

Lesson 5 Handout

“Single Women and the Test of Loneliness” and “Way Beyond the Man of Your Dreams: Help for Single Moms”

Ephesians 4:29 “Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the *need of the moment*, so that it will give **grace** to those that hear.”

Please remember in counseling to empathize with those to whom we speak. Put yourself in the shoes of your friend.

How does being single or a single mother affect them practically? On a day to day basis.

- *car maintenance
- *home maintenance
- *free time: nights, weekends, holidays
- *financially: budget, retirement, etc

How does being single or a single mother affect them physically and/or emotionally?

- *Good question. Ask your friend whom you are counseling. Examples are:
 - *fear
 - *anger/resentment
 - *incomplete/lacking
 - *guilt
 - *loneliness
 - *being mother and father to their children
 - *exhaustion
 - *the death of a dream/grief

Where are they spiritually?

The record of Adam and Eve in Genesis shows us that man was created to have an intimate relationship with **God**, and also with others.

Man is different from other creatures in that God has given him the ability to communicate his ideas and emotions at a deeper level of **intimacy** with his **Creator** and with other humans.

The feeling of loneliness is tied to the desire for intimacy with **God**, and that desire is often misunderstood as a desire for a spouse.

It is not wrong to desire a husband, but it becomes wrong when that **desire** is more important than loving God and developing a personal and intimate relationship with Him.

What do those quotations have in common?

Intimacy with **God** and other people.

God created us with a desire for Himself.

We can only trust someone to the point that we know them, so get to know God better (2 Pet 3:18)

We learn about God and get to know Him as we read His Word and live by **faith**, trusting He will do and be what He has said.

What has He said?

Remember when....

Facing Loneliness:

*God is always with you. (Psalm 34)

*God wants a close relationship with you. (John 14:6)

Wrestling with guilt:

*God is compassionate and merciful. (Eph 2:4)

*God is forgiving. (Col 2:13-14)

Working through grief:

*God is loving because He is love. (1 John 4:8)

*God is faithful. (1 Cor 10:13)

*God is your Comforter. (2 Cor. 1:3)

Battling Self-Centeredness:

*Who owns you. (1 Pet 1:18-19)

*God is your Creator. (Isaiah 43:7)

*God is worthy of your worship. (Psalm 18:1-3)

Filled with Anger and Resentment:

*God is in control. (Psalm 103:19)

*God is good. (Psalm 86:5)

Overcome with Fear and Worry:

*God is powerful. (Jer 32:27)

*God is your Protector. (Psalm 91:2)

Struggling with Envy and Self-Pity:

*God is just. (Eph 6:9)

*God is wise. (Job 37:16)

We are in a spiritual battle for our minds. Gird your loins or **prepare** your mind for action. (1Pet 1:13)

Feelings are not facts.

We can change our feelings as we work at putting our focus onto the facts of:

- *God's presence.
- *God's purposes.
- *God's person.

The more you know about God, the more you will want to follow Him, trust Him, choose his ways, and rest in Him because you will see His love for you and His wisdom and power on your behalf.

Eph 5:15-16 "Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil."

*Our life is a breath and then we will give an account for how we have spent the time given to us. Hold each other accountable.

Godly Solutions: Our identity in Christ

What you do only describes the *role* are performing at present, and that will change as you go from one stage of life to the next. However, God has made you with an internal identity that is lasting, regardless of your circumstances. You are not defined by what you do, but with whom you are connected-specifically Jesus Christ.

Friendship and the Family of God

*Develop a network of friends who are trustworthy and able to help you grow in your relationship with God.

*Don't confine yourself to only meeting other singles.

*Look at other men and women in the church as brothers and sisters and find ways to serve them.

The Dating Game

*Guard against "missionary dating". Don't deceive yourself into believing your influence will bring an unbeliever to Christ. Instead, choose someone whose life shows that he loves God and that he has a heart for serving and loving others.

*Be the type of Christian that you are looking for.

*Be careful not to replace your church family with internet relationships: cyberspace interaction can rob us of time we could spend developing relationships with real people who are in need of our love and service.

God Satisfies Your Deepest Longings

With God, whether you are single or married, your happiness will never have to depend on another human being.