

## Carefronting IV Ephesians Part 40

*Instead, speaking the truth in love, we will in all things grow up into Him who is the head, that is, Christ.*

Ephesians 4:15

In this final challenge to love another by caring enough confront, I want to talk about a core issue in relationships. This issue is trust. David Augsburger, in his book, *Caring Enough to Confront*, states that trust is the foundation and core emotion in all relationships and the breath or the atmosphere of love. When one feels accepted for who they are they can trust. When one feels a sense of rejection, trust is eroded. To grow in relationship and to confront our issues, there needs to be trust.

Trust is a two way street. It is two-way honesty. Trust by its very nature aims for the truth. In other words, trusting people choose to be authentic with each other. They don't hide their issues and they feel encouraged to share their hearts because they can trust and be trusted.

Truth that is grounded in trust fosters self-disclosure. All of us need a person we can be perfectly honest with. We want to confide in people that will keep our confidences. Let me ask you. Can you be trusted? Also, do you have a friend or spouse you can be honest with? Self-disclosure is good for the soul. James 5:16 says, "Therefore confess your sins to each other and pray for each other so that you may be healed." There is healing, a catharsis that takes place when sins are brought out of their hiding place into the atmosphere of a trusted friend. Our Catholic brothers and sisters have developed a means to do this by confessing their sins to a priest. I actually tried this. I sat in a confessional in NYC when I worked there and spoke to a priest. The love and acceptance that came from that man was healing to my soul. I truly felt redeemed afterward.

I'm not advocating this, but I am not going to put it down like so many Christians do because we all need a confidant. The key here is, find someone to share your deepest secrets with even if you have to make an appointment with a psychologist! There is healing in sharing. There is power in being vulnerable with a true friend.

And being a true friend is what we all need to strive to become. The church should be a place full of folks who can be trusted! David Augsburger says that trust is integrity with eyes open. Trust cares enough to confront another responsibly with equal honesty and vulnerability. Trust willingly accepts a rebuke. Trust does not seek to minimize, blame or make excuses. Trust is based on an open atmosphere of love, with clear messages of acceptance and confidentiality. And it's circular, continuous and reciprocal. I want to say this again, in a relationship where trust is fostered both individuals strive for openness.

Trust in a relationship is risky too. You cannot trust unless you step into the water. I cannot trust the chair will hold me unless I sit in it. It's tough once you have been burned; you are very leery to try again. I encourage you to try again. Listen to these words, to be trusted, trust. If you wait until someone deserves your trust you will wait forever. Trust now. Someone is waiting to trust in return.

"A gossip betrays a confidence but a trustworthy man keeps a secret" (Pv 11:13). As the body of Christ and the family who derives its name from the Father above, let's strive to be both trustworthy and honest. Let's be the Kingdom on earth, a people who bring healing because we are good listeners, good lovers, good friends.