

Revelation Gateway Ministries Abuse Recovery Network

Q1 2026 Study Group - "I Want to Trust You, But I Don't"

Facilitated by Kay Elise Tolman of Revelation Gateway Ministries, LLC.

Materials:

- 1) *I Want to Trust You, But I Don't; Moving Forward When You're Skeptical of Others, Afraid of What God Will Allow, and Doubtful of Your Own Discernment* – By Lysa Terkeurst
- 2) *I Want to Trust You, But I Don't Bible Study Guide* with Streaming Video – By Lysa Terkeurst
- 3) A new journal of your choosing and your favorite pen.
- 4) Bible – version of your choice

Feel free to highlight and make notes in your book. These are things you may want to share with the group or remember for future personal reference.

Homework Plan #1: *I Want to Trust You, But I Don't*

Read the Introduction

Read Chapter 1 – Quietly Quitting on Hope

Watch Video S1

Workbook: Read Session 1 – The Requirements for Trust (pages 12-40).

Journal your thoughts and answer the workbook questions.

Group Meeting: January 5th at 6:00 pm Central time

Homework Plan #2: *I Want to Trust You, But I Don't*

Read Chapter 2 – What is This Feeling...Discernment or a Trigger?

Read Chapter 3 – Red Flags and the Roots of Distrust

Watch Video S2

Workbook: Read Session 2 – Do They Value Trust Like You Do? (pages 41-69)

Journal your thoughts and answer the workbook questions.

Group Meeting: January 19th at 6:00 pm Central time

Homework Plan #3: *I Want to Trust You, But I Don't*

Read Chapter 4 – Rips and Repairs

Read Chapter 5 – And I Didn't Want to be Alone

Watch Video S3

Workbook: Read Session 3 – Trust is a Track Record (pages 69 – 101)

Journal your thoughts and answer the workbook questions.

Group Meeting: February 2nd at 6:00 pm Central time

Homework Plan #4: *I Want to Trust You, But I Don't*

Read Chapter 6 – How Can I Trust God When I Don't Understand What He Allows?

Read Chapter 7 – How Can I Trust God When the Person Who Hurt Me Got Away With It?

Watch Video S4

Workbook: Read Session 4 – The More I Doubt Him, the Less I'll Trust Him (pages 101 – 132)

Journal your thoughts and answer the workbook questions.

Group Meeting: February 16th at 6:00 pm Central time

Homework Plan #5 *I Want to Trust You, But I Don't*

Read Chapter 8 – What We Don't Trust We Will Try To Control

Read Chapter 9 – Ice Makers and Oceans

Watch Video S5

Workbook: Read Session 5 – What If Instead of Controlling, We Decided to Just Wait and See? (pages 133 – 165)

Journal your thoughts and answer the workbook questions.

Group Meeting: March 2nd at 6:00 pm Central time

Homework Plan #6 *I Want to Trust You, But I Don't*

Read Chapter 10 – The Secret to Really Healing

Read Conclusion – One More Thing God Wanted Me to Know

Watch Video S6

Workbook: Read Session 6 – What is the Source of My Discernment? (pages 165 -

Journal your thoughts and answer the workbook questions.

Group Meeting: March 16th at 6:00 pm Central time

Homework Plan #7 *I Want to Trust You, But I Don't*

Read Bonus Chapter – When the Organization That Should Have Helped Me Actually Hurt Me

Read Bonus Resource – Trust Is a Track Record: 10 Scriptural Truths to Remember God's Faithfulness

Read Follow-Ups from Lysa – Getting the Help You Need

Journal your thoughts and answer the workbook questions.

Group Meeting: March 30th at 6:00 pm Central time