Covenant Group: Trust

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**Group business**

**Opening Words**

*Superman, dressed as a young Clark Kent was in a church wondering who he could trust with his identity as Superman. He asked the minister how trust develops. The minister replied “First comes faith, and only then does trust follow.”*

**Chalice lighting/Chime ringing**

**Silence 2 minutes followed by chime ringing**

**Check in**

**Topic: Trust**

Persons who study relationships say that the fundamental basis of a loving relationship is trust along with commitment. Tonight’s topic is about the issue of trust and how it has played out in your life.

Here are some ideas of what you might want to talk about:

* What does the word trust mean to you?
* How is trust related to faith for you?
* In what parts of your life is trust important or not important to you?
* Where or with whom do you feel you have placed the most trust?
* Are you trustworthy?
* Has your trust ever been betrayed and how were you affected?
* Have you ever betrayed anyone's trust in you?
* How does suspicion effect trust?

**Sharing without crosstalk**

**Discussion of the topic with crosstalk**

**Closing reading**

*Trust no one, don’t tell your secrets to anyone and no one will ever betray you as you live your life alone. (unknown)*

*“Loving someone is giving them the power to break your heart, but trusting them not to.”
―*[*Julianne Moore*](http://www.goodreads.com/author/show/559394.Julianne_Moore)

**Likes and wishes**

**Clarify who is doing the group next time**

**Extinguish chalice/Chime ringing**