

# Lack of Trust Leads to Broken Covenants

## Scripture References

*However, each man among you [without exception] is to love his wife as his very own self [with behavior worthy of respect and esteem, always seeking the best for her with an attitude of lovingkindness], and the wife [must see to it] that she respects and delights in her husband [that she notices him and prefers him and treats him with loving concern, treasuring him, honoring him, and holding him dear].* **Ephesians 5:33 AMP**

In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered. **1 Peter 3:7 NLT**

I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord! **Psalms 27:13-14 NKJV**

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. **Galatians 6:9 NKJV**

## Takeaways

### Prevention: How to Build Trust

- Really KNOW your loved one (how they are wired, what their love language is<sup>1</sup>, what their apology language is<sup>2</sup>, their family background, preferences, etc.)
- Don't forget what you know about your loved one. Always remember the qualities and traits that made you fall in love with him or her, even when things are not going so well.
- Know and meet your loved one's needs. Most likely they will be different than yours. In general, men need respect more than love, while women want to be loved. (see *Ephesians 5:33*, and *Love and Respect by Dr. Emerson Eggerichs, PhD*<sup>3</sup>)
- Decide, don't slide. Pray over and talk things through ahead of time. Come to mutual agreement about how finances, child discipline, family vacations, property acquisitions, emergency preparedness, etc. will be handled. Agree on ahead of time who will be doing what.

### How Trust Can be Lost

- Lack of transparency and complete honesty
- Unrealistic expectations: are you expecting Hollywood-style fairy tales? Are you expecting your spouse to be your savior or to "make everything right"?
- When life comes at you hard and fast, and you take your eyes off the Lord, doing things your own way.
- Unresolved trauma from the past comes to haunt the relationship.

### Rebuilding Trust After a Covenant is Broken

- Don't focus on how your loved one "did this to you." Examine what you may have done or failed to do that allowed the devil an entry point to destroy your relationship.
- Go after God (pursue Him with intensity) like you never have before.
- Hold on to your HOPE in Jesus Christ, who will heal and resurrect your broken relationship.

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<sup>1</sup> <https://www.5lovelanguages.com/quizzes/love-language>

<sup>2</sup> <https://www.5lovelanguages.com/quizzes/apology-language>

<sup>3</sup> <https://www.loveandrespect.com/>