

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

Heart to Heart – How's Your Love Tank?

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



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Is your "Love Tank" empty or full?

As Single Adults we D _____ to be loved and our N _____ for love will continue whether or not we are in a love relationship.

Many Singles have given up on dating. They find it to be a road filled with Heartache, Physical Frustration, Misunderstanding, and Untold Anxiety, all of which add up to a "why bother?" attitude. Yet, for others, the very idea of not dating sounds unnatural.

Get to know people in a healthy way.

Get to know someone of the opposite sex and learn to relate to them as individual people.

Interacting with people here provides an opportunity to break down the perceptions of each other that the world has built up, and to learn to see others as people rather than objects.

Break out of isolation and connect with others.

As we relate to others, we begin to exhibit various personality traits. This provokes healthy self-inventory and brings greater self-understanding.

All of us have S _____ and W _____ in our personalities. No one is perfect. Maturity is not flawlessness. However, we are never to be satisfied with our present status of development.

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An attitude of **L** _____ should motivate you to want to relate to others as people rather than objects, to develop your own personality so you can reach your potential for good in the world, to **S** _____ others and seek to encourage those around you to reach his/her potential.

Learning to use your own primary love language as a means of encouraging and loving others allows you to contribute meaningfully to the lives of the people around you.

Learning to discover and speak the love language of others of others is a giant step down the road of success. The greatest contribution any single adult can make is to become an effective channel of God's love.

When you don't understand – He knows us far better than we know ourselves. He views us in the eyes of grace. Allow the light of His healing Presence to shine into the deepest recesses of your being, cleansing, healing, refreshing, and renewing you. Trust Him enough to accept the full forgiveness that He offers you continually. When no one else seems to understand you, simply draw closer to Him. Rejoice in the One who understands you completely and loves you perfectly. As He fills you with His Love, you become a reservoir of love, overflowing into the loves of other people.

Trust Me One Day At A Time

This keeps you close to Me, responsive to My will. Trust is not a natural response, especially for those who have been deeply wounded. My Spirit within you is your resident Tutor, helping you in this supernatural endeavor. Yield to His gentle touch; be sensitive to His prompting.

Exert your will to trust Me in all circumstances. Don't let your need to understand distract you from My Presence. I will equip you to get through this day victoriously, as you live in deep dependence on Me. Tomorrow is busy worrying about itself; don't get tangled up in its worry-webs. Trust Me one day at a time.

*“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” **Matthew 6:34***

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How to relate to a person with this love language...	COMMUNICATION	ACTION	WHAT TO AVOID
Words of Affirmation	Compliments Affirmations Kind words	Send notes or cards.	Criticism
Quality Time	One-on-one time. Not interrupting. Face-to-face conversation.	Take long walks together. Do things together. Take trips.	Long periods of being apart. More time with friends than with partner.
Receiving Gifts	Positive, fact-oriented information.	Give gifts on special occasions and also on not so special occasions.	Forgetting special days.
Acts of Service	Action words like “I can,” “I will,” “What else can I do?”	Helping with house and yard chores. Repair/maintenance. Acts of kindness.	Ignoring partner’s requests while helping others.
Physical Touch	A lot of non-verbal. Verbal needs to be “word pictures”.	Touches Hugs Pats Kisses	Physical neglect or abuse.

Traci Rock – Presentation

Notes:

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Table Discussion Questions

How full is your "Love Tank?"

How do you think that affects your relationships?

What do you think of serving others with your love language? How do you see that playing out?

Interacting with people here provides an opportunity to break down the perceptions of each other that the world has built up, and to learn to see others as people rather than objects. What is your view of this? What has your experience been?



Our Prayer Team is Available to You

Bob, Sandy, Adriene

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.