

## “Being Trustworthy” | Becoming a Person to Trust

**GETTING STARTED:** Who is one trustworthy person that you see during the upcoming Thanksgiving and Christmas season? How often do you get to see them? Why are they special to you?

### EXPLORE THE TOPIC:

1. What does the phrase, “Trust is like blood pressure – it’s silent, vital to good health, and if abused it can be deadly,” teach us about being trustworthy? Where have you seen this play out in your life?

2. Psalm 15 was a song used by people to enter the temple. The five verses can be used to assess the readiness of those entering. Why does our spiritual health matter when going before God? Why was this important to God’s people then? Why is it important now?

3. Read Psalm 15. How do these verses summarize five core aspects of someone’s trustworthiness?

- Completeness (v. 2a)
- Conversation (v. 2b-3)
- Company (v. 4a)
- Commitment (v. 4b)
- Care (v. 5a)

4. Read Psalm 15:1-5, Psalm 24:3-6 and Isaiah 33:14-16. Identify the questions that are raised and how the author chooses to answer it. What common theme do you notice? How do these verses point to a lasting relationship rather than one that ends quickly?

5. Read Ephesians 4:15. What does it look and sound like when someone is “speaking the truth in love?” How can you tell if someone’s words and actions are done in love? Contrast this

picture with Psalm 5:9.

6. How do the following “filters” help us temper the words we say to others? “Is it true? Is it kind? Is it necessary?” Who do you know that has a great grasp at using filters like these? When have you see hurt caused from a lack of filters?

7. Read 1 Timothy 3:2. What does it mean to be “above reproach?” Why is that important of Christian leaders? To what extent should that be expected of all Christ-followers?

8. What is one thing that has challenged you over the course of this small group season (“The GOSPEL” or “A Matter of Trust”)?

### APPLY THE TRUTH:

Consider memorizing Psalm 15 (just 5 verses!) this week. You may choose to print it out and place it in a prominent place. When you look at it, let it guide you through these reflective questions:

- Was I blameless today?
- Did I do that was right?
- Did I speak the truth from my heart?

### PRAY:

Reflect on question 8 (above). Ask God to help you identify a practical next step to help you take action. Thank God for those in your group that have helped you over the past 10 weeks.

### NOTES:

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