

Coping With Scars

Learning To
Trust Again



- Consider the wife whose husband beats her.
- Consider the husband whose wife leaves him for another.
- Consider the child who is abused.
- Consider the family of an addict.
- Consider the one who loses a loved one to a drunk driver.
- Consider the young person who develops an incurable disease.



Why Is There Suffering?

- **Our Own Personal Choices**
(Genesis 2-3; Proverbs 13:15b)
- **The Choices Of Others**
(2 Samuel 11-12)
- **Time and Chance**
(Ecclesiastes 9:11-12)



What We Learn From Scars

- Scars Are Not A Respector of Persons
- Something Painful Happened
- The Scar May Be Permanent
(Hebrews 12:17; Proverbs 6:32-35)
- Certain Activities Should Be Avoided
(Proverbs 15:31-32)
- A Scar May Not Make A Body Part Useless (1 Corinthians 15:9-10)





Can I Ever Trust Again?

- **We Are Not Called To Trust Everyone Equally**
- **Some People Are Not To Be Trusted**
2 Timothy 4:14-15; Jeremiah 9:1-6; John 2:23-25
- **Some Are To Be Proven First**
1 Timothy 3:10
- **Trust Can Be Restored**
Acts 15:36-39; Proverbs 25:19; 24:16; 2 Timothy 4:11

Learning To Trust Again

- **Win The Battle With Your Mind** (Romans 12:1-2; 2 Corinthians 10:3-5)
 - Refuse To Live In The Past
 - Realize There Are Some Things You Can't Change
 - Never Allow Yourself To Have A Pity Party
 - Remember, Forgiveness Is Given But Trust Is Earned



Learning To Trust Again

- Win The Battle With Your Mind (Romans 12:1-2; 2 Corinthians 10:3-5)
- Time!
- BOTH Parties Must Be Committed To Rebuilding The Trust That Was Lost
- Risk Is Involved (Philemon)
- View Trust Like The Rungs Of A Ladder





Are You
Ready To
Trust Again?