

The Grateful Single

Best Use

As an intentional evaluation of the single life.

Nutritional Value

Singles, through intentional study and reflection, will compare themselves to Jesus rather than the world and see how they can live more like him.

Food for Thought

Being single is glamorous. It is full of fun and endless amounts of entertainment. Wait....What? Most people assume if you are single you can travel the world, do anything you please at any time you want, experience amazing levels of closeness to Christ, etc. In reality, Christian singles are not always sitting on a mountaintop praying or always living a glamorous lifestyle full of happiness. We are regular people with regular life struggles. The only difference is **we struggle alone**. The truth is, being single is not a bad thing. Being *lonely* is. From the beginning God said it was not good for man (or woman) to be alone. **Genesis 2:18.**

NEWS FLASH: JESUS WAS SINGLE TOO and he was grateful.

You've got to be kidding. Grateful that I am alone? Grateful that I do not have a special person in my life? Grateful I get to sit through another sermon series that celebrates love...by myself? You must be crazy. How could I ever be grateful? What is there to be grateful for?

1. Jesus had time to spend with whomever he pleased and when he did so, he passed on love and encouragement. **Hebrews 10:24**
2. Jesus was able to contribute his money as he saw fit and did so with a willing heart, just how scripture calls us to. **Deuteronomy 15:10**
3. Jesus was grateful for alone time and used this to grow closer to God. **Luke 5:16**

If Christ was able to live this way, so should we.

How?

Go get coffee with Jesus and have time of personal exploration.

- a) What are some things you are thankful for as a single and why? Have you truly thanked God for this?
- b) What are some things you are not thankful for as a single and why? Have you brought this before God?
- c) What needs to change for you to be thankful for all things?
- d) How are you living your life right where you are, until God moves you? If we are struggling, we should be honest in the struggle and ask our Christian brothers and sisters to pray and help us. *Galatians 6:2*.

1. Ask a friend to go get lunch and explore the following with you:

- a) On a scale of 1 to 10, how lonely are you?
- b) Do you consider your present situation a blessing?
- c) What is one way you can encourage one another with the present situation?
- d) What is something specific you can pray for each other?
- e) Do you feel God nudging you to serve Him or obey Him in any particular way that you might have ignored until now?

3. Host a dinner party with trusted friends and discuss the following:

- a) Why do you feel Jesus ate at so many different tables with so many different people?
- b) What is the biggest blessing in your life right now?
- c) What feels most complicated in your life right now?
- d) What is one way you can stop wallowing in the past and trust God with the Future?
- e) Who is someone that you are feeling pulled to reach out to in this season of life to help encourage or serve?

As you go through these conversations, start praying and ask Him to reveal His will to you. What is God telling you in this season of life and how can you learn to be grateful in every circumstance?

Know that you are loved. You are cherished. You are valued.