Trust Me!



**#1**

**H. L. Menken**

It is mutual trust, even more than mutual interest that holds human associations together.

**Questions:**

* **How do you define trust?**
* **What kind of person would you trust with anything?**
* **Do you have someone like that?**
* **Why do people trust each other?**

**#2**

**Rachel Botsman, a lecturer on trust and skepticism at Oxford University, author of the book “Who Can You Trust?”**

Skepticism is a great tool to help us get the information to make smarter trust decisions.

**Questions:**

* **Wouldn’t it be risky to be too naïve and trusting?**
* **What is the difference between being trusting and being gullible?**
* **How do you spot someone who shouldn't be trusted?**

**#3**

**A Year of Tears: Learning to Trust And Accept Love Again, Nikki Knight**

The aching, hurt, and humiliation of the past have become so familiar – the feelings, although heavy and burdensome, are hard to let go because I’m not sure I know how to feel anything else. Just cold and numb.

**Questions:**

* **What experiences can contribute to trust issues?**
* **Perhaps a close friend lied to you, or did not keep their promises a few times. Perhaps there is a list of reasons why you have lost trust in people. How can you ever trust again?**
* **How can we best deal with events or situations that threaten to erode our trust and confidence?**

**#4**

**Today's Learning Material**

**Torah Bereishis 15:5-6**

*And He (G-d) took him (Avraham) outside, and He said, "Please look heavenward and count the stars, if you are able to count them." And He said to him, "So will be your seed."*

*And he believed in G-d, Who considered this an act of righteousness on his part.*

**Question: Avraham was in the midst of a prophetic revelation. He was listening to the voice of G-d. Why then was it considered an act of righteousness for him to "believe in G-d"?**

**Rabbi Samson R. Hirsch, commentary on Torah Bereishis 15:6**

***Emuna*** *is the essence of Judaism; but to define* ***Emuna*** *as "belief" is to empty the term of its true content. Belief is an act of mind, sometimes only an opinion…*

*Rather,* ***he believed in G-d*** *means: to rely upon G-d, in theory and in practice; to take strength in Him and to follow Him...*

*Thus,* ***he believed in G-d*** *means to put one's trust in G-d; to be in G-d's hand like clay in the potter's hand. A believer casts his burden on G-d; G-d is his Fashioner and Educator, Supporter and Guide...*

**Questions:**

* **How is it possible to acquire such transcendent faith in G-d?**
* **What are the benefits of fully relying on G-d?**
* **Are there dangers in completely trusting G-d?**

**#5**

**With Hearts Full of Faith, Rabbi Mattisyahu Salomon**

*Only a faithful person is capable of absolute faith. Only someone whose own word is inviolate can have faith on both the intellectual and emotional levels. Only a faithful person whose word is an absolute guarantee can accept someone else's word with a confident and serene heart.*

**Question: What do you think about this statement?**

**#6**

**John Locke, the father of toleration and liberalism, England, 17th century**

...citizenship should not be extended to atheists because, not believing in G-d, they could not be trusted to honour their word…

**Question: How does believing in G-d affect dealings with others?**

**#7**

**Talmud Shabbos 31a**

*Said Rava, when a man enters the Heavenly Court (after death), the first question they ask him: Did you conduct all your dealings in good faith?*

**Baal Sefer Manhig**

*Trustworthiness between people is the foundation for trusting in G-d and in the entire Torah.*

**Question: How does dealing with others faithfully affect your trust in G-d?**

**#8**

**Question: What’s your takeaway from today’s discussion?**