

# MONDAY NIGHT SOLUTIONS

FILL YOUR TANK WITH LOVE!  
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Continuing our series, Dr. John Townsend will help us understand why having safe people in our lives is so vitally important. Relationship provides more than just comfort and joy—it is fuel for a full and productive life. Though at first it may seem obvious why we need safe people, we may be surprised to discover other less obvious but equally important reasons. It follows, then, that we need to recognize not only the unsafe people in our lives, but also the safe people. So where can we find safe people? Where can we fill our tanks with the right kind of love for our journey through life? MNS-690

## OUTLINE

### 1. Why do we need Safe People?

The Church

Fuel

Comfort

For Strength in Setting Boundaries

Foundation for Aggression

Encouragement & Support

Modeling

Healing

Confrontation and Discipline

Good Deeds

Rooting and Grounding

Love

## 2. Where Are The Safe People?

Reality as People Find It

Reality as the Bible Describes It

Wisdom and Character

Some Options

Safe Churches

Restorative Friendships

Support Groups

Individual Therapy

Be Careful and Go for It

### **Discussion questions:**

1. Can you recall a time when you were not aware of your need for safe people and what was the result?
2. Which of the items on the list in section 1 (Why do we need safe people), are the most important to you and why?
3. How can you reconcile the reality that not all people of faith are safe?
4. What is the next target area for you to look for Safe People and what can you do to get there?