

7 TRUTHS FOR YOUR BEST MARRIAGE:

Committed & Loving It

Session 2: You Must Build a Foundation of Trust

Welcome! We are so excited to get started. Your workbook is a place for you to take notes, keep up with important reminders from the teaching, and stay engaged during the session.

We've provided you with some prompts and fill-in-the-blanks as a guide, but please use the extra space however you'd like to!

Truth #2: You Must Build a Foundation of Trust

What is trust?

When you trust someone, you have full _____ in them.

That means you have assurance:

When you distrust, you don't feel _____, and a wedge creeps into your marriage.

When you distrust, you pull away from your spouse. Over time, this hurts the _____

What are reasons for lack of trust?

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Trust must be _____.

Trust unlocks the door of _____.

When you trust:

◆ You grow in “ _____ ”.

◆ You grow in _____.

◆ You grow in _____.

◆ You don't fear _____ and _____.

◆ You feel _____.

As _____ increases, _____ increases—direct correlation.

A _____ of trust locks the door to intimacy.

What do you do to rebuild trust?

What is forgiveness?

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I will not _____ this matter to stand between us or _____ our personal relationship.

A foundation of trust will fulfill your deepest desires in marriage.

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