

## When Trust is Betrayed, What Can You Do?

*(I love you too much to let a stupid split us up)*  
(SERIES: Accept No Mediocre Marriage; 03 of 10)  
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“. . . it is required that those who have been given a trust must **prove** faithful.” (1 Cor 4:2)

"The law of the LORD is perfect, reviving the soul. The statutes of the LORD are **trustworthy**, making wise the simple." (Psa 19:7)

### The Truth About Trust

Trust is the **glue that bonds** us together.

Trust is **earned** not **owed**.

Trust is never **static**.

Trust is **easier to keep** than to get back.

### The 5 Levels of Trust:

1. **Like** (*dating*)
2. **Love** (*engagement*)
3. **Commitment** (*getting married*)
4. **Admiration** (*being married*)
5. **Intimacy** (*growing*)

### The 5 Levels of Distrust:

- 1. Drift & **Distance**
- 2. Silence & **Suspicion**
- 3. Anger & **Arguing**
- 4. Lies & **Deception**
- 5. **Disrespect & Loathing**

"However, each one of you also must love his wife as he loves himself, and the wife **must respect** her husband." (Eph 5:33)

### Trust-Deposits

Trust grows when I'm **accountable**.

Trust grows when I'm **honest**.

"An **honest** answer is like a kiss on the lips." (Pro 24:26)

Trust grows when I **keep a confidence**.

"A gossip betrays a confidence, but a trustworthy man keeps a secret." (Pro 11:13 NIV)

Trust grows when I **listen**.

" . . . Everyone should be quick to listen, slow to speak and slow to become angry," (Jam 1:19 NIV)

Trust grows when I'm **thoughtful**.

"If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, **if any tenderness and compassion**, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose." (Phil 2:1 )