



THE ESSENTIAL NATURE OF TRUST

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.

NEHEMIAH – The Restorer!

Nothing in the world works without trust. Trust is established through relationship.

Who do you trust? Who do you follow?

Highland Colony Men's Roundtable

www.MensTable.com

October 02, 2025

Scripture: Nehemiah 1:4-11; Nehemiah 2:17-20; Nehemiah 5:14-19

Music: Chris Tomlin: Leading worship at Charlie Kirk's funeral was "awakening moment" – <https://www.youtube.com/watch?v=kVOodCpOx4M>

How Great Is Our God - Chris Tomlin | Charlie Kirk Memorial (LIVE) – <https://www.youtube.com/watch?v=l3fUI6lmYVg>

Videos: Charlie Kirk Tribute Song | A Man of Faith - <https://www.youtube.com/watch?v=mt-NW9DJTRc>

Resources: *Hitchhiking with Prophets – A Ride through the Salvation Story of the Old Testament* by Chad Bird

Trust – Knowing When to Give It, When to Withhold It, How to Earn It, and How to Fix It When It Gets Broken in Life and Business by Dr. Henry Cloud

The Model of trust through Nehemiah looks like this:

1. _____ → **Trust in Prayer Before Action.** When Nehemiah heard of Jerusalem's ruined walls, his first instinct was not to rush into action but to fall on his knees. He wept, fasted, confessed, and prayed. His trust was anchored in God's direction before he lifted a finger. – Nehemiah 1:4-11. **REMEMBER:** True trust begins with prayer. Before we act, we must bring our burdens before God and depend on His wisdom.
2. _____ → **Trust in God's Provision Amid Opposition.** When Nehemiah set out to rebuild the wall, he faced ridicule, threats, and intimidation. Yet he boldly declared, "The God of heaven will give us success." Even as the people worked with one hand and held weapons in the other, they trusted God to provide protection and strength. Nehemiah 2:17-20; 4:1-20. **REMEMBER:** Trust does not mean ignoring challenges. It means working faithfully while believing God will supply the strength and resources we need.
3. _____ → **Trust in Integrity and Stewardship.** As governor, Nehemiah could have demanded food allowances and lived in luxury. Instead, he chose integrity and sacrificial service. His trust in God freed him from greed and self-interest. Nehemiah 5:14-19. **REMEMBER:** Trust is built through integrity. When leaders act with humility and stewardship, they reflect God's character and inspire trust in others.

Special Insight – Nehemiah 9:1-3 → Confession and Covenant Renewal

After the wall was completed, the people gathered to confess their sins and remember God's faithfulness. They rehearsed their history, acknowledging their failures and celebrating God's mercy. This act demonstrated that they had learned to trust God—not just for walls of protection but for covenant relationship.

REMEMBER: Trust is restored when we confess our failures honestly and root our confidence in God's unchanging grace.

REPAIRING BROKEN TRUST

Step 1 – Acknowledge the Breach → You cannot repair what you won't admit. Be specific about what happened and how trust was damaged.

TRUST: Denial delays healing; humility begins restoration.

Step 2 – Own Your Role → Take responsibility for your part—even if it's partial. Avoid blame-shifting or minimizing. TRUST = Proverbs 28:13 — "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."

Step 3 – Understand the Impact → Show empathy for the pain or consequences caused. Listen fully before offering solutions. TRUST = People trust again when they feel seen, heard, and understood.

Step 4 – Make Amends → Offer a clear, specific plan to repair the harm done. Follow through on your commitments. TRUST = Trust grows when words and actions align.

Step 5 – Rebuild Through Consistency → Trust isn't rebuilt overnight; it's restored one consistent choice at a time. TRUST = Dr. Cloud calls this the "deposit effect"—small actions that slowly refill the trust account.

Step 6 – Establish Healthy Boundaries → Moving forward requires clarity on expectations, responsibilities, and limits. TRUST = Healthy relationships balance grace and truth.

Dr. Henry Cloud – TRUST: Chapter 14 Summary

Step 2 – Move Beyond Anger and Revenge and Turn Toward Forgiveness

Forgiveness is one of the most vital steps in rebuilding trust. In Chapter 14 of *TRUST*, Dr. Henry Cloud emphasizes that unresolved anger and the desire for revenge are among the greatest barriers to healing and restoration. Until we address these deeply human reactions, trust cannot be rebuilt. This chapter offers a powerful pathway from wounds to freedom, showing us how forgiveness sets the stage for new beginnings. As followers of Jesus, this process is not optional—it's central to our faith. Scripture reminds us, 'Get rid of all bitterness, rage and anger... be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you' (Ephesians 4:31-32).



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Roundtable



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- 1. Acknowledge and Process Your Anger →** Betrayal and broken trust stir deep anger. Pretending that anger doesn't exist or trying to suppress it only keeps us stuck. Dr. Cloud teaches that anger itself is not sinful; it is a signal that something deeply wrong has happened. However, when anger festers, it becomes destructive and erodes our capacity to heal.
- 2. Surrender the Desire for Revenge →** Our natural response to betrayal is often revenge. We want the other person to feel the pain they caused. But revenge keeps us bound to the wound and prevents healing. Dr. Cloud emphasizes that surrendering the desire for revenge is not about excusing the wrong—it's about releasing control and trusting God to handle justice.
- 3. Choose Forgiveness as a Path to Freedom →** Forgiveness is not a one-time feeling; it is a daily decision that begins the process of healing. Dr. Cloud explains that forgiveness is not the same as reconciliation. Reconciliation requires mutual trust and often takes time. Forgiveness, however, is unilateral—it is something we choose to do between ourselves and God.

Take Action! Journal This!

1. Be like Nehemiah, begin with prayer instead of rushing into action. What opposition or challenge are you facing that requires you to trust God's provision?
2. How is your own integrity and sacrificial leadership a source of trust in your own relationships?
3. How does confession and remembering God's faithfulness (Nehemiah 9) help restore trust today?

Scripture – The Message

Nehemiah 1:4-11 – 4 When I heard this, I sat down and wept. I mourned for days, fasting and praying before the God-of-Heaven.**5** I said, "God, God-of-Heaven, the great and awesome God, loyal to his covenant and faithful to those who love him and obey his commands:**6** Look at me, listen to me. Pay attention to this prayer of your servant that I'm praying day and night in intercession for your servants, the People of Israel, confessing the sins of the People of Israel. And I'm including myself, I and my ancestors, among those who have sinned against you."**7** "We've treated you like dirt: We haven't done what you told us, haven't followed your commands, and haven't respected the decisions you gave to Moses your servant."**8** All the same, remember the warning you posted to your servant Moses: 'If you betray me, I'll scatter you to the four winds,**9** but if you come back to me and do what I tell you, I'll gather up all these scattered peoples from wherever they ended up and put them back in the place I chose to mark with my Name.'**10** "Well, there they are - your servants, your people whom you so powerfully and impressively redeemed."**11** O Master, listen to me, listen to your servant's prayer - and yes, to all your servants who delight in honoring you - and make me successful today so that I get what I want from the king." I was cupbearer to the king.

Nehemiah 2:17-20 – 17 Then I gave them my report: "Face it: we're in a bad way here. Jerusalem is a wreck; its gates are burned up. Come - let's build the wall of Jerusalem and not live with this disgrace any longer."**18** I told them how God was supporting me and how the king was backing me

up. They said, "We're with you. Let's get started." They rolled up their sleeves, ready for the good work.**19** When Sanballat the Horonite, Tobiah the Ammonite official, and Geshem the Arab heard about it, they laughed at us, mocking, "Ha! What do you think you're doing? Do you think you can cross the king?"**20** I shot back, "The God-of-Heaven will make sure we succeed. We're his servants and we're going to work, rebuilding. You can keep your nose out of it. You get no say in this - Jerusalem's none of your business!"

Nehemiah 5:14-19 - 14 From the time King Artaxerxes appointed me as their governor in the land of Judah - from the twentieth to the thirty-second year of his reign, twelve years - neither I nor my brothers used the governor's food allowance.**15** Governors who had preceded me had oppressed the people by taxing them forty shekels of silver (about a pound) a day for food and wine while their underlings bullied the people unmercifully. But out of fear of God I did none of that.**16** I had work to do; I worked on this wall. All my men were on the job to do the work. We didn't have time to line our own pockets.**17** I fed one hundred and fifty Jews and officials at my table in addition to those who showed up from the surrounding nations.**18** One ox, six choice sheep, and some chickens were prepared for me daily, and every ten days a large supply of wine was delivered. Even so, I didn't use the food allowance provided for the governor - the people had it hard enough as it was.**19** Remember in my favor, O my God, Everything I've done for these people.

"How Great Is Our God" By Chris Tomlin

<p>The splendor of a King Clothed in majesty Let all the earth rejoice All the earth rejoice He wraps Himself in light And darkness tries to hide And trembles at His voice Trembles at His voice How great is our God Sing with me How great is our God And all will see How great, how great is our God Age to age He stands And time is in His hands Beginning and the end</p>	<p>Beginning and the end The Godhead Three in One Father, Spirit, Son The Lion and the Lamb The Lion and the Lamb How great is our God Sing with me How great is our God And all will see How great, how great is our God Name above all names Worthy of our praise My heart will sing How great is our God Name above all names You are worthy of our praise</p>	<p>And my heart will sing How great is our God How great is our God Sing with me How great is our God And all will see How great, how great is our God How great is our God Sing with me How great is our God And all will see How great, how great is our God How great is our God Sing with me How great is our God And all will see How great, how great is our God</p>
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