

# Unitarian Universalist Small Group Ministry Network Website

## Small Group Ministry

### Trust

First Parish Church of Stow and Acton, MA, June 2019

#### Opening Words and Chalice Lighting

We are here,  
in a circle of love and trust,  
brought to this moment  
by a series of choices and promises ...  
Somewhere out there,  
all we dream is possible.  
Somewhere in here,  
we are sowing the seeds. - Shari Woodbury

**Check-in/Sharing:** This is the time to mention briefly any major issues or events on your mind that you would like to share. Good time to explain how July and August sessions work.

#### Topic: Trust

Trusting is an important foundation for relationships and decisions. Trust lets us take action in our lives and allows us to relax within our spaces. As children we have no choice but to trust the world and people around us. As we mature we hopefully learn to put more trust in ourselves. We trust many things without even thinking about it--rules, laws, machines, medicines, software and that cultural norms and etiquette will be followed. Without trust, we would spend our days continually verifying everything. Nothing would ever get done.

We learn to trust people's good intentions and competence, but we drive defensively, just in case. Trust is not all or nothing--there may be things, situations, or people that don't deserve every part of our trust. With each new venture is an expansion in our trust-- trust in the laws of physics, in people, communities and ultimately in ourselves.

"To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown. Instead you relax, and float." - *Alan Wilson Watts*

"You never know how much you really believe anything until its truth or falsehood becomes a matter of life and death to you. It is easy to say you believe a rope to be strong and sound as long as you are merely using it to cord a box. But suppose you had to hang by that rope over a precipice. Wouldn't you then first discover how much you really trusted it?" - *C.S. Lewis*

"The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity." - *Ulysses S. Grant*

"Trusting is hard. Knowing who to trust, even harder." - *Maria V. Snyder*

"But it does not seem that I can trust anyone,' said Frodo.  
Sam looked at him unhappily. 'It all depends on what you want,' put in Merry. 'You can trust us to stick with you through thick and thin--to the bitter end. And you can trust us to keep any secret of yours--closer than you keep it yourself. But you cannot trust us to let you face trouble alone, and go off without a word. We are your friends, Frodo.'" - *J.R.R. Tolkien*

“Friendship- my definition- is built on two things. Respect and trust. Both elements have to be there. And it has to be mutual. You can have respect for someone, but if you don't have trust, the friendship will crumble.” - *Stieg Larsson*

“Trust is the most important part of a relationship, closely followed by communication. I think that if you have those two things, everything else falls into place - your affection, your emotional connection. - *Vanessa Lachey*

“When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.” - *Fred Rogers*

“Consistency is the true foundation of trust. Either keep your promises or do not make them.” - *Roy T. Bennett*

“I'm not upset that you lied to me, I'm upset that from now on I can't believe you.” - *Friedrich Nietzsche*

“We are all mistaken sometimes; sometimes we do wrong things, things that have bad consequences. But it does not mean we are evil, or that we cannot be trusted ever afterward.” - *Alison Croggon*

“Forgiveness must be immediate, whether or not a person asks for it. Trust must be rebuilt over time. Trust requires a track record.” - *Rick Warren*

“Have enough courage to trust love one more time and always one more time.” - *Maya Angelou*

“Trust your instincts, and make judgements on what your heart tells you. The heart will not betray you.” - *David Gemmell*

“Our bodies have five senses: touch, smell, taste, sight, hearing. But not to be overlooked are the senses of our souls: intuition, peace, foresight, trust, empathy. The differences between people lie in their use of these senses; most people don't know anything about the inner senses while a few people rely on them just as they rely on their physical senses, and in fact probably even more.” - *C. JoyBell C.*

### **Possible Questions for Discussion:**

- How did you learn to trust? Do you have any memories of people, places or things you could trust?
- When has trusting your instincts or judgement served you well?
- Are there people you trust for some things but not for others?
- Have you ever been in a place where the things you know and trust did not apply?
- Have you ever had to learn to trust someone again, or had to re-earn someone else's trust?
- In what ways do you think of yourself as trustworthy?
- Was there ever a time where choosing to trust led you down a different path?
- Could you describe any risks you have taken that stretched your sense of trust?

(Group will take a few minutes to consider topic and questions and then share).

**Wrapping Up:** How did you like this topic and session?

### **Closing Words**

“If we can just let go and trust that things will work out the way they're supposed to, without trying to control the outcome, then we can begin to enjoy the moment more fully. The joy of the freedom it brings becomes more pleasurable than the experience itself.” - *Goldie Hawn*

adapted from Countryside Church Unitarian Universalist, Palatine, IL Covenant Group