

Living Single: A Candid  
Discussion of the Unique Issues  
Facing Unmarried Christians  
Part II

Topics of Discussion

- Dealing with Loneliness
- Fornication
- Strategies in Searching for Your Mate



## Dealing with Loneliness

*What is the difference between  
being alone and being lonely?*

## Loneliness



- A feeling of disconnection
- A sense of emptiness
- An unfulfilled need to be in the company of others, particularly a mate
- Sadness, resentment, anxiety
- Loneliness is usually accompanied by **BOREDOM**
- If you are not careful, prolonged loneliness can lead to depression

## *Challenges in being alone...*

- Alone and without companionship and support
- Alone in social situations (without a date)
- Alone in raising children
- Alone financially
- Alone and without emotional and physical intimacy

## *You're really not alone...*

- Hebrews 13: 5-6
  - The Lord is your helper...
- When facing life's challenges, the Lord will not desert you...
  - 2 Timothy 4: 16-18
- Being alone can be a positive thing...
  - Luke 5: 16



***Being alone doesn't have to be such a bad thing...***

## Coping with Loneliness

- Draw near to God
- Pay more attention to yourself
- Develop strong, healthy friendships
- Set personal goals
- Enhance existing relationships and form new ones
- Get involved in community/church activities
- Stop being the victim...create an action plan so that you are no longer lonely
- Surround yourself with positive things, people and environments
- Give of yourself, give to others
- If feelings of loneliness lead to prolonged depression, get professional counseling

*If you are tired of being home  
“looking at the four walls”...stop  
looking at them... Create  
something to do...*

## **Fornication**

*The normal God-given sexual  
drive in the human being is  
strong...*

## I Corinthians 6: 13-20

- The body is not meant for sexual immorality but for the Lord
- He who unites himself with a prostitute is one with her in body
- Flee from sexual immorality
- Sexual sin is a sin against one's own body
- You are not your own... You belong to God
- Honor God with your body

## Marry or burn with passion?

- I Corinthians 7: 8-9
  - According to the Word of God, the single person has 3 acceptable choices:
    - Control yourself and be celibate
    - Marry
    - Burn with passion
- Many single Christians choose a fourth option that is not pleasing to God...
  - Fornication and Sexual Immorality

## How does a single Christian cope with their sexuality?

This is certainly one of the Christians' most significant challenges...

## Avoiding Fornication

- Realize that the stakes are high...
  - Ephesians 5: 3-5
- See your celibacy as a sacrifice you are making for God...
  - In prayer, you ask God for a mate...in return, you make a sacrifice so that you can be blessed
- Realize the damage that it does to yourself and your relationship with God
  - The fulfillment of the desire is not worth the pain it causes you or your partner
  - Fornication is disobedience and separates us from God. If we are separated from God, the Bible says He does not hear us.
    - Isaiah 59: 2

## Avoiding Fornication...

- Make getting married a priority
  - But, of course, don't get married until you are truly ready
- Create a strategy as to how you will avoid fornication
  - Flee
  - Separate from situations that you know will make you vulnerable

## Strategies in Finding the Right Mate

- What should the single Christian man be looking for in a mate?
  - Proverbs 31: 10-31
- Through the example of this scripture, what type of man do you think God would have the Christian woman look for? List the qualities that you feel God would think are important in a man "of noble character".

## *How Can I Find the One?*

- Making it Known that You're Available (there are subtle ways to accomplish this goal)
- Seek out like-minded members of your Church
- Introductions through Mutual Acquaintances
- Christian Internet Dating??? (Although you must be very careful using this option).
- Attend Social Gatherings where other Christians will be present
- Prayer, prayer and more prayer