

MONDAY NIGHT SOLUTIONS

IT'S A JUNGLE OUT THERE!
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Why are we so often surprised when we are used, deceived, or manipulated by the people we count on? We may be well aware that the world is not a safe place, yet we sometimes continue to trust people who are untrustworthy, simply because we care for them. Does this mean we have to stop caring for them? No, but we do need to stop allowing them to hurt us, understand where we went wrong, and learn why we continually find ourselves in unsafe relationships. We cannot change the imperfect world we live in or the people we care for, but there is a way we can make a difference. Beginning to understand our own needs will move us toward healthier relationships in the future. MNS-687

OUTLINE

1. How We Lost Our Safety

The sad truth

God created a safe world

And then came sin...

Sin by us

- a. We are envious
- b. We think we are self-sufficient
- c. We think we are entitled to special treatment
- d. We transgress against God's laws.

Sin against Us

- a. Our bonding process was disrupted
- b. Our Boundaries were not respected
- c. We were not seen as whole people, with good and bad traits.
- d. We were not allowed to mature into adults.

Sin in the world

Satan's strategies

Accusing

Tempting

Sifting

2. Do I Have A "Safety Deficit"?

Do I have enough Safe People in My Life?

Relationships

Functioning

Physical Health

Spiritual Life

Discussion questions:

1. What part do you think you have played in losing your safety?
2. What part have others played in causing you to lose your safety?
3. What signs can you see in yourself that indicate that you have a safety deficit?
4. What steps will you take and with whom will you take them to resolve this safety deficit?