



# Trust is a Must and the Core for Relations

## Gentle Parenting Summit notes

- Did you know trust is the basis for affection in all our connections?
- Did you know love for your children gives the nutrients they needs to sprout trust, and trust is the seedling that grows and blossoms love?
- Did you know love and trust is the ground for genuine connection and intimacy, honor, and obedience.
- Did you know love and trust is where you and your children can thrive and without it, you won't?

We will explore the what, why, and how trust is absolutely crucial for healthy, enriched parent and child relationships.

### **OUR STORY** (slide 4)

For more about our story and how we switched to gentle parenting, see [Our Planned Parenthood](#) at [www.Relavate.org](http://www.Relavate.org) under *For the Family*.

### **THE THEME FOR THIS SESSION** (slide 5)

While love is the key ingredient for a parent to give their child, trust is *the* core of what the child needs to receive love. Without genuine trust, there will be no healthy relationships. Love and trust are like the substance and catalyst. The child needs love from his caregiver to spark trust, and love needs trust to bond and grow.

For insights into why trust in relationships is so critical, see [Karyn Purvis' Institute in Child Development](#).



## WHAT IS TRUST?

### What do we mean by trust? (slide 6)

True **R**eliance **U**pheld by **S**omeone's **T**rustworthiness.

### What does the Bible say about trust? (slide 7)

Trust is persuasion, a moral conviction, and reliance on the truth of something or someone. It is faith.

What is faith? In Biblical terms, faith first means to take God at his word, accept his promises as valid, and rest in him.

### God loves us so we can trust him (slide 8)

#### Why should we trust God?

**We can trust God because of who he is and what he does.**

- Paves my paths with light (Psa. 3:5-6).
- Is always with me and never leaves me (Psa. 9:10).
- Is a reliable rescuer (Psa. 22:5).
- Supplies strength and security (Psa. 28:7).
- Lavishes me with lovingkindness (Psa. 32:10).
- Makes possible the impossible (Psa. 37:5; Mark 9:23; Heb. 11:33ff).
- Brings assurance when I am afraid (Psa. 56:3-4).
- Accomplishes what He promises (Rom. 4:20-21).
- Provides perfect peace to my life through his strength and stability (Isa. 26:3-4).

**Key:** God's love for us and our faith in him is at the heart of the Christian life (Jn. 20:31).

- Life in the Spirit is through faith (Gal. 3:2).
- In Christ, we live by faith (Hab. 2:4; Heb. 10:38).
- Our faith response causes us to love him (1 John).
- We please God through faith (Heb. 11:6).
- And our wisdom comes with faith (Jas. 1:5,6).



When we read through the scriptures, we find so many illustrations of people trusting God and discover that:

- Love of God is the cause of trust.
- Love for God is a response to trust.
- Honor for God is an expression of trust.
- Reverence for God is a fruit of trust.

***“The way God made us and the way he relates to us is the template for our relationship with our children.”***

### **What is the key to your parent-child relationship?** (slide 10)

1. It is not discipline, rules, obedience, power, and control over your child.
2. God loves us so that we would trust in him. From that trust grows our love for him (Rom. 5:5-8; 1 Jn 4:16)
3. The centerpiece of our relationship with our children is this love and trust connection.

***With love and trust flows obedience and maturity.***

4. With love and affection comes connection, and connection is the soil for strong and healthy growth.

***With love and affection comes connection,  
and connection is the soil for strong and healthy growth.***

### **It is your love for your child and their trust in you facilitates a welcoming reception for him to trust and love God.** (slide 11)

Granted, the Spirit must do his work in the heart of your child, but your healthy connection can foster the child's interest in the Lord.

It is not the Law, obedience, and punishment.

Traditional Christian parenting often says we must teach children to fear God and fear punishment so they will repent and come to him.



But the Bible points out it is the kindness of God leads people to Christ (Romans 2:4)!

**Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?**

To trust someone means that you think they are reliable, you feel safe with them, and have confidence in them. Trust is something people in a relationship can build together. However, for your child to trust you, you need compassion and integrity. You need an undivided character of moral uprightness who can provide what the child needs.

## **What are some important things about trust in relationships?** (slide 12)

### **1. People have an acute need for trust**

A child's trust in a caregiver who has compassion, integrity, and competence, forms and grows a healthy attachment.

*Raising a Secure Child* by Kent Hoffman, Glen Cooper, et al. says,

Decades of research have now shown that having a secure attachment with a primary caregiver leaves children healthier and happier in virtually every way we measure such things—in competence and self-confidence, empathy and compassion, resilience and endurance . . . in the ability to regulate emotions, tap intellectual capacity, and preserve physical health. . . in pursuing our life's work and having a fulfilling personal life (p. 372).

Just like our faith connection with God helps us blossom in life, children with a secure trust-based attachment can thrive. How so? Here are several ways:

- They have settled confidence in the ones they love.
- Have more happiness and less anger with their parents.
- Can regulate their emotions and develop a healthy emotional quotient.
- Have good relationships with their siblings.
- Develop stronger friendships.
- Can solve relational problems.
- Are confident most problems have answers.
- Have a healthier view of themselves.
- Know that most problems will have an answer.
- Believe good things will come their way.
- Can sympathize and empathize.
- Know how to be kind to others.



**2. One's first encounter with another person searches for trust.**

**3. We must answer the question of trust.** (slide 13)

**4. The ability to trust depends on trusting relationships.**

**5. The growth of trust comes from dependable relationships.** (Slide 14)

**6. The fruit of trust is love, honor, and connection.**

God does this with us. He surrounds us with his lovingkindness (Psa. 32:10). We trust in his love and faithfulness (Psa. 13:5) and then grow in Christ's life.

*Your love for your child gives the nutrients she needs to sprout trust,  
and trust is the seedling from which love blossoms.*

This is the ground for genuine connection and intimacy, honor and obedience. Love is where you and your children thrive.



## 7. The break in trust hurts. (slide 15)

We plant enriched and deep relationships in the soil of safety, truth, commitment, and virtue.

The deeper one's love and trust in another, the more traumatic the break. It's like ripping an established flowering shrub out of the soil. Roots are torn, branches are broken, flowers damaged. Few plants can survive that. The break caused by harm, deception, betrayal, or vice is traumatic because it tears the roots of our relationship. This metaphor teaches us much, but in reality, breaking trust does so much damage.

Abundant research tells us a lack of trust or breaking trust will hurt the social-emotional connection. It can even damage the brain and harm the body.

The break in trust with babies causes long term mental, emotional, and social disorders, like Developmental Trauma Disorder and Reactive Attachment Disorder.

Psychologists call traumatic breaks in trust during youth, Adverse Childhood Experiences. The more frequent or worse the trauma, the longer and deeper are the effects. Everything from chronic depression to cancer and heart disease often results later in life.

See Dr. Harris' excellent TED Talk on ACEs

[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)

## 8. The death of trust kills relationships.

### Summary

Trust is a must and the core of relations. It's the essential element in our relationship with God and others. And it's the basis for affection in all our connections.

Love and trust are like the substance and catalyst. The child needs love from his caregiver to spark trust, and love needs trust to bond and grow.

Love and trust are the essential elements for healthy, intimate, and flourishing relationships. Especially with your children.