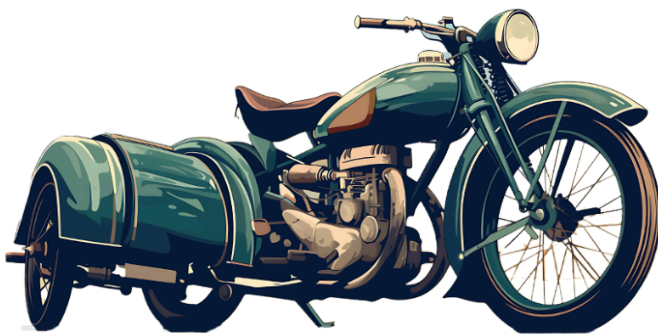




Ride or Die

Week 1 – The Foundation: Trust

Trust is the foundation for every relationship, whether it's with family or friends. Without trust, relationships remain shallow and transactional. This week, we'll look at how to build and rebuild trust as we keep our eyes on the One who is always trustworthy.



LET'S GET STARTED - Guess Who

To set up Guess Who, give each person a slip of paper and ask players to write a piece of personal trivia on the slip. Encourage participants to share a unique, interesting, or surprising fact. Fold up the pieces, put them in a bowl, and read them out loud one at a time.

Have the group members guess the fact's author. After all players make their guess,

have the person who shared that fact identify himself/herself and share some extra information about their fact. This can lead to entertaining discussions as group members learn little-known lore from each other's lives!

VIEW

[Watch the video for Week 1: The Foundation: Trust](#)

VIDEO NOTES

DISCUSS

1. Who in your life do you know you can count on to do what they say? Share a time when their integrity made you feel secure.



READ ALOUD

Matthew 5:33-37 (NLT)


33 “You have also heard that our ancestors were told, ‘You must not break your vows; you must carry out the vows you make to the Lord.’ 34 But I say, do not make any vows! Do not say, ‘By heaven!’ because heaven is God’s throne. 35 And do not say, ‘By the earth!’ because the earth is his footstool. And do not say, ‘By Jerusalem!’ for Jerusalem is the city of the great King. 36 Do not even say, ‘By my head!’ for you can’t turn one hair white or black. 37 Just say a simple, ‘Yes, I will,’ or ‘No, I won’t.’ Anything beyond this is from the evil one.

2. Why do you think the people in Jesus’ day felt the need to add oaths or promises to their words?
3. Jesus says to say a simple “Yes” or “No” to others. What does this say about the kind of community He is building among His followers?
4. How do small half-truths or white lies affect trust over time? What happens when our words don’t line up with reality?

READ ALOUD

Proverbs 11:3 (ESV)

The integrity of the upright guides them, but the crookedness of the treacherous destroys them.

5. How would you define integrity?
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6. What does it mean for integrity to “guide” someone? How is that different from being guided by feelings, circumstances, or other people’s approval?
 7. What are some examples you’ve seen where a lack of integrity can lead to destruction?
 8. Let’s face it, we’ve all had times when we weren’t people of integrity. In your experience, what does it take to rebuild trust once it’s been broken?


READ ALOUD

Deuteronomy 32:3-4

3 I will proclaim the name of the Lord; how glorious is our God! 4 He is the Rock; his deeds are perfect. Everything he does is just and fair. He is a faithful God who does no wrong; how just and upright he is!

Psalms 33:3-5

3 Sing a new song of praise to him; play skillfully on the harp, and sing with joy. 4 For the word of the Lord holds true, and we can trust everything he does. 5 He loves whatever is just and good; the unfailing love of the Lord fills the earth.

9. What do these verses reveal about the character of God?
 10. How has God’s faithfulness carried you when trust in people was hard?
 11. How does remembering God’s perfect trustworthiness free us from demanding perfection from other people?
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APPLY IT

This week, invite God to search your heart and reveal any places where your words and actions don't line up. Choose one relationship where you want to build trust. Ask God to show you one small step you can take to increase trust in that relationship.

