



The Art of Spousing

Trust Builders & Busters in a Marriage Relationship

Pastors Lisa and James discuss the importance of trust in marriage and relationships. Trust is the glue that holds all relationships together and can be built over time through small moments, but can also be broken in an instant. They discuss the concepts of trust builders and trust busters in relationships, sharing examples and stories of couples who have faced trust issues and worked towards restoration. They also touch on the importance of good communication, keeping promises, and the role of honesty and respect in building trust.

1. Which of the “trust busters” have had the greatest impact on your concept of trust?
Communication, Broken Promises, Lack of Consistency, Dishonesty (or lack of transparency), Disrespect, and Infidelity)
2. Share some of the specific behaviors or actions that have contributed to building trust in your marriage relationship.
Trust can be built over time through small moments. Discuss examples with your spouse when seemingly insignificant moments played a significant role in strengthening trust.
3. Keeping promises is a crucial aspect of building trust. Reflect on your own track record for keeping promises. How do you approach making commitments to others, and how do you follow through on them?
4. Trust is also built through honesty. Reflect on a relationship where trust was broken and subsequently restored. What steps were taken to repair the trust, and what lessons did you learn from that experience?
 - How can you cultivate honesty and respect in your marriage? Share a time when full transparency and/or honesty strengthened trust between you and your spouse.

Marriage Challenge: How do you plan to incorporate these trust-building techniques into your interactions with loved ones?

Communication technique: Use the language of Process/Plan/Promise

Honesty/Full Transparency: Sharing passwords on computers and phones, full disclosure on social media accounts.

Practice Romans 12:10 - “...Outdo one another in showing honor.” What does that look like in practical terms in your marriage relationship?