BIBLE STUDY WORKSHEET

Trust After Betrayal

Forgiveness may be offered freely; trust is rebuilt through truth and consistency.

Prepared by Vanessa

"The prudent see danger and take refuge."
Proverbs 22:3

OPENING PRAYER

God of truth, hold the places betrayal has wounded. Protect me from bitterness and from rushing. Give me wisdom to recognize safety, courage to set limits, and patience to let trust be rebuilt by consistent truth. Amen.

Name | Date

Bible Study Group | Leader

PURPOSE OF THIS STUDY

This study supports wise healing after betrayal by honoring grief, safety, evidence, boundaries, and gradual trust.

[ ] Honor grief [ ] Protect safety [ ] Watch patterns [ ] Rebuild slowly

PART 1

Betrayal Deserves Honest Grief

Betrayal can disrupt safety, memory, self-trust, and connection. Healing begins by acknowledging what was lost.

> **The Lord is close to the brokenhearted.**
>
> Psalm 34:18

TRUTH TO CARRY

Grief is not unforgiveness; it is an honest response to harm.

REFLECT AND DISCUSS

What did the betrayal cost you?

Which feeling needs permission to exist?

What support would help you grieve safely?

> **You do not have to minimize pain to appear spiritual.**

PART 2

Forgiveness and Trust Are Different

Forgiveness can release revenge. Trust requires honesty, accountability, safety, and evidence over time.

> **Be wise as serpents and innocent as doves.**
>
> Matthew 10:16

TRUTH TO CARRY

Forgiveness does not require immediate access or restored closeness.

REFLECT AND DISCUSS

What pressure have you felt to trust too quickly?

What access feels wise right now?

What boundary protects healing?

> **Grace and wisdom are not enemies.**

PART 3

Look for Patterns, Not Promises

Words matter, but sustained behavior reveals whether repentance is becoming real.

> **By their fruit you will recognize them.**
>
> Matthew 7:20

TRUTH TO CARRY

Healthy change accepts consequences, seeks help, and does not rush the injured person.

REFLECT AND DISCUSS

What evidence of change would matter?

Which pattern remains concerning?

Who can help you evaluate clearly?

> **Consistency is more convincing than intensity.**

PART 4

Rebuild Self-Trust

Betrayal can make us doubt our own perception. Prayer, facts, wise counsel, and attention to our bodies can rebuild discernment.

> **If any of you lacks wisdom, ask God.**
>
> James 1:5

TRUTH TO CARRY

Self-trust grows through small choices honored consistently.

REFLECT AND DISCUSS

What signal did you previously dismiss?

What facts are clear today?

What small decision would honor your wisdom?

> **You can learn to listen to wisdom again.**

PRACTICE

My Wise Trust Plan

Choose the current level of access that matches safety, truth, and evidence.

The loss I need to acknowledge:

The boundary I need now:

Evidence of change I would need to see:

A trusted person who can help me evaluate:

A small choice that rebuilds self-trust:

THIS WEEK I WILL

[ ] Move slowly
[ ] Check facts
[ ] Notice patterns
[ ] Keep support close
[ ] Honor safety
[ ] Do not confuse pressure with repentance

MY ANCHOR PRAYER

God, keep my heart tender and my judgment wise.

CLOSING TOGETHER

Healing Does Not Have to Hurry

Trust can be rebuilt gradually when truth, safety, and consistent change are present.

CLOSING PRAYER

Father, comfort those who have been betrayed. Protect them from manipulation, isolation, and false guilt. Give wisdom for every boundary and hope for healing. Amen.

A WORD OF ENCOURAGEMENT

You are allowed to require evidence before restoring access.

CLOSING CIRCLE

One truth I need this group to affirm:

One boundary or next step I am choosing:

MY DECLARATION

I will forgive without abandoning wisdom and let trust grow only where truth and safety are present.

Signature

Date