

**2010 Regional Single Adult Conference: Break Out Discussions  
(Questions and Answers)**

**Warm Up Questions:**

*Who are you, really? How do single adults differ from married? What do we share in common?*

Differ:

- We play all roles in our households.
- We lack the balance provided by a loving spouse.
- Staying active is harder as a single.
- Some single adults feel they are welcomed guests in the Church, with less authority.
- Some married people think singles are more independent and have fewer responsibilities.
- We are more guarded and less trusting, looking for perfection. We don't want to repeat mistakes we've made before.

Share in common:

- Gospel of Jesus Christ
- Similar challenges in life
- All Children of our Heavenly Father
- We all have the goal of returning to Heavenly Father; we need to work out our own salvation.
- Being alone is common even in marriage; we all desire companionship; we all want/need to be loved. We want to connect with others.
- We all need each other.

*What can Singles do to shape their own future?*

- Control own destiny: Set goals, make plans, diligent in following the gospel plan and carrying out those goals.
- Have patience
- Continue to learn and grow; continue education.
- Have plastic surgery
- We have greater ability to shape our own future without having to compromise with a spouse
- Make ourselves strong:
  - Reach out to members and community.
  - Dedicate ourselves to children.
  - Carry the gospel in our hearts and minds/True North. The Gospel makes us whole.
  - Forgive.
  - Reach out – fight feelings of being ignored (others may just be busy); turn outward.
  - Don't give up.
  - Remember who we are; embrace our situation.
  - Attend singles' conferences/serve others.
  - Work on strengthening the singles' program; support singles.
  - Nourish our souls more than our bodies (food) - Be “Fat in the Spirit.”
  - Find happiness Now (Joy in the Journey); live life to the fullest; don't wait until you graduate or marry to find happiness

- We are all brothers and sisters – support one another; if you feel neglected, serve, attend meetings – We will be strengthened by each other - Look out for other singles - If you want others to care, then you must care!
- Get out of your comfort zone – don't sit alone; bring in others.
- Learn how to be prepared financially.
- Strengthen your relationship with your Heavenly Father.
- Value the gospel.
- People who are happier are more approachable.

*What is Personal Christian Discipleship and how does one develop it?*

- Follow the Lord; Help others. Be a true disciple.
- WWJD
- SOAP (scriptures; ordinances; attendance; prayer)
- Don't bear false witness
- Get to know others (neighbors; community; Members). Accept others
- Live the commandments, attend your meetings, learn of Christ and be all you can be.
- Be humble.
- Fight feeling we are ignored
  - If you want to be reached out to, reach out.
  - People do notice us, we are loved
  - Invite others
  - Live the Gospel
- Trust God's plan, live by faith.
  - Example: One Sister asked a married person, “What can I do to help you?”  
Response: “No one ever asked me that before, married or single.”
  - Do Temple work.

### **Pot Boiler Questions:**

*How can single adults send a gleam across the wave?*

- Our responsibility is to radiate God's light: be positive, uplifting, cheerful.
- Be a pillar of support. Share resources. We are our brothers' keepers.
- Reach out to Singles, less actives, people sitting alone.
- Set examples – as missionaries, fellow-shiping – Treat all well.
  - Reflect the light of Christ.
  - Be happiest of all people; smile.
  - Be merciful and forgiving; be more understanding and compassionate.
- Become friends with and strengthen others; serve others.
  - Invite couples to dinner in your home – helps understanding.
  - We are all one family.
  - You don't need a calling to reach out.
- The Gospel produces good saints – marriage is a byproduct.
- Train your leadership – Ask them to fast with you.

*What does the phrase mean, “...but to us he gives the keeping of the lighthouse on the shore”?*

- Let your light so shine...have and keep a testimony and share with others.
- Fill our lamps.
- We are constantly on the look out for others.
- Be steadfast; build our strength.
- We work to live Christ-like lives.
- The Lord works through us.

*What does it mean to "...trim your feeble lamp?"*

- Take care of your physical and spiritual self so that growth can occur.
- Keep the commandments, take sacrament, give service, attend church and temple, study scriptures, fast.
- Get rid of extra baggage.
- Don't do too much; focus and don't get off track.
- Be clean, repent, trim pride; stay strong, stay away from the adversary.
- Trimming our lamps will result in making our light brighter, keep us at top functioning so we can strengthen one another.
- Being prepared to serve and share our testimonies.
- Doing what we should do.
- Do the best we can with what we have.
- Keep trying.
- Ask for help.

*How can you find the "...poor sailor, tempest tossed, trying now to make the harbor?"*

- Listen to the Spirit and live our lives so we can find him/her and rescue
- Be AWARE
- Grab onto those who are beginning to reach out and come back.
- Befriend others.
- Be prepared so can answer questions others might have.
- Fast and pray about it.
- Pray for those who are in need of help.
- Missionary work – refer people to missionaries

*What if you are the tempest tossed sailor, trying to make the harbor?*

- Take one step at a time:
  - Attend sacrament meetings.
  - Participate in activities.
  - Find a friend to help you.
  - Read the scriptures daily, even if only one verse to start with, then return.
  - Ask for your heart to be changed; pray.
- Realize that we do not have to do everything ourselves; reach out and express what is needed.
- Shoot up a distress flare for help; trust your friends (confide in friends).
- Shift your attitude from being a victim to being a rescuer.
- Don't give up; be persistent. Take action, find a friend.
- Become worthy, go to the temple.

- Do everything in your power, but then rely on the Savior for help and support.
- Center your life on Christ.

## **Leadership Training Emphasis Restatement of Purpose of the Church**

*What can single adults do to “...rescue individuals, strengthen families and Church units, increase priesthood activity and gather Israel through conversion, retention, and activation”?*

- Reach out, trim our wick and press on.
- Be forgiving; be very unoffended.
- Support each other; we need to remember the value of the person we are serving.
- Be kind to men (They get ripped apart more often than women).
- Support each other; offer fellowship:
  - One Brother reported to us that he was not allowed to go inactive when his marriage broke up – given callings, etc.
  - Involve others in activities. Maintain good communication with local leaders.
  - Learn others' interests.
  - Interact with families.
  - Connect with other singles.
- Accept callings; magnify callings in the Church and in the home.
- Teach members – our experiences are helpful as are teaching skills we've developed

*How can singles teach other members to “...provide for themselves and their families, and assist the poor and needed in the Lord's way”?*

- Home Teaching/Visit Teaching.
- Be prepared financially.
- Share what we've learned about providing for ourselves.
- Give a hand up.

*How can single adults help the youth progress and prepare to receive the priesthood (young men)/receive the ordinances of the temple, and be worthy to serve a full-time mission (young men)?*

- Be examples of thriving and living the Gospel despite challenges – youth are watching.
- Give them a different perspective.
- Be an example of finding and having joy and satisfaction in life and in the gospel, even if single.
- Encourage them and their parents. Let them know we believe in them.
- Get to know them as individuals – learn their names; pray for youth daily
- Look for opportunities to serve:
  - Family Home Evening
  - Hiking
  - Merit Badge Counsellors
  - Accept callings working with youth

*What roles can you play in fulfilling the Church's divine purposes?*

- Be an example of the believers.
- Be a truly active member of the church.
- Look for opportunities to serve: mow lawns, etc.; HT/VT; magnify callings; be alert for opportunities; offer to help others.
- Be receptive to the Spirit of revelation.
- Reach out to less active members; be a good member missionary; serve in the Temple service; strengthen individuals and families.
- Be all you can be; don't put limitations on your potential.

### **Read and discuss the parable by Elder Boyd K. Packer of the Pearl and the Box**

#### *What is the Pearl?*

- Pearl of great price is the doctrine.
- Each individual child of God is a pearl.
- A pearl is formed around an irritation: focus on the Pearl, not the Box (look past the irritations).
- Friendships are part of the Pearl.
- Pearl = Savior, Gospel
- The Pearl is our spiritual self, inner self, inner goodness, testimony; we are each a pearl of great price.
- Focus on prayerful preparation versus showiness. Re-focus planning and focus on the Gospel and people.
- Activities support us but doctrines are the Pearls.

#### *What is the Box?*

- Showiness; doing service only for self blessings without focus on giving to others.
- The holder, the frame. Our physical characteristics – clothes, jobs, age.
- Fluff – other stuff that goes with the gospel but is not as important.
- Focus on the programs, not the people and doctrines.
- Labels; the box is our physical self.
- The box complements the pearl but the pearl is what is of value.

#### *How does this parable apply to our service in the Church? Do you see any particular application to single adult program?*

- Rather than pre-judging others based on appearances, we need to get to know others, fellowship, growing from others.
- The Single Adult program is more than socializing; always have a priesthood purpose to activities (cultural/educational/spiritual purpose). Sometimes the focus is on the activity rather than the value of the activity. Sometimes the expectation is what the activity can give us when we should be giving to the activity (our attention, thought, spirit).
- To strengthen the program, step out of your comfort zone, don't be isolated, give of yourselves, reach out to others; give to the Lord. Stop labeling ourselves and others.
- Appreciate the Pearl and service given when we are the ones being served.
- Attending activities for singles can contribute to others, contribute to Zion.