## Dr. John Townsend S1056

# SOLUTIONS

Safe People Series – Chapter 10

#### Outline

### Why Do We Need Safe People?

Research tells us that we'll have more psychological and physical problems if we don't have safe people in our lives. Some people falsely believe that if they have God, they don't need people – but relationships themselves are a spiritual activity. God designed us to be fuel to one another, and to provide each other with the support that helps us face the trials and discouragement of life. Dr. Townsend shares why our interactions with others are so important, and gives the top five reasons we need relationships.

#### Small group discussion questions:

1)	Which	is v	our	dominan	t need	and	wh۱	ľ
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2) Which challenge do you need fuel for?

3) What aspect of love do you need to experience? (Love, structure, wisdom)