

# “Virtues to Live by”

## Before You Begin – An overview for teachers

### Trust

*“The Lord delights in people who are trustworthy.”*

(Proverbs 12:22)

#### Definitions

##### **Trust –**

Trust is having faith. It is relying and believing in someone or something. It is having confidence that the right thing will come about without trying to control it or make it happen, just as you trust the sun to rise in the morning without having to a single thing.

Trusting others is believing that people will do what they say without having to get them to do it. Trusting yourself is having faith in your own capacity to learn and grow.

Trust doesn't mean to expect life to be easy all the time; sometimes it is hard to trust.

Trust is being sure, deep down that there is some gift or learning in everything life brings, and that God's love is always with you. When you trust, you know that you are never alone.

If you are **trustworthy** you can be relied upon by others. You will keep your word and if you have committed to something you will do your best to see it through and complete it: you are reliable and determined.

#### Virtue to Live by

I place my trust in God and others can place their trust in me

### Biblical Sources

#### Trust

When you vow a vow to the Lord, or an oath to bind yourself to a pledge, you shall not break your pledge, you shall not break your word; you shall do all that proceeds from your mouth.” (Numbers 30:2)

“He who goes about as a tale-teller reveals secrets, but he who is trustworthy conceals a matter.” (Proverbs 11:13)

“The Lord delights in people who are trustworthy.” (Proverbs 12:22)

“A good name is rather to be chosen than great riches.” (Proverbs 22:1)

“It is like a man on his way abroad who summoned his servants and entrusted his property to them ....” (Parable of the talents Matthew 25:14-30)

## Why Practise Trust and Trustworthiness?

Without trust you always feel like you have to control things to make them turn out right. Even things you cannot control start to worry you. Trusting others leaves you free to concentrate on those things *you* need to do. You do not waste energy worrying about the things other people are doing. Trusting yourself is an important part of growing. Trust yourself instead of worrying over every mistake, just do your best and trust it to be good enough.

Trusting God allows you to receive and follow guidance to do what is right for you.

Without Trustworthiness agreements and promises don't mean anything. If you are not trustworthy people never know if they can believe or count on you. If you **are** trustworthy, others can trust you because you keep your word. When people are trustworthy, they can be trusted to tell the truth, to do their part, to give their best.

## How do you Practise Trust and Trustworthiness?

Trust comes when you are willing to rely on God, yourself and others. By having basic confidence that things will go right, you help things to work out right.

When you trust fear goes away. Even when we are suffering God means you to believe there is good reason for what is happening, that it can help you to grow stronger or learn something new.

When you are trustworthy you stop and think before making a promise, to be sure it is something you really want to do and that you really can actually do it.

You make promises and you keep them. You make a conscious decision to keep your promise not just to try and to, even when obstacles get in the way. You keep your word, you keep going because it is very important to you to be worthy of the trust of others.

## Key Words:

trust, trustworthiness, faith, confidence, promise

## Signs I am practising trust:

- I believe there is some good in everything that happens
- I look for the gift or lesson in painful experiences
- I know my best is good enough
- I don't nag, worry or try to take control
- I trust others

## Signs I am trustworthy

- I think before I make promises
- I remember my promises and do the things I promised to do
- I keep doing what I promised even when I feel like doing something else.
- I don't let obstacles get in the way of my promises, I don't procrastinate, I finish what I promised to do!

## Other ideas:

Story for younger children

**Reflection Questions:**

Let us reflect on how Trust and Trustworthiness, how can these virtues help us to do God's work?

Do I put my trust in God?

Do I put my trust in others ?

Do I pause before I make promises?

Am I determined to follow through with my promises and persevere when obstacles are in my path?

Am I trustworthy?