

## Higher Dimensions in Relationships (Part 3)

### 5. Trust

**Trust is a foundational pillar in relationships.**

Let's stop picking the fruit when in actual fact there is a trust issue. Why do we make a plan B? It's because we don't trust that plan A will happen. Let's start having the difficult conversations.

If you don't trust people you will not pass the ball in sport. You will limit your world to only what you can do. Some people struggle to trust eg: lady I coached.

**Do you like who you are becoming? Are you allowing your isolation and mistrust of people to define you?**

**You can choose to trust and to be trustworthy.**

**What are the consequences of low trust environments?**

**When trust is low people isolate themselves, they become paranoid and they can be violent.**

**Exodus 18:21**

**"Furthermore, you shall select out of all the people able men who fear God, men of truth, those who hate dishonest gain; and you shall place these over them as leaders of thousands, of hundreds, of fifties and of tens.**

"Able men" speaks of gift and talent, the rest speak of the other dimensions of trust linked to character.

Functional Trust; Relational Trust; Capability Trust.

You have trust bank accounts with people.

How trustworthy are you? It's business at the speed of trust. What do you need to do in order to be trusted? What is eroding trust in your life and relationships?

Common trust destroyers are:

Breaking a promise, inconsistency, collecting injustices over a time period instead of addressing an issue there and then, saying yes when you really want to say no, not communicating – people will fill in the gaps, having hidden agendas or unclear expectations, transference of other issues.

*You cannot talk your way out of something you behaved your way into.*

**Commitments that build trust:**

I commit to do what I say I will do and when I don't I will tell you

I commit to not over promise and under deliver.

If you confront me about gaps I have created I will acknowledge it.

When there is a gap between what I expect and what I experience I will fill it with trust.

When I catch someone filling the gap with suspicion I will defend you.

If I see something that erodes my trust I will come to you directly and not "via via".

The consequences of confrontation are far less severe than the consequences of concealment

## 6. Vulnerability

**Brene Brown defines vulnerability as “uncertainty, risk, and emotional exposure.”**

I make myself vulnerable when I share with you my weaknesses at the risk of having you use them against me or placing me in a box. I make myself vulnerable when I share with you my needs at the risk of having you not meet them or minimize them. Vulnerability involves meekness because I don't destroy your reputation yet I have the power to do so. I am don't exercise all my power when I could have done so. Jesus called have called down angels to rescue Him.

**As leaders we need to make ourselves vulnerable or else we remain distant.**

**2 Cor 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. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.”**

Eg: lady from Bank with anxiety gap.

**To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength.” — Criss Jami**

*Vulnerability is the quality or state of being exposed to the possibility of being attacked and harmed, either physically or emotionally.*

How would vulnerability being shown change your relationships?

The threat of intimacy. **You cannot have emotional intimacy with someone if there is no vulnerability.**

Jesus made Himself vulnerable throughout His ministry: At the cross as they teased Him and challenged Him to get down. In Gethsemane when He wanted the prayer support of His friends. In the early part of His ministry when He did not reveal who He was. Also when He allowed John to baptise Him. In all this He was meek. He lowered Himself and took the guise of a servant. When we project an ideal image of ourselves it often results in anxiety and very little connection.

**“Staying vulnerable is a risk we have to take if we want to experience connection.” – Brené Brown**

**Mt 26:36-45**

**36 Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch[a] with me.” 39 And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.” 40 And he came to the disciples and found them sleeping. And he said to Peter, “So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” 42 Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” 43 And again he came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again. 45 Then he came to the disciples and said to them, “Sleep and take your rest later on.**

**Paul Coehlo in 11 Minutes – The strongest love is the love that can demonstrate its fragility.**

*When you are not vulnerable then your husband has no beauty to rescue. He just has a protester to avoid. Paul Nyamuda*

Intimacy can be intimidating. However, it is an amazingly freeing experience when you can be completely who you are with someone you totally trust. Barton Goldsmith

Dr Andra Brosh: *When you make yourself vulnerable you are able to express your most sacred thoughts and feelings, you can share yourself with others authentically and without apology. Vulnerability is also about exposing your flaws, secrets, and darker sides without shame.*

*The capacity to be vulnerable depends on many things: upbringing, level of courage, feeling of safety.*

**What stops you from making yourself vulnerable?** *If you think of emotional expression as being weak, then you'll resist being vulnerable. If you learn to value your own feelings and see them as important, you will be more compelled to express yourself.*

**Avoiding vulnerability results in Disconnection; Feeling unsupported; Loneliness; Disappointment; Lack of transparency; Unconfessed sin; Emotional Distance; Feeling Misunderstood; Anxiety Gaps where you are bound by the fear of being found out and general Frustration.**

Try to be clear about your needs: Examples might be "I'm struggling a bit at work and I need your support" or "I'm feeling lonely in our relationship."

**We are not called to be vulnerable with everyone.**

**John 2:23-24**

**While He was in Jerusalem at the Passover Feast, many people saw the signs He was doing and believed in His name. 24But Jesus did not entrust Himself to them, for He knew all men.**

**NIV - But Jesus would not entrust himself to them, for he knew all people.**

**NLT - But Jesus didn't trust them, because he knew human nature.**