

# Do you truly TRUST the one you love?

## Scripture References

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. We love Him because He first loved us. ***1 John 4:18-19 NKJV***

For thus says the Lord: After seventy years are completed at Babylon, I will visit you and perform My good word toward you, and cause you to return to this place. For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart. I will be found by you, says the Lord, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the Lord, and I will bring you to the place from which I cause you to be carried away captive. ***Jeremiah 29:10-14 NKJV***

## Notes and Highlights

### Current Situation / Statistics

- Marriage rates in the United States are declining and there are now 15x more couples who are living together without marrying than in 1960, according to the CDC.
- Marriage rates peaked in the 1950s, went up a little in the 1980s and from that point on have been steadily declining.
- Many young people are either postponing getting married or foregoing marriage altogether.
- Pew research showed that 44 percent of young people (18-29 years old) saw marriage as obsolete. However, 20 percent of that group still wanted to get married.
- Young adults nowadays wait to get married. About 80% wait until they are 30 years or older.
- Sources
  - <https://www.cdc.gov/nchs/fastats/marriage-divorce.htm>
  - [https://www.cdc.gov/nchs/data/hestat/marriage\\_rate\\_2018/marriage\\_rate\\_2018.htm](https://www.cdc.gov/nchs/data/hestat/marriage_rate_2018/marriage_rate_2018.htm)
  - <https://www.pewresearch.org/social-trends/2010/11/18/the-decline-of-marriage-and-rise-of-new-families/>
- 53% of couples who considered themselves as “highly happy” (totally satisfied with their marriages) looked up to God and placed God at the center of their marriage; 40% of “happily married” couples believed that as well. Among those who were not happy in their marriage, only 7% considered God to be at the center of their marriage.

### Trust

- Whether they realize it or not, more people are actually searching for someone they can truly TRUST and not just love.
- Why do people in relationships not trust the one they love? When we are afraid to trust, we are afraid to be totally transparent, vulnerable and to be totally committed. We focus on protecting ourselves from getting hurt.



- Too many of us have been hurt by key people in our lives, so we become afraid to trust fully; thus, our relationships are not based on 100% truth.

Real trust can only happen when the relationship is founded on TRUTH:

- a) Biblical truth (God's Design)
  - b) Practical application of biblical truth (openness, honesty, dare to be vulnerable).
- When we don't believe that the other person in the relationship really "has our back", we tend to think and act out of "self-preservation", which frequently leads to filters and triggers that mess up communication. (*more on that in future podcast*)
  - Too often we put an unfair burden on our loved ones, expecting them to meet our inner desires which only God truly can. Only God can love us perfectly.
  - It started in the Garden of Eden with Satan sowing doubt about Adam and Eve being able to trust God.
  - When we are hurt, our tendency is to hide. We keep our guard up, we put masks on.
  - Blaming the other person is a sign of **distrust**.
  - Another sign of distrust in relationships arises out of a constant need for attention. We expect immediate responses to communications like social media or text messages. When we don't get a quick answer, too often questions creep in about what our loved one might be doing.
  - Other causes of distrust: distraction by social media, fake sense of perfection, insecurity and anxiety about the future, superficial communication.
  - True intimacy comes only when we let down our guard. We need to individually seek God with all our heart, such that when God is at the center of our relationships, we will get closer to each other.
  - Take all the hurt, all the trauma and "nail it to the cross". Lay all the baggage down at the altar and leave it all at the feet of Jesus Christ. Let God do the healing. God can resurrect "dead" relationships.
  - Remedy to heal broken relationships: hold your loved one's heart.

## Resources

### Primary resource

the Holy Bible – as the ultimate source of 100% God's Truth.

### Other resources

- ***The Story of Marriage*** by John and Lisa Bevere  
*"God is love. Love isn't just something that God does, it is not just something He has, it is who He is. Marriage is an institution of love, the first institution that God established. Not only is marriage the first institution established by God it is also a poetic symbolism that He used to represent the depth of His love for us and commitment to us, His Church and the Bride. The bride and groom are a picture of the Church in Christ. Because of this profound symbolism, there is an even deeper, darker intent behind the assault against marriage and too few people recognize this attack is against not just the human relationship but this is against God's whole intention and God's love, and the representation of God's love for His Church."*
- ***The Surprising Secrets of Highly Happy Marriages*** by Shaunti Feldhahn