

# LeaderCare Resource

## Episode 10: Cultivating Safe and Caring Spaces

### Trust - Part 2

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#### Trust Defined:

A belief in the reliability, truth, or strength of someone or something.

#### Trust in Discipleship Relationship:

- People enter into relationships with us, already having some form of established pattern of trust based on their experience.
- We don't enter relationships with people at the start of their journey, nor do they enter into a relationship with us at the start of ours. Our stories intersect.

#### What does healthy trust look like?

"I will trust you **to the degree** that I perceive you as trustworthy, **then I will take a risk with a little bit more.**" - (Springle, 1995)

#### Perceptive/Discerning Trust:

- We trust people to the degree in which they prove themselves to be trustworthy.
- Trust takes time to build, and an instant to lose.
- We can trust people to different degrees.
- We can trust people in different areas of life according to how they have shown themselves to be trustworthy.
- We all have the responsibility to discern trustworthiness.

- We can take small, discerning risks in relationships that make space for discerning trust to grow.
- God alone is completely trustworthy.

What stood out to you from today's episode?

Questions? Contact us:

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