

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

Heart to Heart – Keeping it Safe!

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

So how do you know someone is safe?

When do you usually find out they are not safe?

So what does it take to have quality friendships?

R _____ sometimes friends are only ours for a season you take some form of risk

T _____ we need to make time for our friends, they need to make time for us

W _____ sometime we have to work at our friendships/to be healthy

Need to work through C _____.

Have F _____ we need to laugh, be silly

Serious T _____ we need to connect on a deeper level

S _____ **Life Experiences/Supporting each other** celebrate/cry with each other

Mutual E _____ both parties – it takes two!

Has to be R _____/**Even Balance** give and take

Developing T _____ we have all been hurt

We must also remember that there is no such thing as a pain-free relationship. We are imperfect people, we will let each other down from time to time. We can't have unrealistic expectations.

UNHEALTHY RELATIONSHIPS give trust way too quickly. This has to be earned over time.

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The book of **Proverbs** is a great book that give us the best advice how to gain wisdom, have good character. It tells us how to live. It gives us warnings. It's about relationships with people.

Too many women have their identity made by what man they are with. The title, the status etc. Therefore, I am nothing if I don't have a man in my life or one that can make me look better.

LADIES if a man isn't willing to make you the one and only – move on!

GENTLEMEN, if a woman isn't willing to make you the one and only – move on!

If someone changes their mind and tells you NO, accept their no and MOVE ON!

Healthy - We need to have:

Wisdom to properly evaluate the character of the person you're in relationship with

Consistency you get along – behavior over time

Communication

Patience

We need to bring out the best in each other.

RELAX and enjoy the journey in His presence, trusting Him to open up the way before us as we go.

*I will instruct you and teach
you in the way you should
go; I will counsel you and
watch over you. Psalm 32:*

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Discussion Questions:

1. **What had been the best thing about this group for you? Have you experienced it to be safe and healthy?**
2. Did you find tonight helpful on teaching on how to have healthy relationships? What was most helpful?
3. **Do you tend to have healthy relationships or do you need to work on that?**
4. What is the dumbest thing you've ever done in response to what we talked about tonight?
5. **Do you want to grow deeper in trusting God in this area? How do you think you can get started on that?**
6. If you need prayer, let your table host know. We have people available to pray with you or you can pray at your table, whichever is most comfortable for you.

Keep it Safe and Healthy in 2013!

HELPFUL TIPS for Great Table Discussions

**Each table should have a designated
Table Host.**

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.

1. **Smile and be friendly.**
Avoid excessive complaining about people or personal problems.
2. **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.
3. **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.
4. **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.