

# 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

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**New York Times bestselling author Lysa TerKeurst shows you what to do with your skepticism and distrust so you can heal from past betrayals and move forward with strength and resilience.**

Trust is the oxygen of all human relationships. But it's also what trips you up after you've been burned. Maybe a friend constantly lets you down. A spouse cheats on you. A family member betrays you. You're exhausted by other people's choices and starting to question your own discernment. And you're wondering, *If God let this happen, can he even be trusted?*

How can you live well and step into the future when you keep stumbling over trust issues? Lysa TerKeurst says it's not simply about finding better people to walk with. It's about developing the stability you long for within yourself and with God, so you don't carry a broken belief system into every new relationship. In *I Want to Trust You, But I Don't*, Lysa shows you how to:

- Identify which of the eleven relational red flags are stirring up distrust, so you can pinpoint why you're feeling uneasy;
- Stop having more faith in your fears coming true than God coming through for you by asking crucial "what if" questions to better process your doubts;
- Recognise when a fractured relationship can be repaired by considering a reasonable list of characteristics necessary for rebuilding trust; and
- Understand the physical, emotional, and neurological impact of the betrayals you've experienced and start healing from the inside out.

In a world where so many things feel alarming, this book will give you a peace that isn't dependent on unpredictable people and circumstances. Instead, it offers practical and biblical ways to make real progress toward healthier perspectives, and a future you can look forward to.

**Lysa TerKeurst** is president and chief visionary officer of Proverbs 31 Ministries and the author of six *New York Times* bestsellers, including *Good Boundaries and Goodbyes*, *Forgiving What You Can't Forget*, and *It's Not Supposed to Be This Way*.



## SPECIFICATIONS:

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