



## Who Can I Trust? Session Guide and Review Notes

### Who Can I Trust?

**5 min** Welcome and Introduction

**PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version**

#### **Summary: Who Can I Trust?**

- Trust is defined as confidence or calm reliance - the ability, strength, or dependability of something or someone.
- Chronic mistrust is linked to reduced immune function and greater risk for disease and premature death.
- Team attitudes of trust at work are linked with less sickness, absenteeism, and better job satisfaction.
- Those who believe people can change and improve are more able to forgive and trust others.
- Children are hardwired to trust. The ability to trust comes from God. His character shows us how to forgive and re-establish trusting relationships.
- God's healing trust activated in your life will lead you to:
  - ✓ Make healthier choices
  - ✓ Surround yourself with a health-promoting environment
  - ✓ Be active in mind and body.

#### **10 min Discussion Time 1: What are your thoughts?**

- ✓ How does God's unconditional love and trust in His power to transform create hope?
- ✓ How does this empower you to be a healing influence for others?

#### **5 min Discussion Time 2: What is your story?**

- ✓ You or someone in the group may have a "delivered story" that pertains to the session topic. Take a few minutes for you or a guest to share.

**5 min Freedom Journey:** Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** The challenges of life can either make a person isolated and bitter or balanced and better able to participate in life.
- **Recalculate:** Time with God in His Word and prayer, and repeating His truths creates an attitude of trust, peace of mind, confidence, and power.
- **Reframe:** You are not alone—God says, “I will never leave you or forsake you.” Hebrews 13:5. He has a plan, power, and purpose for you.
- **Remember:** God’s love working in you will make you wiser, happier, and more trusting. Your outlook will be more positive and you will be more available to others as you trust Him fully with your life.

**10 min Discussion Time 3: What have you learned?**

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

**Lifestyle Links:** Lifestyle links for building physical, mental, emotional, and spiritual strength.

**Reboot and Rebound:** Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Healthy habits lower stress, improve mental outlook, and increase optimism. Regularity promotes stability. Take your meals at regular times. Exercise daily and get to bed by 10 PM.
- **Create an Environment:** How are you creating a wholesome environment with your words, lifestyle, and surroundings? You can be an influence for hope and healing to those around you.
- **Create Connections:** Study **Psalm 1** and **Psalm 101** for Divine insights on home life, wholesome living, relationships, and mindset.

**10 min Discussion Time 4: What will you do?**

- ✓ What is your reason for hope today?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

**5 min Group Promise, Affirmation, and Prayer to Close Session**

**Pray and Say:** Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

**Handout:** Balanced Living Tract: Who Can I Trust?