

Body of Christ News – July 2003

LEARNING TO TRUST

By Pastor Polly Sanders-Peterson

All of my young life I felt I had to care and look after myself! After all, I thought, where was everyone when I cried out for help: but felt so completely alone! Where was God when I needed Him and called out to Him for help? Much of my pain came from feeling alone, with no one to care for me and help me when I really needed it!

This false way of thinking caused me to depend on myself, falsely believing that I was all I had! It was hard to trust others when they had hurt me and let me down so many times, or to trust a God who seemed so far away and distant from me and not meeting my needs of hearing my cry for help!

Wrong Thinking Blocks Trust

It's hard to reach out and trust God when you think like this, because you are allowing wrong thinking to guide you, instead of God's Truth in His word!

His Love dwells
unconditionally in
me and for me.
(Eph. 3:17-19)

Then God began to reveal His unconditional love to me and in me – and He began to teach me who He is through His word (The Bible). He showed me that His heart is to love me, care for me, and help me!

I had to choose to apply God's truth over my wrong thinking and put His truth in my heart and thoughts. Then I came to know and experience His great love and acceptance for me! (1John 4:16). Thus began our renewed relationship, as I began to draw to Him with all my heart and soul (mind, emotions, & will). God's love became real to me and in me! Then, as our relationship grew my trust in Him began to grow. (Ps. 37:3-5)

Once I learned that God is love and allowed His love to fill me and guide my heart, I learned to forgive others other for their hurts and afflictions in my life, as God had forgiven me. With this new forgiveness in my heart I was able to reopen my heart and reach out to trust again through God's love and His ways. (See Mark 11:25-26; I Peter 4:8; Matt 18:21-22)

Just as God had
forgiven me, I had
to learn to forgive.
(Mark 11:25-26)

How to Rebuild Trust in Hurtful Relationships

How do you trust others when you have been hurt and greatly disappointed and felt defiled?

1. Desire in you heart to rebuild trust. (Ps. 37:3-5)
2. Ask God to heal your broken heart and take away your feelings of defilement and hurt. (Matt. 7:7-8)
3. Choose to forgive and choose to believe God's word. (I Peter 4:8)
4. Ask God to restore trust. (Ask God to teach you how)
5. Keep your heart and will open to God's teaching, love, and His way.

6. Know that people still might let you down, but never God. (Isaiah 49:14-16) Build your trust in God, His truth, His word and your relationship with Him, not in man.
7. Apply God's love in your heart and mind and use it toward others, especially the person you want to reestablish trust with. Don't let the enemy draw you back into wrong thinking and ways. (Ps. 118:8-9)

Trust God's Love to Heal & Restore

Realize that some woundedness, hurts and defilements can only be healed by the Spirit of God (Zach 4:6), but trust that your Father God loves and cares for you greatly and everlastingly, and He will heal your woundedness and restore your relationships! (Luke 4:18)

Because God cares about you individually, He faithfully provides fellowship, teaching and Biblical counseling through His chosen pastors, teachers, prophets, apostles and evangelists to help you build your trust in Him.

Plus, don't forget that we now offer FREE RELATIONSHIP WORKSHOPS every 2nd and 4th Mondays of each month at 7:00pm in the Board Room of Polly and Company Salon at 940 Speer in Denver.