Jesus Christ is the Way, the Truth, the Life ... and He died for you.

Welcome to
The Quickened Word

How to Rebuild Trust
Posted by [swauthor] Apr 24th 2007 - 1:53PM Posts to date: 3947

RHEMA 4/22/07 REBUILDING TRUST
HEARD: How do you prove someone is trustworthy? Time.

WHAT IS TRUST?

Ps 18:30 NKJV
As for God, His way is perfect; The word of the LORD is proven; He is a shield to all who trust in Him.
Trust is a foundation in relationship. People trust God, loved ones, leaders and peers. Trust is:

- To allow without fear
- To believe in someone’s reliability
- To have confident expectations of performance
- To have certainty based on past experiences
- Hope that you will not be rejected or abandoned
- Faith in someone’s authenticity to be honest
- Extending credit to someone’s integrity
- Reliance upon someone’s commitment
- Being vulnerable with confidences
- Acceptance that a word will be backed with its deed

The foundation of trust is based on how well you know whom you trust and their maturity. This takes time in relationship between 2 reciprocal parties.

REBUILDING TRUST

Zech 13:5 NKJV
And one will say to him, 'What are these wounds between your arms?' Then he will answer, 'Those with which I was wounded in the house of my friends.'

People lose trust in God, loved ones, leaders and peers. How does one rebuild trust?

- Acknowledge what happened
- Be willing to forgive yourself and the other and start over
- Own up to your part of the failings and confess your faults
- Verbalize your true remorse and suffering for breaching trust
- Be accepting of someone’s best intentions
- Build a knowledge about someone
- Find insight into someone’s motives
- Assess someone’s fears and needs
- Give understanding to the person’s weaknesses
- Develop realistic expectations about someone’s performance
- Accept with unconditional love as a bridge past fear of rejection
- Build the self esteem and confidence of someone
- Be real about your level of commitment
- Be real about your lack of commitment
- Do your best to remain consistent
- Back your words with your deeds
- Deduct the person’s passions in life, the key to their commitment
- See the bigger picture outside of the breach in trust

The foundation of rebuilding trust is in how well you know the person. This takes time between two interacting parties.

The level of someone’s commitment and trustworthiness to God will be the level of their commitment and trustworthiness to you. It is a matter of maturity.

Sandy Warner
swauthor@usa.net
www.thequickenedword.com

Re: How to Rebuild Trust

Posted by [swauthor] Apr 28th 2007 - 1:04PM Posts to date: 3947

OPENED EARS 4/24/07: Today as I was thinking about the teaching on How to Rebuild Trust, the Lord opened up my ears and I literally heard the metallic grinding sound of an old ship moving forward from the docks. Whew, what an intense sound!

QUICKENED MEMORY: He brought back to memory an old post called Band-Aids and Barnacles. I had no memory of the actual message, but I remembered the awesome dream about the rusty ship that turns to gold so I just re-read it. It is sure not an old message, it is exactly on time with what the Lord is doing right now.
RESTORATION AFTER THE CLEARING AWAY
So today, 7 years after that post I marvel at the Lord’s process of stripping off everything in our souls and flesh that are excess baggage. 7 is the number for completion. (Praise God!)

He is going to move into a great restoring in these last days that rebuilds His temple, His people, His kingdom on earth. He has been clearing away the rubble so that He can restore the stripped foundations. As I have been praying about the rebuilding process, one of the first things He is going to rebuild is our trust, in Him and one another. Hearing that clashing metal ship reminds me of these scriptures, ”As iron sharpens iron, so a man sharpens the countenance of his friend...Faithful are the wounds of a friend, but the kisses of an enemy are deceitful.” (Prov 27:6 & 27 NKJV) Hey what are friends for? Smile.

We sure can make a mess of things, but the Lord promises to redeem all our messes and rebuild all our fallen places.

Isa 61:4-6 NKJV
And they shall rebuild the old ruins, They shall raise up the former desolations, And they shall repair the ruined cities, The desolations of many generations. 5 Strangers shall stand and feed your flocks, And the sons of the foreigner shall be your plowmen and your vinedressers. 6 But you shall be named the priests of the LORD, They shall call you the servants of our God.

Acts 15:16-17 NKJV
After! this I will return And will rebuild the tabernacle of David, which has fallen down; I will rebuild its ruins, And I will set it up; 17 So that the rest of mankind may seek the LORD, Even all the Gentiles who are called by My name, Says the LORD who does all these things.’

WHEN YOUR SUPPORT SYSTEM CRUMBLES 1/06/07
Beloved ones, I understand so well how it feels to suddenly, without notice, have a support system crumble. More often then not, these are supportive relationships that can easily wreck in the stress of life. Relationship is like traveling a bridge over rough waters, it divides the sorrows and doubles the joy in life. But when that bridge crumbles it is massive chaos until help comes. I hear your cries for deliverance and healing, I AM sending My angelic helpers to build a platform over the rubble to help you see your way clear. The secret to this platform is to keep your conversation edifying, ever mindful to build one another up, encourage and lift one another in your faith.

Sometimes relationships are dysfunctional and what caused them to become that way comes from broken people having no way out of repeated abuse until all they know is to respond through that pain, no matter what they are dealt. Find ways to honor and support one another. Rebuild trust by showing a true desire for change and then walking out those changes. Find ways to express yourself differently. Create a new future and release the past as over and gone.

Keep moving, dear one, don’t look back, just maneuver your way through the mess, and once away from what has crumbled, don’t stuff your feelings. If you need to talk to someone about what has fallen, then share your burden. Unstuff these emotions that you have carried for so long. Pray over them. Share your burden and bring it all to prayer. Release and forgive, express your sorrow, move away from the pain as you pour out that which you have held inside. These burdens are not yours to carry alone, ask Me for help. If you feel it is too much to share with one person, then trust Me to bring you several and dispense portions of this heavy heart until you are free at last. Commit your way to Me and I will set you free.

Eph 4:29-32 NKJV
And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

The link for the post called: BAND-AIDS & BARNACLES

http://thequickenedwordco[...1699123

Sandy Warner
swauthor@usa.net
www.thequickenedword.com
Tips on Building Healthy Communications

Posted by [swauthor] June 28th 2008 - 1:45PM Posts to date: 3947

TIPS ON BUILDING HEALTHY COMMUNICATIONS
Here are some healthy keys in communicating with people. These good habits will help re-build broken bridges and heal hearts.

1. Jesus told us to honor one another and esteem others higher than ourselves.

   If Jesus got down on His knees to wash His friend’s feet, we should do the same. That very act is basically looking up at others and serving them where they walk.

   Try looking in the natural world and then bringing along the spiritual world as parables and tools to build that person’s faith and relationship in the Lord. If that person won’t let you in to know his natural world, then look for his spiritual gifts and build from there.

   When you look up to a person, acknowledge that you are seeing and hearing Jesus in him. The part that is Jesus you are learning from, appreciating and finding joy in fellowship with Him and the other person. When you look up to a person, it is also his character in choices, motives and trials. Try to honor those qualities by letting the other person know when you have a chance.

2. Always try to build up the other person by looking for his good qualities.

   Continually look for opportunities to acknowledge them to that person so he become established in that good quality.

   When you are looking for good qualities, there are physical, spiritual, moral, and personality qualities. The more time building up what is most important, the more they will try to become that person on a consistent level.

   When you try to build up a persons’ good qualities it makes him feel loved, approved, validated, established and honored. It gives him a sense of identity and heals rejection and shame.

3. Always try to withhold any kind of negative “you” statement.

   Withhold statements that point a finger and label the other person’s character or behavior in any kind of negative way.

   Try not to criticize, complain about or tear the other person down in any way, but instead reinforce the opposite positive behavior and choices when you recognize them.

4. Always try to accept the other person and try not to change that person.

   Instead pray about the things that you feel need to change and then wait for God given opportunities to discuss them if you have a close enough relationship to warrant that.

5. Always try to refrain from being defensive when you feel falsely accused or misunderstood.

   Instead look to see if the person really cares and wants to understand, then share in an educational manner so the other person can join you. If you feel your accuser is not worthy to join you, not your friend, or worth the cost to extend yourself, then just stay silent and give it to God.

6. Always try to be thankful.

   When someone gives of himself to you, it costs him something each and every time. Learn to say thank you each and every time they give to you. Look for SPECIFIC things to say thank you about. Thanking someone means that you have received what they have given and it completes a circle of meaningful relationship. Without any response whatsoever, there is no completion of the gift, it simply goes into an empty hole and it becomes a one-sided relationship that basically makes one person a taker and the other person a martyr.

7. Always learn to say you are sorry when you see you have failed someone.
Always ask for forgiveness when you are sorry, and learn to be specific about where you have failed. Being sorry is not enough, asking for forgiveness is scriptural. Withholding the confession of being sorry and asking forgiveness is pride which is the opposite of a contrite heart. Confession is healthy for the soul and brings healing to both people. Confession allows the other person to feel validated that he was offended and it allows him to forgive and release judgment.

8. Always learn to forgive those who have offended you.

Forgiveness means refusing to hold onto it and asking God that it not be kept in remembrance in their heavenly account, but forgiven and erased as though it never happened.

9. Understand your personality and seek to understand others.

Find out what they need the most in relationship and make efforts to help establish and support him in what matters in his life, whether it be his family, job or life in the Lord.

10. Always stay faithful to your word, your commitments and follow through.

Ask God to help you remember when you have made promises, so that in your efforts to change and improve, you can find ways to stay faithful without hurting the other person.

If you cant do that, then forsake making promises and commitments even if the other person is dragging, nagging or pulling one out from you.

11. Always find out what the other person wants from you and discern their motive.

You may not want to comply, be able to comply or available to comply. Don’t lead someone down a false path, keeping them hoping for what you will not give.

If they continue to be disappointed, have a heart to heart talk and find out what they expect.

Find the common link that you both have in building a relationship and then try to stay within those boundaries. Going outside the boundaries of that common ground forces both people to get bumped off God’s prescribed path.

12. Always stay respectful in your words, attitudes, heart and motives.

Remember that Jesus is sent to you through that other person and He has something to tell you, if you will respect that person enough to listen.

1 Cor 13:4-13 NLT
Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged. 6 It is never glad about injustice but rejoices whenever the truth wins out. 7 Love never gives up, never loses faith, and endures through every circumstance. 8 Love will last forever, but prophecy and speaking in unknown languages and special knowledge will all disappear. 9 Now we know only a little, and even the gift of prophecy reveals little! 10 But when the end comes, these special gifts will all disappear. 11 It’s like this: When I was a child, I spoke and thought and reasoned as a child does. But when I grew up, I put away childish things. 12 Now we see things imperfectly as in a poor mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God knows me now. 13 There are three things that will endure — faith, hope, and love — and the greatest of these is love.

Sandy Warner
swauthor@usa.net
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