Proverbs 12:22 (NIV) The Lord detests lying lips, but He delights in people who are trustworthy.

Trust destroyers:

- LyingDeceit
- > Insincerity
- Selfishness

How to rebuild trust:

- Be open
- Be humble
- Be accountable
- Give it time

Say what you mean, mean what you say, do what you say you are going to do

Learning to regain trust:

- Choose to forgive
- Embrace vulnerability
- Refuse to be a victim
- Leave the past behind
- Be accountable

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Proverbs 3:5-6 (NLT) Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

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urn over every aspect of your life to God

To regard as right or true (belief)

To put into the possession or safekeeping of another (action)

Proverbs 3:5-6 (NLT) Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

Turn over every aspect of your life to God

Rely on God's plan for your life

Jeremiah 1:4-5 (NLT) The Lord gave me this message: "I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as My prophet to the nations."

Jeremiah 29:11 (NLT) For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.

- **Turn** over every aspect of your life to God
- Rely on God's plan for your life
- Understand that you may not understand

Proverbs 3:5-6 (NLT) Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

Job 1:21 (NIV) "Naked I came from my mother's womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised."

Proverbs 3:5-6 (NLT) Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

Turn over every aspect of your life to God Rely on God's plan for your life Understand that you may not understand Seek His will in everything you do

Proverbs 16:3 (NLT) Commit your actions to the Lord, and your plans will succeed.

Proverbs 3:5-6 (NLT) Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

- **Turn** over every aspect of your life to God
- Rely on God's plan for your life
- Understand that you may not understand
- Seek His will in everything you do
- Take His path

Psalm 37:23-24 (NIV) The Lord makes firm the steps of the one who delights in Him; 24 though he may stumble, he will not fall, for the Lord upholds him with His hand.

I learn to trust God as I learn to become trustworthy

Psalm 56:11 (NLT) I trust in God, so why should I be afraid?

Isaiah 26:3 (NLT) You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

- **Turn** over every aspect of your life to God
- Rely on God's plan for your life
- Understand that you may not understand
- Seek His will in everything you do
- Take His path

Trust and Obey

When we walk with the Lord, in the light of His Word, What a glory He sheds on our way! While we do His good will, He abides with us still.

And with all who will trust and obey.

Trust and obey, for there's no other way To be happy in Jesus, but to trust and obey.

But we never can prove, the delights of His love.

Until all on the altar we lay

For the favor He shows, and the Joy He bestows

Are for them who will trust and obey.

Trust and obey, for there's no other way To be happy in Jesus, but to trust and obey.

Then in fellowship sweet, we will sit at His feet. Or we'll walk by His side in the way. What He says we will do, where He sends we will go; Never fear, only trust and obey.

Trust and obey, for there's no other way To be happy in Jesus, but to trust and obey.

Trust and obey, for there's no other way To be happy in Jesus, but to trust and obey. (x2)