



Expository Counseling Training Center

Understanding and Developing Trust in Human Relationships

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Definition of Trust: To have confidence in or reliance upon an individual according to their prescribed order of operation as set by God within the context of that relationship; the belief or assurance that a person will do what was prescribed by God within the context of the relationship. (Proverbs 31:10-11, 2 Chronicles 20:20)

I. Trust is to be limited to the intended divine order of the relationship and the spiritual condition of the individual. (Proverbs 31:10-11, 2 Chronicles 20:20, Jeremiah 9:4)

- A. Trust is to be based on the prescribed order of operation within the role as set by God within the relationship. (We rely upon the person according their God-ordained role.)
- B. Trust is developed according to the level of the person's obedience to the prescribed order of operation within their role as set by God within the relationship. (We rely upon the person according to their consistency within their God-ordained role.)
- C. Trust is denied according to the level of the person's disobedience to the prescribed order of operation within their role as set by God within the relationship. (We do not rely upon the person according to their inconsistency within their God-ordained role.)

II. Trust is not meant to go beyond the intended divine order of the relationship. (Jeremiah 17:5, Proverbs 29:26, John 6:35)

- A. People were not designed to be the source of our security; God is the source of our security. Therefore, to rely upon people as the source of our security is to replace God with people, leading us away from God. (We are not to rely upon individuals to be our source of security.)
- B. People were not designed to be the source of our solutions; God is the source of our solutions. Therefore, to rely upon people as the source of our solutions is to replace God with people, leading us away from God. (We are not to rely upon individuals to solve our problems.)
- C. People were not designed to be the source of our satisfaction; God is the source of our satisfaction. Therefore, to rely upon people as the source of our satisfaction is to replace God with people, leading us away from God. (We are not to rely upon individuals to be the source of our satisfaction.)

III. Trust is not meant to be placed in relationships that are not in the prescribed order of God. (Proverbs 6:20-35, 1 Corinthians 5:1-2, 1 Corinthians 15:33)

- A. Relationships that are not meant to be established as stated by Scripture go against the prescribed order of God and therefore are not to be trusted in or continued.
- B. No one involved in a relationship that was not meant to be established as stated by Scripture can be trusted to do what is prescribed by God since they are operating outside the prescribed order of God by having the relationship.
- C. Trust in relationships that are not meant to be established as stated by Scripture can lead to difficulty and hardships in life on a consistent basis.

IV. Trust should not be based on the perfection of others, but on the consistency of others within the prescribed order of operation as set by God within the context of the relationship. (Ecclesiastes 7:20, Proverbs 27:6, Proverbs 12:22)

- A. There is no person (except for God incarnate, Jesus Christ) who lives life without ever sinning. Therefore, trust should not be based on a person's ability to never sin in a relationship.
- B. Trust should be developed with a person as that person grows in their commitment to function in the prescribed order of operation as set by God within the context of the relationship.
- C. We must strive to be faithful in our dealings with others as we commit to function in the prescribed order of operation as set by God within the context of the relationship, knowing this is a delight to God.

V. Since trust is to be based on the prescribed order of operation within the role as set by God within the relationship, you can develop trust accordingly by being consistent in your:

- A. Character – having integrity in that who you are on the outside is consistent with who you are on the inside.
- B. Conversation – saying what you mean, and meaning what you say; keeping your word with others.
- C. Confession – owning up to your sins and mistakes regularly without hesitation or having to be prompted by others.
- D. Change – not slacking but being consistent in putting off the sin and putting on the new way of living as you own up to your sins and mistakes regularly without hesitation or having to be prompted by others.
- E. Commitments – doing what you are supposed to do within the context of the relationship as prescribed by God on a regular basis without hesitation or having to be prompted by others.

- F. Care – showing genuine concern and providing assistance to others within the context of the relationship as prescribed by God without hesitation or having to be prompted by others.
- G. Compassion – not condemning people’s sin nor condoning people’s sin, but helping people turn from it and grow through it without griping about what it cost you to do it.
- H. Conservation – doing all you can that is right and honorable in the sight of God and man to keep the relationship going and functioning according to the prescribed order of operation as set by God within the context of the relationship.
- I. Conciliation – willing to do all that is right and honorable in the sight of God and man to resolve disunity and bring harmony to the relationship accordingly.

Trust will rise and fall based upon one’s consistency or inconsistency in the areas above.