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# I Have Trust Issues

How to Trust Again in a World of Cynicism



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## Part One: I Can Only Trust...Myself // Carey Nieuwhof // June 19, 2022

Who can you trust, really? Jesus said that the greatest commandment God has given us is to love him with all our hearts and to love our neighbour as we love ourselves. Yet, given the carnage of the last few years, many of us have moved closer to trusting only ourselves. In this message, we'll explore the staggering implications of trusting almost no one—or no one at all.

**Scripture:** [John 2:23-25](#) NLT; [Mark 12:28-34](#) NLT

**Bottom Line:** Trusting only yourself leaves you with the worst of yourself, and none of the best of God and other people.

### Discussion Questions:

1. Have you found your trust in others rising or falling over the last few years? How so?
2. Why do you find it hard to trust others? Where does this come from?
3. Jesus had “trust issues” too. Read [John 2:23-25](#). Why do you think Jesus realized he couldn't/shouldn't trust people? How can you relate?
4. Carey outlined three consequences of not trusting other people. Where have you seen those consequences show up in your life or the lives of people you know?
5. Jesus chose an entirely different path. Read [Mark 12:28-34](#). What did he do and urge us to do instead of refusing to love or trust anyone? How is this counter-cultural? What, if anything, concerns you about pursuing Jesus' approach?
6. The big question this week is, “Are you open to loving God and loving other people (again)?” What's your answer to this question? Why?

### Moving Forward:

This week, answer one of the biggest questions you can answer in this cultural moment: Are you willing to be open—truly open—to trusting God and other people again? If you answer yes, a whole new world of possibilities opens. If you answer no, you're in for more of the same and more of what you see around you.

### Changing Your Mind:

*And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength. The second is equally important: Love your neighbor as yourself. Mark 12:29-30 NLT*