

WEEK ONE

Single: An individual person or thing, only one, not one of several.



Alone: Separated from others; Isolated.

You can be single and healthy, but you can't be alone and healthy.

Matthew 22:37-39 Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.'"

How we deal with our singleness will determine the health of all of our relationships.

Genesis 2:18 Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

Matthew 19:11-12 "Not everyone can accept this statement," Jesus said. "Only those whom God helps. Some are born as eunuchs, some have been made eunuchs by others, and some choose not to marry for the sake of the Kingdom of Heaven. Let anyone accept this who can."

When we believe it is our right to have certain relationships, we turn gifts from God into demands of God.

1 Corinthians 7:7-9 But I wish everyone were single, just as I am. Yet each person has a special gift from God, of one kind or another. So I say to those who aren't married and to widows-it's better to stay unmarried, just as I am. But if they can't control themselves, they should go ahead and marry. It's better to marry than to burn with lust.

Singleness is not about finding somebody to love you, it is learning to love God and yourself so you can love others.

Top Issues Among Couples

Bad At Communicating
Don't Have Enough Fun Together
Too Busy
Too Insensitive or Too Sensitive
Codependent

"Some people are in relationships to help fill a void, or fix what they're lacking or what they feel insecure about," - Dr. Daniel Selling

Marriage is only as good as your singleness.

Marriage won't fix your problems, it will expose them.

How we deal with our singleness will determine the health of all of our relationships.

#RelationshipGoals: Maximize your Singleness

Proverbs 3:5-6 Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

Stop demanding perfection from everyone.
Schedule time for personal growth.
Everyday embrace what God has given you.

Ecclesiastes 3:11-13 Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end. So I concluded there is nothing better than to be happy and enjoy ourselves as long as we can. And people should eat and drink and enjoy the fruits of their labor, for these are gifts from God.

Are you going to maximize your singleness?