



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF APRIL 16, 2007



## **Risk Factors**

**Featuring**  
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*Best-selling co-author of Boundaries series,*  
*author of Hiding from Love*

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## I. Introduction

Understanding what risk is about and the good it does in relationship

### Thought Question

Name one regret that you have because you didn't risk something.

Write down what you were scared of.

Risk by its nature is uncomfortable and scary

But risk is the only thing that gets us where we want to go

## II. The anatomy of risk

Risk: An activity that has the possibility of real loss

The value of risk-taking, especially in relationships

- Risk-takers find their ceiling

One of the saddest things in the world: "I coulda been a contender"

- Risk-takers develop courage

To live life, loss and all, trying new things, takes courage

- Risk-takers have better relationships

The best relationships are those in which the most about you is known

- Risk-takers grow in their faith

For the Israelites, leaving slavery for the unknown was a risk

God meets us in our inability

### **III. Essential elements of good risk-taking**

1. Loss must be normalized —understood as normal
  - Perfectionists have a hard time with this
2. You must have a safety team around you
  - Not to take away anxiety, but so you're not alone in the risk
3. You must anticipate the downside — what the catastrophic outcome could be
  - Risk when you can live with that negative outcome
4. You must desire
  - Desire is how God keeps us alive, and we can't risk without it
  - If I've got a passionate life, even if I'm screwing up, God will be there

### **IV. Basic kinds of relationship risk**

1. Risk of approaching someone as a date or a friend
  - People really do respond
2. Risk of opening up a part of you that's fragile
  - This is difficult because of fear of being shamed
3. Risk of confrontation —bringing up something that bothers/hurts
  - Practice with confrontation in little ways, and don't start with a victim
4. Leaving
  - There are relationships in which the time comes to say goodbye

## V. Tips for risk

1. Confess the fear
  - It's no sin to be afraid
  
2. Study David the king
  - A big risk-taker and screw-up and “man after God's own heart”
  
3. Tell someone something this week that you've told only God
  - A hurt or mistake or feeling, but count the cost first
  
4. After you've taken the risk, do an evaluation: what did you learn?
  - It should be “I can do this”—and do it in other areas, too
  - The grace of God is the big hammock underneath your fall

# Next Week on “Solutions”

## Places in the Heart

### Resources:

#### BOOKS:

***Hiding from Love***

By Dr. John Townsend  
www.zondervan.com

***Boundaries in Marriage***

By Drs. Henry Cloud and John Townsend  
www.cloudtownsend.com

***It's Not My Fault***

By Drs. Henry Cloud and John Townsend  
www.zondervan.com



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