

Trust:

Firm belief in the reliability, truth, ability, or strength of someone



A marriage relationship will not last and will not function well without trust. But trust is not simple when it comes to a relationship as close and intimate as the marriage relationship. Factors outside the marriage can affect trust; family of origin, previous relationships, violations that may have occurred - while a spouse may not have done something to break trust, it may difficult one's spouse to trust him or her. The firm belief in the reliability, truth, ability, or strength of one's spouse requires time to build.

Trusting our spouse, or anyone for that matter, begins with our relationship with the Lord - can you trust God? Proverbs 3:5 tells to trust in the Lord with all our heart. But it may be difficult to trust God when fathers, mothers, people we've been in relationship have proven untrustworthy. Seeking relationship with the Lord through His word, prayer, and service will help build that trust. As my wife and I have experienced God's love and care in *many* circumstances over our 42 year walk with Him, we have come to trust in Him in every aspect of our lives. My prayer is that you also will learn to trust the Lord as you experience His work in your life.

For those with a spouse who has experienced past broken trust or violations of their person, please be patient and *help* them to learn to trust, not demanding trust. Those who have broken trust with their spouse must realize that it is going to take time to rebuild that trust. Trust cannot be demanded, but must be nurtured and built. Your openness and transparency will help your spouse rekindle trust in you. The more trustworthy we prove ourselves to be, the more trust will be built in our marriage.

In our marriage relationship, we will be able to trust our spouse and also earn the trust of our spouse as we nurture and build a strong, intimate relationship. Being *trustworthy* is a critical part of building trust in our marriage. Are we open and transparent with our spouse? Do we act with honesty and integrity? Do we complete what we say we will do? Do we fulfill our responsibilities and care about our spouse's interests? When we do these things, trust will be built in the relationship. Building trust requires time together working on the relationship. As we sacrificially love our spouse, trust will be built in our marriage relationship.

Helpful Resources: *Fortified Marriages Resource page:* www.fortifiedmarriages.com

Articles to check out:

Why Trust Matters in Relationships and Marriage by Rosario Slack - www.healthymarriageinfo.org

Marriage in Three Postures: How to Cultivate and Protect Trust by Zach Howard - www.desiringgod.org

What is "trust" in a Marriage? By Mike Dawson—mikeandsusansdawson.com