

Small Groups Ministry, November 28, 2012
Covenant Circles: "There is trust here; I will build & honor it"
The Rev. DVMcFarland

Trust and the spiritual gift of hope

Confession: I am a trusting soul for no better reason than that, for me, a trusting is more humane than a distrustful one. Sure there are times when I'm disappointed, times when my trust has been mislaid. But disappointment and all the things and money I've lost by being too trusting are wee little compared to the riches I've gained from being a trusting soul.

To (re-) build trust: Say what I mean. Mean what I say. Do what I say. Ask forgiveness when I fail. Offer forgiveness when others fail. Show up fully. Act with integrity. Let go of the results. — Rev. Dave's sermon, *The Morning After*

The best way to find out if you can trust somebody is to trust them. — Ernest Hemingway

To be a good human being is to have a kind of openness to the world, an ability to trust uncertain things beyond your own control, that can lead you to be shattered in very extreme circumstances for which you were not to blame. That says something very important about the condition of the ethical life: that it is based on a trust in the uncertain and on a willingness to be exposed; it's based on being more like a plant than like a jewel, something rather fragile, but whose very particular beauty is inseparable from that fragility. — [Martha C. Nussbaum](#)

In "Tuesdays with Morrie," Morrie says this to his class in a flash back during the second Tuesday. He has asked his class to perform a trust fall exercise, in which the students test one another's trust and reliability by doing trust falls; one student will fall straight backwards and must rely on another student to catch them. Not one student can trust another until one girl falls without flinching. Morrie notes that the girl had closed her eyes, and says...

You see, ... you closed your eyes. That was the difference. Sometimes you cannot believe what you see, you have to believe what you feel. And if you are ever going to have people trust you, you must feel that you can trust them, too — even when you're in the dark. Even when you're falling.

(He goes on to explain) that this exercise serves as a metaphor for the secret to trust in relationships; one must sometimes trust blindly, relying only on what they feel to guide them in their decision-making. He uses the exercise to teach his students that trustworthiness is a quality shared by two people in a partnership, and that each person takes a risk in trusting the other. This risk, however, is a risk that people must take. Morrie teaches his students that trust is blind; one can only judge whether or not to

trust another based on an instinctive feeling, not because of any rational judgment or method of thinking. To trust someone is to close your eyes and fall back, hoping that the person your instincts have told you is trustworthy will catch you and keep you from harm.

<http://www.sparknotes.com/lit/morrie/quotes.html#explanation2>

Above all, trust in the slow work of God.
We are quite naturally impatient in everything
to reach the end without delay.
We should like to skip the intermediate stages.
We are impatient of being on the way to something
unknown, something new.
And yet it is the law of all progress
that it is made by passing through
some stages of instability—
and that it may take a very long time.

And so I think it is with you;
your ideas mature gradually—let them grow,
let them shape themselves, without undue haste.
Don't try to force them on,
as though you could be today what time
(that is to say, grace and circumstances
acting on your own good will)
will make of you tomorrow.

Only God could say what this new spirit
gradually forming within you will be.
Give Our Lord the benefit of believing
that his hand is leading you,
and accept the anxiety of feeling yourself
in suspense and incomplete." — [Pierre Teilhard de Chardin](#)

According to Vedanta, there are only two symptoms of enlightenment, just two indications that a transformation is taking place within you toward a higher consciousness. The first symptom is that you stop worrying. Things don't bother you anymore. You become light-hearted and full of joy. The second symptom is that you encounter more and more meaningful coincidences in your life, more and more synchronicities. And this accelerates to the point where you actually experience the miraculous. (quoted by Carol Lynn Pearson in [Consider the Butterfly](#)) — [Deepak Chopra, *Synchrodestiny*](#)