

Single & Single-Again TUES NITES Meal, Message & Mixer 6 Relationship Resolutions for 2013

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

6 Relationship Resolutions for 2013

1) Renew Your F_____.

Take this time to get to know yourself, your habits and your hopes. Pursue your passions, your goals and your dreams. Shift your focus to what you have rather than to what you do not have; to who you are rather than who you are not with.

2) Get Out of Your C_____ Z_____.

This year, take some time to really assess your lifestyle. Are you missing opportunities because you're defaulting to what's comfortable and easy? What's safe? What doesn't require any risk? As Christians, we sometimes fall into the trap of excusing our lack of action as faith, but faith was never meant to be passive and stagnant. Be open to new opportunities and experiences. Start saying yes to things that seem uncomfortable or challenging. Faith that is alive requires movement, growth and action. Trust in God and then allow Him to move you forward into the plan He has for your life, one step at a time.

3) Set B_____

Let this year be the year of new beginnings. Look out for unhealthy patterns of behavior and seek to change those patterns in your own life. Start saying NO to the kind of relationships that continue to drag you down. Set emotional, physical and behavioral boundaries for yourself that determine where you are not willing to go—and then don't go there. Take charge of your relationships rather than allowing them to take charge of you.

4) Don't R_____

Don't let the fear of singleness lead you into a relationship that you were never intended to be in. Take the time to build a friendship and allow your relationship to grow as naturally as possible.

5) Don't S_____

It's essential to know what is important to you! Take the time to think through your list and commit to keeping them at the forefront of your relationship no matter what (or who) comes along. God knows what is important to your heart. Trusting Him with your relationships means believing that He will bring you what is best. Not what is OK, not what is pretty good, but what is best.

6) Don't D_____

No matter where you may be on your timeline of finding healthy relationships/friendships or the person God has for you, don't be discouraged. For those who are believers, God promises that even in the most difficult and lonely times, He has a plan that is good (Jeremiah 29:11). Part of what it means to have faith is to trust in God and then go out there and live with confidence,

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knowing that He holds the future, and also, that He sustains your present. Don't long for the future at the expense of missing the here and now. For the believer in Christ, life was meant to be full (John 10:10)! Take heart, have hope and enjoy the ride.

Jeremiah 29:11 *For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.*

John 10:10 *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

Let God Write Your Love Story

Clichés That Make Us Cringe

Waiting Actively

Serving God Solo or Together

Develop God's Perspective on Life

"So we continue to preach Christ to each person, using all wisdom to warn and to teach everyone, in order to bring each one into God's presence as a mature person in Christ." (Colossians 1: 28 NCV)

Perspective answers the "why" questions of life.

Live Joy-filled, Generous Life

"These instructions are not empty words — they are your life! By obeying them you will enjoy a long life ..." (Deuteronomy 32:47 NLT)

But God wants you to live a joy-filled, healthy life.

Skills Take Practice and Experience

"So we continue to preach Christ to each person, using all wisdom to warn and to teach everyone, in order to bring each one into God's presence as a mature person in Christ." (Colossians 1:28 NCV)

Skills are the "how tos" of spiritual growth. Knowledge and perspective are concerned with knowing. Conviction and character are concerned with being. Skills are related to doing. We are

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to be “doers of the word, and not merely hearers” (James 1:22 NASB). Our actions prove we belong to God’s family. Jesus said, “My mother and brothers are those who hear God's word and put it into practice” (Luke 8:21 NIV).

Building Blocks of Spiritual Growth

“So we continue to preach Christ to each person, using all wisdom to warn and to teach everyone, in order to bring each one into God's presence as a mature person in Christ.”
(Colossians 1:28 NCV)

There is a logical order to building knowledge, perspective, conviction, skills, and character. First, you must start with a foundation of knowledge. Since spiritual growth is based on God’s Word, the first level of learning is to gain a working knowledge of the Bible. Perspective and convictions must be Bible-based.

On top of knowledge of the Word, you add perspective. The better you get to know God’s Word, the more you’ll begin to see life from God’s viewpoint. Conviction naturally grows out of perspective. Once you begin to see things from God’s perspective, you begin developing biblical convictions. An understanding of God’s purpose and plan changes your motivations.

Conviction then gives you the motivation to maintain spiritual habits. Eventually, through repetition, those habits become skills. You don’t have to consciously focus when you do them anymore. When something becomes easy for you to do, that is called a skill.

When you put knowledge of the Word, perspective, conviction, and the corresponding skills together, the resulting product is character! First you know it; then you understand it; then you believe it with your whole heart; then you do it. The result is character.

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Table Discussion Questions for this week:

- 1. Which of the 6 Relationship Resolutions would you say you struggle with the most?**

- 2. In what recent situation have you applied your knowledge and not God's wisdom?**

- 3. How does God's perspective help you accept James 1:3: "the testing of your faith develops perseverance"?**

- 4. How can you be more giving with your money and time?**

- 5. How can you add more play to your days?**

- 6. What spiritual growth skills do you need to develop in your life? How can we help?**

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.