

TRUST

Big Idea

I can trust that others will do their best while I watch their words and actions. What I know about someone helps me decide how much I can trust them.

Activities + supplies

ACTIVITY 1: Is This a Big Deal or Little Deal

- big or little deal scenarios

ACTIVITY 2: Frequency of Good/Bad Experiences

- activity handout with 4 boxes
- crayons/markers/colored pencils

Relationship Skills

Evaluating little deal and big deal, awareness of trust picture, shifting focus or adjusting your attitude

Memory Verse

Suppose you can be trusted with something very little. Then you can also be trusted with something very large. But suppose you are not honest with something very little. Then you will also not be honest with something very large.

LUKE 16:10

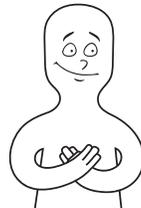
Bible Story

Paul and Barnabas had a heated argument about whether Mark deserved their trust or not! The difference came down to what they thought was either a big or little deal.

Introduction

We are going to talk today about having good relationships... and something that is necessary in a good relationship is trust.

So, the word of the day is TRUST. The hand motion is to cross your heart with your arms.



TRUST

How you trust your mom, your dad, your brother or sister, and how you trust your friends!

When you trust someone, you feel safe and secure; trust is kind of like the opposite of worry—because when you trust someone, you don't worry that much about them. **TRUST IS ALL ABOUT WHAT YOU BELIEVE SOMEONE WILL DO OR SAY—it is your GUESS...** when you want to figure out if you can trust someone, you guess what they are going to do—so if you trust them, you are guessing that they will do what you want; and if you do not trust them, then you are guessing that they will NOT do what you want.

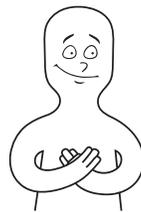
OPTIONAL EXAMPLE: Let me give you an example. What is one of your most favorite and special toys (or thing that you have)? OK—now who would give this most special, favorite, prized toy (or, thing) to a baby to play with? Of course not. What would you worry that the baby might do with your toy (or thing)? (Collect a couple examples of what they think a baby would do to a favorite toy or thing). Now I don't see a baby here in the room—so where did your feelings of mistrust come from? We all have imaginations. Where is your imagination (point to the head as they give you answers). Yes—it is part of how you think!!

So can anyone tell me what exactly IS your imagination?

Answer: The ability of your mind or thinking to create pictures, sounds, images and stories of things that are NOT REAL or are NOT RIGHT THERE in front of you. What you imagined in your head is kind of like a little movie about what the baby would do with your toy. You imagined, you believed that the baby would break your toy, so you didn't trust that baby to play with it.

We have just explained where trust actually comes from. Your MIND acts like a little tv screen and played out what you IMAGINED someone will do. So, your TRUST comes from what you THINK of someone... how you see that person acting and talking IN YOUR IMAGINATION. What you GUESS that person will do or say.

When you trust someone, you put a lot of belief into that person that they will do what they say they will do. Who remembers the hand motion for trust: cross your heart with your arms. Trust is like giving someone a piece of your heart. When you trust someone, you feel safe with them-like they will take good care of you.



TRUST

For example, if your friend said you could have a turn playing with their toy, would you trust your friend? Yes! But what if your friend who said they would share a toy with you, did not give you a turn that day? And then next week they said it again, but kept on playing with the toy and not letting you have a turn? What would you **GUESS** that friend is going to do next time? And if they promise they will give you a turn next time would you **TRUST** their promise?

You would **WORRY** that they will not give you a turn. You **LOST TRUST** so in your mind you would **IMAGINE** going to play with that friend, asking for a turn with the toy and then, you would expect or imagine your friend would say... "**NO!**" This is because they said one thing but did something different over and over, and

now you would have a hard time trusting your friend.

But let's now think about your mom. If she says, "I have a special yummy treat for you after dinner." What goes through your mind... what would you imagine she has for you? (Collect ideas and have some fun with this)

All these ideas come from your **IMAGINATION**. Now, would you **TRUST** your mom to give you a yummy treat after dinner, or would you think she is like your friend who says one thing but does another?

WHAT YOU THINK and **TRUST** in your mom comes from **WHAT SHE HAS DONE** with you at many other times. So, **TRUST** comes from **HOW SOMEONE HAS ACTED BUT ALSO FROM HOW YOU THINK ABOUT THAT PERSON**—what you remember and make a big deal in your **IMAGINATION**.

So here it is: **TRUST is a belief that someone will do what they say, that they will be good to you, that they will be loving and nice.** And trust comes from how they have treated you in the past. But get this... you decide in your mind's imagination what to emphasize... things you like about them or things you do not like.

ACTIVITIES

ACTIVITY 1: Is this a big deal or little deal? *Tell the kids that one side of the room is for big deals and the other side of the room is for little deals. Read one of the scenarios and tell the kids to show if they think it is a big or little deal by going to the side of the room that represents big or little deals. After they move, ask them why they think it was a big or little deal. Have the class go back to the center of the room. Then read the next scenario and repeat.*

- Your younger brother or sister is playing in your bedroom
- Your mom forgot to pick you up at school
- A new friend invites you to his/her birthday party
- Your teacher asks you to be the class leader
- Someone your age calls you a bad name

ACTIVITY 2: Frequency Of Good/Bad Experiences? *Vignettes of same person and have kids draw four faces of same person based on the story in the vignette.*

I am going to tell you four stories about someone. After each story, I will have you draw what you imagine their face looks like—their expression, their mood—happy, sad, angry, mean, or nice. Your handout has four boxes that are numbered, 1,2,3,4. So you will listen to the first story and then draw this person's face in box 1.

Listen to the story about this friend and then draw a picture of what you imagine your friends face looks like.

Story 1: You are on the playground and this person pushes you down. This person does not say, "I'm sorry."

Story 2: This same person sees you carrying several big boxes to the school office and asks you, "Can I help you carry those boxes? I would be glad to help you."

Story 3: This same person gives you an invitation to his/her birthday party?

Story 4: You see this person in the hallway at school and you say, "Hi," but this person does not answer you.

Use the RAM chart. *After this activity, ask the kids to show level of trust. Why? Ask, what if this kid pushed you down two times? Four times? Where then would trust move to? Then ask where level of "know" would be (also low). But how could increasing the know change the level of trust?*

Bible Time:

Paul and Barnabas were good friends and also had worked in the ministry together for years. In fact, they had spent almost two years together on a missionary journey where they traveled from city to city and talked to people about Jesus, and when a group of people from a city believed in Jesus, then Paul and Barnabas helped that group to begin meeting together as a church. They worked with that church to decide who should be the leaders, and where to meet for

teaching and worship, and how to sing songs and grow together in their faith.

After this first missionary journey of about two years, they took some time off and relaxed. But soon they decided that they wanted to go on another mission to visit all the churches that they had organized so that they could help the different groups of people to keep on learning and growing in the Lord.

As they were making their plans, they had a disagreement about including another friend, Mark. Barnabas wanted to take Mark with them for his help and support, but Paul did NOT want to take Mark. What it all came down to was a question of trust: Paul did not trust Mark, and Barnabas did trust Mark!

Here is the back story to their argument. On their first mission, Mark joined them but decided to drop out after a few weeks. It is hard to know why he did not continue, but Paul thought it was a BIG deal while Barnabas thought that it was just ONE little mistake.

So, when they considered bringing Mark along on their second journey, they had two very different levels of trust. Barnabas had a HIGH trust in Mark, while Paul had a LOW trust in Mark.

Let's take a few minutes and talk together about what Paul was THINKING and GUESSING Mark would do. If Paul was to describe Mark, what do you think he would say... (gather some ideas from the class) "Mark always... quits; doesn't finish what he starts; drops out; is not committed; says one thing but does another". Paul was using the test of big deal-little deal. If you think something is a BIG deal, then it will have a bigger impact on your feelings of trust. If you think something is a "little deal", then you will overlook it. Paul made a big deal out of Mark dropping out and quitting. So, in Paul's mind when he thought about bringing Mark along again, all Paul could IMAGINE was Mark quitting again. Remember, what you GUESS comes from what you IMAGINE someone will do.

Here is what the test of big deal-little deal means:

Big deals are all I keep thinking about and expecting.

Little deals are quickly forgotten.

But Barnabas used the second test—frequency. Who can tell me what they think this means: (remember: when you want to figure out if you can trust someone,

you guess what they are going to do—so if you trust them, you are guessing that they will do what you want; and if you do not trust them, then you are guessing that they will NOT do what you want). Before you guess, you think about how they have acted at other times.

Here is what the test of frequency means:

The more often someone does something, the more likely they will do it again.
The less often someone does something, the less often they will do it again.

Barnabas looked at Mark quitting the trip as only ONE mistake. He had not done this before, and Barnabas did not GUESS that he was going to do this again. What do you imagine Barnabas said to defend Mark. “Paul, give Mark a break!! It was only _____ time... we all make a mistake now and then; drop it, forget about it, let’s give him another chance.”

So, who do you think was right—Paul or Barnabas?

Answer: They **BOTH** had some good points. Here is what the Bible tells us happened.

Paul and Barnabas decided to go on two different trips—Paul asked a man named Silas to go with him while Barnabas decided to take Mark. Both trips were very successful, and Mark did not drop out or quit the mission trip with Barnabas.

A few years later, Paul wrote a letter and asked that Mark come and help him because he is **SO SUPPORTIVE** and **USEFUL** to Paul in his work. Did Paul seem to change his **TRUST** in Mark? (**Answer:** yes)

Now that Paul **TRUSTS** Mark, when Paul thought of Mark, what did he imagine Mark would do when he came and visited Paul (helping him, supporting him, doing things for him, running errands, **NOT** quitting).

Sometimes we lose some trust in someone, but then they make some changes and earn our trust back! And sometimes, like Paul, we make a big deal out of something that only happened once and was **NOT** a big deal, and we **STOPPED** trusting someone when they really were **TRUSTWORTHY**.

When you feel like you cannot trust someone, it is good to **TALK** with your

mom or dad about it. It may be that you are **REALLY SEEING SIGNS TO WORRY ABOUT...** or that you are making a big deal out of a little deal (like Paul did). **REMEMER** the two tests: Big deal-little deal... and Frequency (how often does this happen).

Small Group Questions

Early Elementary

- Who are some people in you life that you trust? Explain why.
- How do you know you can trust God?
- If you are just getting to know a new friend how do you figure out whether or not you can trust him/her?
- What are some ways that you are trustworthy in your relationships?
- What are some examples of little deals when it comes to broken trust?
- What are some examples of big deals when it comes to broken trust?
- If someone breaks your trust, say's they're sorry, but keeps doing it, what should you do?

Late Elementary

- Have you ever had someone break your trust? What happened? Did he/she make it better or not? How?
- Is it easier to build trust in a new relationship or to rebuild trust after it is broken? Why?

Prayer

Dear God,

Thank you for loving us and being so good to us. We know that we can TRUST you to guide our lives, and always make big deals out of our many blessings. Help us to think the best in others, and to grow in our wisdom. Give us eyes to see others as you see them.

Amen