THE MESSAGE

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Wholehearted Love

Marriage, Singleness, and Emotional Health



Part Five Singleness, Marriage, and the Mission of God

1 Corinthians 7; Matthew 28:18–20

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FOR THE SINGLES:

If you had to describe being single in one word what would that word be?



What feeling does being single evoke?

Freedom, loneliness, shame etc

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What if I was to tell you that we need to start looking or seeing our singleness from a heavenly perspective?

1 Corinthian 7:17

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WHY IT MATTERS

The gift of singleness a gift-singleness is when we can fully devote ourselves to God and a have deepening relationship with without distractions.

1 Corinthians 7:32; 1 Corinthians 7:24

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WHAT IT TEACHES ME...

- Singleness has taught me to be utterly reliant on God.
- Singleness has taught me God is my husband.
- Singleness has taught me God is my protector.

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Isaiah 54:5 - fully known and cherished by God, a chance to have a deepening relationship with God.

“For your Creator will be your husband;
the Lord of Heaven’s Armies is his name!
He is your Redeemer, the Holy One of Israel,
the God of all the earth.”

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Singleness can bring feelings of loneliness and what about the desire for marriage?

Desiring marriage is not a bad thing, it is encouraged in scripture

- Ecclesiastes 4:9-10
- Proverbs 19:14

But we need to be careful as singles not to idealise marriage

- 1 John 5:21

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1 John 5:21

“Dear children, keep away from anything that might take God’s place in your hearts.” (NLT)

“Dear children, keep yourselves from idols.” (NIV)

“Little children (believers, dear ones), guard yourselves from idols—[false teachings, moral compromises, and anything that would take God’s place in your heart].” (Amplified Bible)

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THE LONELINESS OF SINGLENESS

Finding help in the book of Psalms.

- Psalm 22:1
- Psalm 25:16-18

Finding Help in Christ

Christ himself experienced loneliness and was called to singleness Zechariah 13:7

A plea to singles: take your feelings and desires to Christ.
Be honest about the calling and the feelings it brings to Christ.

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SINGLENESS: CONNECTED AND FRUITFUL

In Christ, singleness is not a lesser life; we belong fully to God’s family, can build meaningful relationships and can live fruitful lives now.



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There is no single story of singleness.

- Some people are content being single; others hope to marry.
- Some are widowed, divorced, young adults, older adults, parents or professionals.
- Some enjoy this season, while others experience loneliness, questions or disappointment.



Whatever our story, our deepest identity is that we belong to Christ. Galatians 3:28 reminds us that we are all one in Christ Jesus. No one stands nearer to God because they are married, and no one stands further away because they are single.

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Point 1: RELATIONSHIPS — We Share Ordinary Life

Key Scriptures: 1 Peter 4:9; Romans 12:13

Key message:

- Single people, can build meaningful relationships and share ordinary life with others.
- The church can support singles by making room for them and walking alongside us.

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APPLICATION

- **For single people:**
  Take the active steps to build meaningful friendships, practice hospitality and share ordinary life with others.
  Sow into godly marriages by praying for married couples, encouraging them, celebrating their milestones and supporting them in their journey.

- **For the church and our married couples:**
  Encourage and pray and support single people in their hopes and challenges.
  Practise hospitality: You do not need a special occasion.
  Spend time together: checking in on them- not only contacting them when help is needed.

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Point 2: PREPARATION — We Can Grow While We Wait.

Key Scriptures: Galatians 5:22–23; James 1:19; 1 Corinthians 7:32–35

Key message:

- While we desire marriage, we can allow God to shape our character.
- For many single people, marriage is something we genuinely desire. There is nothing wrong with desiring marriage.
- Marriage is a good gift, and we can bring our hopes and questions honestly before God.

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BUT WHILE WE HOPE FOR MARRIAGE, HOW DO WE LIVE IN THE PRESENT?

We can use this season to grow into the people God is shaping us to be.

- **Galatians 5:22–23** speaks about the fruit of the Spirit
- **James 1:19** reminds us to be quick to listen, slow to speak and slow to become angry.

These are practical qualities that help us communicate well, handle disagreements and build healthy relationships.

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While we pray for a future spouse, we can also ask God to work in our own hearts.

- *Am I learning to listen well?*
- *Am I growing in patience and forgiveness?*
- *Am I becoming emotionally and spiritually healthier?*
- *Am I learning to serve others rather than focusing only on my own needs?*

This is not about becoming perfect or earning a spouse.
It is about allowing God to shape our character.

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APPLICATIONS

While we wait, we must be careful not to put our lives on hold.

We can build friendships, serve God, pursue our calling and enjoy the opportunities He has given us today.

Singleness can offer opportunities for undivided devotion to the Lord. (1 Cor 7:32–35)

This does not mean that those who desire marriage should suppress that desire.

RATHER, IT REMINDS US THAT WE CAN SERVE GOD WHOLEHEARTEDLY IN OUR PRESENT CIRCUMSTANCES.

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SINGLENESS IS NOT A LESSER LIFE OR A LIFE ON HOLD.
IT IS A SEASON IN WHICH WE CAN LIVE PURPOSEFULLY!

- **SINGLES hear this**: you are not less loved, less useful, less Christian or less complete. You are complete in Christ.
- **YOUNG PEOPLE hear this:** know that Christ is enough, grace is abundant, marriage is good, singleness is honourable, and every life surrendered to God is fruitful.
- **CHURCH FAMILY** hear this: may we be marked by belonging, relationships and growth. May we grow together in love, notice and honour one another, share ordinary life across different life stages, and celebrate the gifts God has placed in each person, regardless of marital status.

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HOW DOES THE WORLD AND THE CHURCH VIEW SINGLENESS?

Often negative connotations with being single.

- There can also be social &cultural stigma especially past a certain age,
- A social failure or an incomplete status.
- How will your family line continue if you are unmarried and don’t have any children?
- Feelings of failure and missing out

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- You aren’t a misfit or an outcast or unacceptable if you are single.

- God designed us for ***relationship*** and ***community***, we aren’t missing out when we are single – there are positive benefits.

1 Corinthians 7:32-35 *“I would like you to be free from concern. An unmarried man is concerned about the Lord’s affairs—how he can please the Lord. 33 But a married man is concerned about the affairs of this world—how he can please his wife— 34 and his interests are divided. 35 I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord.”*

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PRACTICAL RECOMMENDATIONS FOR LIVING A FULFILLED LIFE WHEN SINGLE.

- It’s absolutely vital that we know who we are in God and that our identity and self worth is found in Him.
- We need to be secure in who God created us to be and get our self worth in.
- In times where it can be challenging we can turn to a God who understands.

Hebrews 4 vs 15-16 (NIV) *“15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”*

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Ultimately God is the only one who can truly satisfy

Ultimately only God is perfect and can be totally relied on.

Philippians 4:19 (NIV)
“19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

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CHALLENGES WITH BEING SINGLE AND HOW WE AS A CHURCH FAMILY CAN SUPPORT EACH OTHER.

- Feeling like you have to overcommit, especially when serving
- Healthy boundaries are important. It’s ok to say no.
- Just because we don’t have a husband/wife or children doesn’t mean we don’t have responsibilities and an unlimited amount of free time.
- We need to be careful we don’t don’t build walls around our heart because of past hurt or bad experiences.
- We need to allow God to heal what has been broken and also be open to the possibility of future relationships, if that is God’s plan for you.

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BEING CAREFUL

- **Careful with who we are wanting to have a relationship with.**

2 Corinthians 6:14 (NIV) [14] *Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?"*

- **Careful that we don’t unintentionally exclude people because they're single**

James 1:27 27 “*Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”*



BEING CAREFUL

That, as singles, we don’t become so fiercely independent or allow pride to stop us asking for help and support

I have the freedom to be who He called me to be.

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