

Trust Me
How To Build Trust: #3 - Connect

1. I must _____

a) _____

Psalm 81:11 *But my people would not listen to me.*

b) Listen _____

Job 21:2 *If you want to offer comfort, then listen to me.*

Key: _____

c) _____

Romans 12:15 *Rejoice with those who rejoice, weep with those who weep.*

2. I must _____

1 Thessalonians 5:11 *Therefore encourage one another and build one another up, just as you are doing...*

a) Schedule time to _____

b) _____

c) _____

d) _____

3. I must _____

a) Understand how important _____

2 Corinthians 12:9-10 *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.*

b) Take a risk _____

c) Let them see _____

James 5:16 *Therefore, confess your sins to one another and pray for one another, that you may be healed.*

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James 5:16 *Therefore, confess your sins to one another and pray for one another, that you may be healed.*

Here are some examples of what this sounds like:

“I’m sorry you are going through this.”
“Wow, that really sucks.”
“I hate that this happened.”
“That must be hard.”
“That sounds really challenging.”
“I can see how that would be difficult.”
“Wow. I don’t know what to say.”
“I can’t imagine what you must be going through.”
“I wish I could make it better.”
“My heart hurts for you.”
“It makes me really sad to hear this happened.”
“Thank you for sharing with me.”
“I’m glad you told me.”
“Thank you for trusting me with this. That really means a lot.”
“This must be hard to talk about. Thanks for opening up to me.”

1 Corinthians 12:26 *If one member suffers, all suffer together; if one member is honored, all rejoice together.*

Psalms 4:3 *Mark this well: The Lord has set apart the redeemed for himself. Therefore he will listen to me and answer when I call to him.*

James 1:19 *Everyone should be quick to listen, slow to speak...*

Psalms 34:6 *In my desperation I prayed, and the LORD listened; he saved me from all my troubles.*

Ephesians 4:32 *Be kind to one another, tenderhearted...*

<https://www.kenblanchard.com/Products-Services/Building-Trust/TrustWorks-Book-Quiz>

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4. I must empathize with others

1 Peter 3:8 Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.

Proverbs 25 – singing light songs to the heavyhearted is like pouring salt in their wounds.

Psalm 81:11

- **New International Version**

“But my people would not listen to me; Israel would not submit to me.

Photo by [Roberto Nickson](#) on [Unsplash](#)

When something terrible happens to a friend or loved one, it can be difficult to know what to say.

That’s why we often reach for one of these common responses:

“Everything happens for a reason.”

“This too shall pass.”

“Just look on the bright side...”

“God has a plan.”

“I know how you feel.”

“He’s in a better place now.”

“This could be a blessing in disguise.”

“Something better is around the corner.”

Although these statements sound good in t