

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

Important Reminder – Friendships/Romance

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files of messages will be online to share with others at www.christiansinglesindenver.com

So what does it take to have quality friendships?

R _____

Time

W _____

Need to Work Through Conflict

Have **F** _____

Serious Talks

Sharing Life Experiences/Supporting each other

M _____ Effort

Has to be Reciprocal/Evan Balance

Developing **T** _____

Trust is E _____ over a period of time both with friends and romance.

Unhealthy Relationships give trust way too quickly.

So what are the Q _____ of a real friend?

Real friends give opportunity to receive as well as give

Real friends hold us accountable/for real growth.

They love us enough to speak truth.

Proverbs: 27:17 As iron sharpens iron, so one man/woman sharpens another.

Proverbs: 27:6 Wounds from a sincere friend are better than many kisses from an enemy.

Accomplices vs. Friends

Friends who confirm my suspicions, applaud my need to be the victim, listen to my tales of woe only reinforce my bondage. **They keep me tied to my past.**

But true friends take the courage to challenge me to accept and give forgiveness. They are willing to ask, "How are you really feeling?"

**We need to pursue friends
and support before
pursuing romance.
We need to learn to be
single.....**

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**The “Who am I” sometimes get answered by who they are with not by who they are.
This can be a very dangerous trap!**

Warning: Loneliness Scale

Scale 1 _____ 10

Lonely

Okay being Single

**The lower you are on this scale – the lonelier you are –
You are more apt to make poor decisions.**

Problem:

We are untrained in discerning the character of people.

Character Discernment:

We don't get a lot of training in evaluating character. We tend to look on the outside and not the inside of a person (1 Sam 16:7 Matt 23:25-28)

So we choose people based on outward appearance, charm, looks, humor, status, and education, accomplishments, talents and giftedness, or religious activity. But then we experience the pain of being in a real relationship with them, and come up very empty-handed.

**While there are many different kinds of unsafe people,
many of them fall under three categories:**

Abandoners: People who can start a relationship, but they can't finish it.

Critics: They are judgmental, speak the truth without love, and have no room for grace or forgiveness.

Irresponsible's: These folks don't take care of themselves or others.

A few Personal Traits:

Think they have it all together instead of admitting their weaknesses

Religious instead of Spiritual

Defensive instead of open to feedback - They shift the guilt!

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Self-Righteous instead of humble -They will never identify with others as fellow sinners and strugglers, because they see themselves as somehow “above all of that.”

Apologize instead of changing their behavior -To repent means to change one's mind and to turn around and be transformed. (Internal change)

Avoid working on their problems instead of dealing with them -Unsafe people resist any form of character growth.

Demand trust, instead of earning it

Believe they are perfect instead of admitting their faults -They are on a mission to prove that they are perfect.

Blame others instead of taking responsibility - Safe people take responsibility for their lives. Unsafe people don't.

Lie instead of telling the truth -Honesty is the foundation of a safe relationship.

Stagnant instead of growing - Safe people know that they are subject to change.

Important Reminder:

No one is perfect, even safe people will at times stumble and be “unsafe” for, after all we are sinners. We should not expect perfection.

Do you have enough good people in your life?

- 1.) Do you tend to be the “giver” in relationships, rather than having a mutual give and take?
- 2.) Do you find that people approach you when they want something from you, and less to simply spend time with you?
- 3.) Is it difficult for you to open up about your real feelings and problems?
- 4.) Is it hard for you to see other people as a source of emotional and spiritual support?
- 5.) Do you prefer to be alone to deal with your problems?
- 6.) Have you become aware of a pattern in which things are okay when you're not disclosing yourself, but that people withdraw from you when you are honest about yourself?
- 7.) Do you feel that God is the only person who really knows and loves all of you?
- 8.) Do you find yourself choosing people who invariably let you down over time?
- 9.) Are intimate, vulnerable, two-way conversations with others more of a rarity than a regular event?
- 10.) Do you find most of your personal connections revolving more around activities than relationships?

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Challenge

Encouragement

Discussion Questions:

- 1.) **Do you have a relationship that hasn't been good for you that you might need to end?**

- 2.) How would you describe your network of friends? Healthy? Might need to re-evaluate? Need to find Healthier people in your life? Don't have any friends?

- 3.) **If I were to ask you what qualities you need in a healthy relationship, what would your top five be?**
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

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.