

# Single & Single-Again TUES NITES Meal, Message & Mixer

## Valuable Lessons on the Landmines and Lifelines for Singleness & Dating

Jane Stolz's video teaching, handout, and audio Mp3 file of this message will be online to share with others at [www.christiansinglesindenver.com](http://www.christiansinglesindenver.com)

### Part 1

What does it take to have quality friendships?

- \* Risk
- \* Time
- \* Work
- \* Need to Work Thru Conflict
- \* Have Fun
- \* Serious Talks
- \* Sharing Life Experiences
- \* Mutual Effort
- \* Has to be Reciprocal/Even Balance
- \* Developing Trust

**There is no such thing as a pain-free relationship.**

**We are an imperfect people; we will let each other down from time to time.**

*“There is no safe investment. To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly be broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries, avoid all entanglements, lock it up safe in the casket or coffin of your selfishness. But in that casket – safe, dark, motionless, airless – it will change. It will not be broken, it will become unbreakable, impenetrable, irredeemable. The alternative to tragedy, or at least to the risk of tragedy, is damnation. The only place outside Heaven where you can be perfectly safe from all the dangers and perturbations of love is Hell.*

*I believe that the most lawless and inordinate loves are less contrary to God's will than a self-invited and self-protective lovelessness.... We shall draw nearer to God, not by trying to avoid the sufferings inherent in all loves, but by accepting them and offering them to Him, throwing away all defensive armour. If our hearts need to be broken, and if He chooses this as a way in which they should break, so be it.*

**CS Lewis from The Four Loves**

Unhealthy Relationships give **Trust** way too quickly.

Qualities of a real friend

Real friends give opportunity to **Receive** as well as **Give**

Real friends hold us **Accountable** for real **Growth**

They love us enough to **Speak Truth**

**Proverbs 27:17** As iron sharpens iron, so one man sharpens another...

**Proverbs 27:6** Wounds from a sincere friend are better than many kisses from an enemy.

### Accomplices vs. Friends

Friends who confirm my suspicions, applaud my need to be the victim, listen to my tales of woe only **Reinforce** my **Bondage**. They keep me **Tied** to my **Past**. True Friends take the courage to **Challenge** me to accept and give forgiveness. They are willing to ask, “How are you really feeling?”

**The “Who am I” sometimes get answered by who they are with, not by who they are.**

**This can be a very dangerous trap!**

**We need to pursue Friends and Support before Pursuing Romance.**

**We need to learn to be single.....**

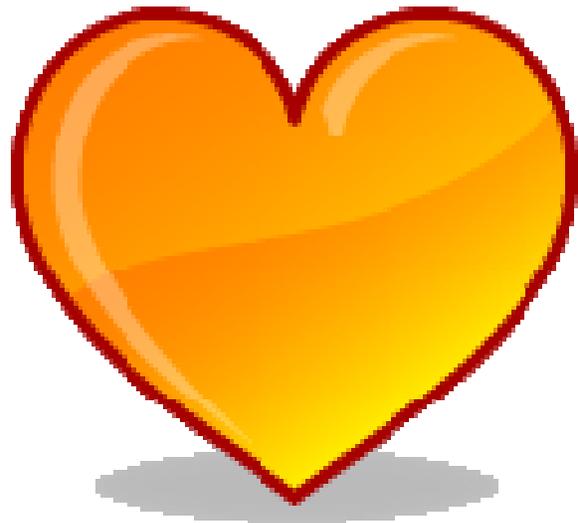
Loneliness Scale

0 \_\_\_\_\_ 10  
Loneliest Okay with being alone

**Warning:** The lower you are on this scale, the lonelier you are. You are more likely to make poor decisions. This is when we tend to get into poor relationships; we are too desperate and enter into romance too soon. We need to know where we are on this scale in order to make better choices.

**What's in your heart?**

Betrayal	Anxiety
Rejection	Resentment
Abandonment	Pain
Abuse	Rage
Deceit	Guilt
Loss	Envy
Anger	Jealousy
Shame	Helplessness
Humiliation	Loneliness
Fear	Vindictiveness
Disappointment	Loss
Sadness	Anguish
Yearning	Inadequacy



**Forgiveness** – Is there someone you need to forgive?

So where do we begin to form healthy friendships?

How do we move into Attraction?

Next Week – Part 2 - we'll take a look at the attraction phase and what we do with it.

## Table Discussion Questions for this week:

1. How do you feel about being friends before romance?
2. When was the last time your friends surrounded you with encouragement?
3. Do you have quality friendships?
4. How are you with being alone?  
Do you tend to isolate or hang with your friends?
5. Looking at the Loneliness Scale, do you have any concern about entering in a relationship too quickly?
6. Based on the heart diagram, and what might be in your heart, do you see the need to forgive someone?
7. What might have challenged you tonight?
8. Was the Q & A time helpful?



**Confident – Secure - Happy**

### **HELPFUL TIPS for Great Table Discussions** Each table should have a designated Table Host.

#### **1. Use God's ear-to-mouth ratio:**

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

#### **2. Smile and be friendly.**

Avoid excessive complaining about people or personal problems.

#### **3. God's grace rules the day**

Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.

#### **4. Moving the discussion along.**

Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.

#### **5. Help for the hurting:**

This is a supportive group, but it is not a support group or a therapy session. But if someone is really hurting, take a moment and have someone in the group specifically pray for them.