you then rebuild what was broken?

How do you move forward and have an on-ramp to rebuild trust again for complete restoration?

Forgiveness wipes the slate clean as if it never happened.

What do you do when you have completely forgiven but your heart says I don't trust them?

Your mind says, "I have forgiven, I have dealt with the offense", but in truth your heart still says "I don't trust them." We need to find our way back to each other. (See exercise for roadmap to restoration)

The definition of trust from Charles Feltman is this:

*"Trust is choosing to risk making something you value, vulnerable to another person's actions.*

*Distrust is ... what I have shared with you that is important to me is not safe with you..."*

We value and are stewards of our own hearts, our spouses and children, our spiritual family MKF, our future and destiny.

Brene Brown's research shows 7 elements for trust. To truly belong to one another requires trust. Her Acronym is BRAVING. Boundaries, Reliability, Accountability, Vault, Integrity, Non-Judgment, Generosity. For us to have a trusting love bond relationship, as opposed to fear bond relationship, we need:

**B... Boundaries** I trust you if you are clear about your boundaries and you hold them, and you are clear about my boundaries and you respect them. There is no trust without boundaries.

God is a God of boundaries, and Jesus demonstrated clear boundaries (space, time...)

**R... Reliability** I can only trust you if you do what you say you will do and not once but consistently.

There is a difference between valid and reliable. A scale is valid when you step on it and it gives you an accurate measurement. A reliable scale is a scale that will give you the same result 100 times consistently. You do what you say you are going to do over and over and over again. Reliability means we have to be very clear with our limitations, so we don't take on so much that we fail to deliver...over promise and under deliver on our commitments.

**A... Accountability** I can trust you if when you make a mistake you own it, apologize for it and make amends. I can trust you if when I make a mistake I am allowed to own it, apologize and make amends.

**V... Vault** Value for confidentiality. What I share with you, you will hold in confidence. What you share with me I will hold in confidence. There are two doors on the vault. When someone comes to us and shares something that is not theirs to share (GOSSIP) our trust is diminished. The vault is not only about

you holding in confidence what I share with you, but also I see that you treasure confidentiality towards others: sometimes we share things that are not ours to share as a means to create shortcuts in friendships, it is a counterfeit intimacy, it's not real.

**I... Integrity** I cannot trust you if you do not act from a place of integrity and encourage me to do the same. Integrity is choosing courage over comfort, choosing what is right over what is easy, and practicing your values not just professing those values. Act like yourself under pressure or when you are in pain. Stay true to your values regardless of the circumstances.

**N... Non-judgment** I can show my weakness and vulnerability and not be judged by you; I can ask for help and not be judged. If I cannot ask for help or they cannot ask for help, then it is not a trusting relationship. When I think less of myself for needing help, then often I will think less of those needing my help as well. The wrong assumption (STRONGHOLD) is that if I need help then I am weak/broken/deficient. Gentle protectors respond kindly to weakness looking for ways to support and love and not as predators who exploit weakness for their own advantage. I am glad to be with you in your (or my) weakness.

**G...Generosity** I believe the best about you. You can assume the most generous things about my actions and behaviors and then check it out with me and give me the benefit of the doubt. If I mess up or forget something you will assume the best and communicate but not accuse. Don't assume the worst but the best and communicate again and ask questions. Remain curious

## **Practical Application for My Life Exercise**

Trust and distrust are big words. We rarely completely distrust people. We can communicate in love about all the ways we trust people and also specifically identify where and why we struggle with a particular facet of trust.

1. Start with a Golden memory.
2. Gratitude to Jesus.
3. Ask Jesus which BRAVING component he wants to highlight that needs upgrading/repair.
4. Is there a specific situation or person that Jesus is showing you to seek restoration?