

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

Healthy Relationships.....Being The Best You Can Be!

Jane Stolz' video teaching, handout, and audio Mp3 file of this message will be online to share with others at www.christiansinglesindenver.com

The Bible identifies Five Characteristics of People Who Excel at What They Do:

1. **People who excel work with E**_____. Regardless of whether the job is big or small, give it your best. Great performers give their best effort, no matter what the size of the audience: "Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people" (Colossians 3:23 TEV).

*Nothing GREAT Was Ever
Achieved Without Enthusiasm.
Emerson*

2. **People who excel sharpen their S**_____. They never stop developing, growing, learning, and improving: "If your ax is dull and you don't sharpen it, you have to work harder to use it. It is smarter to plan ahead" (Ecclesiastes 10:10 TEV).

***Creative People Need New Ideas &
Challenges For Fresh Thinking***

3. **People who excel keep their W**_____. They are reliable. They can be counted on to do what they say they'll do. They excel because people of integrity are rare in our society: "Everyone talks about how loyal and faithful he is, but just try to find someone who really is!" (Proverbs 20:6 TEV)

Therefore each of you must put off falsehood and speak truthfully to his neighbor. (Ephesians 4:25 NIV)

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus. (Colossians 3:17 NIV)

***O Lord, who may abide in Your tent?
Who may dwell on Your holy hill?
He who walks with integrity . . .
And speaks truth in his heart. (Psalm 15:1-2)***

It is better not to vow than to make a vow and not fulfill it. (Ecclesiastes 5:5 NIV)

4. **People who excel maintain a P**_____ **A**_____. Even under pressure, change, or unrealistic demands, they don't allow themselves to become negative: "Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life" (Philippians 2:14-16a NIV). And remember: "If your boss is angry at you, don't quit! A quiet spirit can overcome even great mistakes" (Ecclesiastes 10:4 NLT).

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Discussion Questions:

How enthusiastic are you in ALL your projects? When you're tempted to cut corners, thinking, "No one will ever know," do you?

Have you ever experienced someone who doesn't keep their word? How did that make you feel? How are you at keeping your word? What do you think you can do to improve in this area?

Who are the leaders in your life to whom God wants you to show respect? How would you rate yourself as being "open to instruction, even rebuke"?

Who can count on you? Do you have a reputation for being reliable? Would someone who knows you well stake his life on your faithfulness?

The duration of your life is of less importance to God than the donation of your life. Take what you've learned from God and pass it on to others. What do you need to change in your life so you can begin living for Godly significance?

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.