

THE ESSENTIAL NATURE OF TRUST

SOLOMON Wise Men Fail Too!

I invite you to walk with me through the Old Testament and discover how God uses the stories of broken men—not perfect ones—to help us learn to trust Him.

These lives aren't just ancient history; they are windows into our own struggles and hopes. Each story leads us closer to Jesus, the one in whom all trust finds its meaning.

Along the way, your “trust muscle” will be stretched and strengthened as we explore what it means to truly follow the One who is trustworthy.

Let's take the journey together.



Series Overview

1. Goal: Strengthen trust in Jesus through Old Testament characters.
2. Theme: Who Do You Trust?
Who Do You Follow?
3. Outcome: Build trust in relationships, make discerning decisions, and deepen your relationship with Jesus.



Solomon: Journey of Trust.

1. **ASK FOR WISDOM** → Trust Begins with Asking God for Wisdom. When offered anything, Solomon asked for wisdom to lead God's people well. We trust God when we believe His wisdom is better than our instincts. I Kings 3:4-14.

2. **REMEMBER** → Trust is Strengthened in Worship and Obedience. Solomon's prayer acknowledged God's faithfulness to Israel's history. Remembering God's past faithfulness fuels present trust. I Kings 8:10-25.

3. **BEWARE OF COMPROMISES** → Trust Requires Guarding the Heart Against Drift. Solomon's heart turned toward other gods because of divided loyalties. Trust Principle: Unchecked compromises erode trust in God over time. Small spiritual concessions led to big relational betrayals of God. Trust isn't just built—it must be protected. I Kings 11:1-13.



BOOK: FEARLESS by Jamie Winship

1. Winship says, “You cannot live in fear and hear from God at the same time.” David models this by refusing to act out of fear, even when hunted.
2. He emphasizes **identity rooted in God’s voice**. David’s life is a reflection of listening—through psalms, prayer, and prophetic guidance.
3. Winship teaches that **courage grows** when we know who we are. David faced Goliath and Saul not because he was fearless—but because he knew **whose** he was.



The 5 Essentials of Trust

1. Understanding

You trust people who 'get you.' They listen, empathize, and validate your perspective without quick fixes.

2. Motive

Trust is built when the other person's heart is for you, not just for their own interests. You feel safe when someone genuinely wants your good.

3. Ability

Good intentions aren't enough. We trust people who are competent—who have the skills, wisdom, or experience to follow through.



The 5 Essentials of Trust

4. Character

You trust those who do the right thing when it costs them. Integrity, humility, and consistency over time shape deep trust.

5. Track Record

Trust is strengthened when someone has shown up again and again—when they've proven themselves trustworthy through real-life situations.



REBUILDING TRUST: It's a Process.

1. **TIME** → **Trust is Restored Through Consistency Over Time.** “The most important element in rebuilding trust is time—time spent doing the right things, again and again. ”Trust can't be rushed. It grows as the offended person sees repeated patterns of trustworthy behavior.

2. **WORDS & ACTIONS** → **Repair Requires Both Truth and Grace.** “Truth without grace feels like judgment. Grace without truth feels like permission.”
- Restoring trust means being honest about the failure and offering empathy to the one hurt.

3. **YOU ARE BEING WATCHED** → **Trust Grows in Measurable Steps.** “Don't measure success by perfection. Measure it by forward movement.” Trust repair is incremental—restored in stages as each step proves reliability.



Take Action!

Journal Prompts

1. Where have you expected trust to be rebuilt instantly, rather than allowing for a process?
2. Who do you mistrust? Why?
3. What's one small, consistent action you can take this week to deepen trust with someone?

