

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

Heart to Heart – What Makes Us Tick?

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

Our Deepest Emotional Need - L _____.

Every human has the emotional need to feel loved. When this need is met, we move out to reach our potential for God and our potential for good in the world. However, when we feel unloved, we struggle just to survive.

Five Groups

1. Never Married
2. Divorced
3. Separated Not Divorced
4. Widowed
5. Single Parents

Everyone wrestles with **V** _____, **M** _____, **R** _____, and **M** _____. If you are single, you're probably seeking to understand yourself and your place in the world. At the heart of these pursuits is the need as an unmarried person to give and receive emotional love.

G _____ and **R** _____ love is at the center of every single adult's sense of well-being. If you feel loved and needed, you can survive the pressures of life. But without love, life can become exceedingly bleak.

We are addicted to Romantic Love

STAGE ONE – The Obsessive Stage of Love

STAGE TWO – Covenant Love

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FIVE LOVE LANGUAGES

#1. Words of Affirmation

#2. Gifts

#3. Acts of Service

#4. Quality Time

#5. Physical Touch

LOVE LANGUAGE TEST

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Discussion Questions:

To what degree do you feel loved by the significant people in your life?

In a time of need, have you experienced the love of a friend? If so, how did your friend show you his/her love?

How successful have you been in giving and receiving emotional love?

Which of your relationships do you consider to be healthy?

In dating relationships, how many times have you experienced Stage One – Passionate Love? Were you able to make the transition to Stage Two – Covenant Love? Why or Why Not?

Are you willing to invest time in learning to speak the Five Love Languages?

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.