**Building Trust vs Destroying Trust**

As we help a friend, we love find the God that loves them it is important to understand ways to build trust vs destroying trust. Often this starts with a perspective shift. Remember that [people aren’t projects](https://drive.google.com/file/d/1d4Pwfy0B2hnd-ncAZIrSFPoXNoEF1OKd/view?usp=sharing) and that friendship with your ONE or neighbors should be genuine and sincere. To move from destroying trust to building trust, recognize your weakness and pray for help to change. This chart lists several ways to build trust vs destroy trust with your ONE or your neighbor as you Go For It.

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| Destroying Trust | **Building Trust** |
| DefendWhen someone assumes negative things about us, we get defensive. It actually causes us to close our heart to the person who mistrusts us. | Pray for themWhen we catch ourselves getting defensive, we can silently ask God to soften our hearts and we can pray for them. |
| BruiseWhen we are not trusted, we feel personally offended. *“Why would you not trust me?”* Our ego is bruised and we become reluctant to put our heart on the line again. | Learn from themInstead of cringing and feeling bruised by their mistrust, we must lean into them and learn. Be present with people and listen to them, seeking to understand their uniqueness. |
| AvoidWhen people act weird when they find out we are a Christian, we distance ourselves. We become numb and indifferent. We stop caring. | Bond with them in loveSpend intentional time with them. Instead of avoiding, we can take purposeful kingdom steps forward to be with them. Jesus displaced himself for us, we can do the same for others. |
| JudgeOut of feelings of hurt, and out of pride, some lash back with a condescending attitude. | Affirm them for their valueLooking for real good in the other and affirm it. We can combat our tendency to judge others by looking for good in people and affirming it. |
| ArgueWhen others react to the fact that we are a Christian, we receive their distrust as a challenge. We get into a competitive mindset and don’t want to lose. We think we are actually serving them, helping them towards Jesus, but often this actually works to derail their journey of faith. | Welcome them into deeper experienceCome and see” is one of the most authentic, transparent gifts we can give. Our lives become transparent to those we invite in to join us. |