

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

What Do Healthy People Look Like?

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

What do Healthy People Look Like?

1. Draws us closer to God *Matt 22:37-38(pg 828)*
2. Draws us closer to Others *Matt 22:39 (pg 828)*
3. Helps us become the real person God created us to be. *Eph 2:10 (pg 976)*

Healthy individuals have several character traits that rise to the surface.

A _____ us just like we are

Love us

Their **I** _____ develops our ability to love and be responsible

Creates love and good works within us

Gives **O** _____ to grow

Increases love within us

We can be **O** _____.

Allows us to be on the outside what we truly are on the inside

Helps us to **D** _____ ourselves for others and God

Allows us to become the people that God intended us to be

Helps us become the person that God sees in us

Their **L** _____ touches ours and leaves us better for it

They help us to become more like Christ

Help us to love **O** _____ in a deeper, Christ-filled way

Jesus

Dwelling An ability to connect with others on every level

Grace Unmerited favor and acceptance

Truth Honesty, being real with people, living out God's truth

Why?

11 Life Properties

1. The **C** _____

Matt 22:37-39 (pg 828)

How are you doing with other people?

2. **F** _____

We are supplied with what we need from others in the body of Christ

3. **C** _____

Romans 12:15 (pg 948)

It's not the fact that people verbally tell us something – it's the fact that they are there

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4. Strength/Setting **B** _____
Healthy boundaries are crucial not only to build trust, but to grow relationally, and spiritually as well.
5. Encouragement and **S** _____
Eph 6:21-22 (pg 979)
The apostle Paul writes many times that the encouragement and love of others kept him going through difficult times in his life.
6. Modeling/**G** _____
Healthy people in our lives can help us to develop traits that we need to grow
7. **H** _____
We need to grieve painful events, losses, and other hurts that life may bring to us.
Matt 16:25 (pg 822),
8. Confrontation and **D** _____
The Bible lets us know how to handle confrontation among believers.
Matt 18: 15-17 pg 823
We need to be willing to listen to input through confrontation. I am not saying that we need to blindly follow whatever advice is handed down in a given situation, but we do need to be willing to listen.
Proverbs 15:5 pg 538 17:10 pg 540
9. Good **D** _____
We need to be encouraged by each other to do good things.
Heb 10: 24-25 pg 1007.
10. Rooting and **G** _____
We need to have a strong network of friends!
Colossians 2: 2 pg 983
We need to be grounded in the body of Christ in a way that is unified to give us strength.
11. **L** _____
In relationships we learn to love. We receive love, and this teaches us how to love.
John 13: vs 34 pg 900
It is through the processes of failure, forgiveness, and growth that we can find out the areas and ways we need to change, and we can experience these processes through loving healthy people and relationships.

Remember, God created us to have healthy relationships.

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Where do we find Healthy People in our lives?
The body of Christ is God's instrument for our healing and restoration (1Peter 4:10 pg 1016; Eph 4:16 pg 978), folks, God's church WORKS!!

Although the healthy person may not be perfect,
They are involved with the process of growth with God.
Love, confession, humility, truth, and grace are present and increasing in their lives.
This kind of person is the one that brings about healing, growth, and joy in ours, and other people's lives.

Look for Wisdom and Character in others (as well as ourselves.) We need to exercise discernment.

Discussion Questions:

1. Do you consider yourself to be a healthy person? If yes, what are the attributes that make you healthy? If no, what attributes do you need to become healthy?
2. **Have you been in a friendship, or relationship that was unhealthy? If so, what did you learn from that experience to positively move forward in future friendships and relationships?**
3. Have you ever had a friend or significant other challenge you on something in your life out of truth and love? If so, how did that make you feel? What did you do with the challenge?
4. **Regarding your current "inner circle" of friends, how can you be a healthy, encouraging person to them?**

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.