

Building Trust Couple's Exercise

The Trust Covenant Conversation

Each person completes these sentences aloud:

- “One way I will protect your trust is _____.”
- “One area I need to grow in trustworthiness is _____.”
- “One fear I have about trust is _____.”
- “One commitment I’m willing to make before God is _____.”

Application

Ask yourself honestly:

- What **drops of trust** am I adding to this relationship?
- Are there habits, attitudes, or secrets that are quietly spilling **buckets**?
- Do my actions make it easier—or harder—for my spouse (or future spouse) to feel safe?

Trust doesn’t require perfection. It requires **repentance, consistency, and humility**.

For Couples

- One way I feel most trusted by you is: _____
- One area where I need to grow in trustworthiness is: _____
- One intentional “drop” I can add this week is: _____