

SINGLE AND SATISFIED

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Second Ebenezer Church

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How to embrace the abundant life of Christ that is available to you for your singleness

I. Introduction

1 Corinthians 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God

Matthew 10:31

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.



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John 10:10

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Romans 12:1-2

- 1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.
- 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



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II. Key Insights for being satisfied in our singleness:

SATISFACTION INSIGHT 1

WE MUST DISPEL THE MYTHS OF SINGLENES TO INCREASE OUR SATISFACTION

Many singles struggle to arrive at a place of consistent and complete satisfaction with their singleness because of the myriad of discouraging and debilitating myths that masquerade as the gospel truth. Ironically many of them are perpetuated by married people who ought to know better. Some married people promote singleness myths because they struggle with the “at least” I’m not single syndrome to combat their feelings of poor self esteem. We have to put off the wrong views and put on the right views of singleness to get the right results. Proverbs 23:7 says, “as a man (single) thinketh in his heart so is he”. We need the right views to unlock and unleash the treasures of the single life. We must stop believing the lies. It’s a conspiracy from the enemy to kill, steal and destroy the joy and prosperity of our singleness. What we believe and embrace about singleness must be based entirely on the teachings of the Bible. Some people allow their personal experiences and feelings with singleness to get in the way of the gospel truth about singleness. The secret to dispelling myths is to overcome cognitive dissonance with sound doctrine and intellectual honesty. Even when we can’t see how the truth is true, remember we walk by faith and not by sight.



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THE TOP MYTHS OF SINGLENESS

TOP MYTH #1

SOMETHING MUST BE WRONG WITH YOU IF YOU'RE STILL SINGLE

TOP MYTH #2

YOU CAN'T POSSIBLY BE SINGLE AND FULFILLED

TOP MYTH #3

MARRIED LIFE IS BETTER AND MORE BLESSED THAN THE SINGLE LIFE



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THE TOP MYTHS OF SINGLENESS

TOP MYTH #4

SINGLENESS IS A CURSE OR BURDEN YOU MUST TOLERATE UNTIL YOU GET MARRIED

TOP MYTH #5

IF YOU'RE SINGLE YOU'RE GOING TO BE LONELY

TOP MYTH #6

SINGLENESS MAKE YOU LESS HEALTHY, WEALTHY AND HAPPY THAN MARRIED PEOPLE

TOP MYTH #7

IT'S ALRIGHT TO BE SINGLE AND SEXUALLY ACTIVE IF YOU FIND SOMEONE YOU LOVE OR PLAN TO BE MARRIED



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SATISFACTION INSIGHT 2

WE MUST BELIEVE WE CAN BE SATISFIED TO INCREASE OUR SATISFACTION

Many singles struggle to be consistently and completely satisfied in their singleness because they don't believe it's possible. Their personal experience, and the experience of others have convinced them that being single and satisfied is a definitive impossibility. Belief is the foundational element of the equation of being single and satisfied. The starting line of all satisfaction is believing. Mark 9:23 says, "everything is possible for them who believe." It's important to remember and remind ourselves and others that just because we haven't been satisfied in the past doesn't mean we can't be satisfied in the present or future.

Many singles are convinced that they must be married to be satisfied. Satisfaction is a faith thing from start to finish. Yes we have to add the commensurate works to go along with our constant faith, because faith without works is dead. However, the work that is required to bring our satisfaction to fruition is a product of our faith. Hebrew 11:1 says, "faith is the substance of things hoped for and the evidence of things not seen." That means that there will be times when we can't see or feel how we could be satisfied in our singleness, but we must believe it anyhow. In the final analysis, singles must walk by faith and not by sight.



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SATISFACTION INSIGHT 3

WE MUST FULL GOD'S WILL TO INCREASE OUR SATISFACTION

As strange as it may sound, fulfilling God's will is the true source of all Christian satisfaction. God gives us satisfaction, and we feel satisfied when we fulfill his will. It's important to understand and remember that there are both natural and supernatural elements of satisfaction. We're responsible for providing the natural elements and God will supply the supernatural elements. The natural element is discovering and obeying God's will for our lives. The supernatural element is the grace of God to be satisfied with and in all situations. God will literally supernaturally bestow his satisfaction upon us as we pursue and practice his will. Simply put, the more we fulfill his will the more satisfaction grace he will give to us. It should be obvious by now to most of us that pursuing and practicing our will doesn't bring about substantive and sustainable satisfaction. Fulfilling our will won't satisfy us. Most of us have tried with little to no results. The truth of the matter is the only way we can be truly satisfied in our singleness is if we consistently choose God's wants for us over what we want for ourselves. We have to be like Jesus in the garden of Gethsemane. "Father can this singleness burden pass from me, nevertheless not my will, but your will be done."



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SATISFACTION INSIGHT 4

WE MUST BE THANKFUL FOR OUR SINGLENES TO INCREASE OUR SATISFACTION

Thankfulness is the practice of rejoicing and showing gratefulness for our singleness. It just so happen to be one of the secret weapons of experiencing the joy of the Lord in our singleness. True thankfulness for our singleness or in spite of our singleness brings true satisfaction in our singleness. Thankfulness causes a supernatural release of spiritual joy endorphins into our spirit.

Thankfulness opens up the floodgates of satisfaction and pours us out a satisfaction blessing that we won't have room enough to receive. We can safely assume that anytime we're dissatisfied with of our singleness that we're struggling with thankfulness for our singleness. The Bible says that the will of

God for his followers is to be thankful for all things at all times. That's not something that is necessarily easy to do, however that should be the goal that every single Christian set and strive for in their single life. Ironically, the most thankful singles aren't usually those who have the most friends, fun or funds, whether it's those who have the most appreciation for whatever the Lord has blessed them with. We may not possess the health, wealth or opportunities that others have been given, however, we can be more healthy and wealthy in our thankfulness and satisfaction.



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SATISFACTION INSIGHT 5

WE MUST PRAY THAT GOD GIVES US THE GRACE TO INCREASE OUR SATISFACTION

Prayer is communication with God. It's talking and listening to God about our singleness. God has a lot to say about how we should live the single life. He also has a lot to give to help us to be successful and satisfied at it. Never forget that

God has not called us to do anything that He's not totally willing and able to empower us to do. Singleness comes with its unique set of challenges, but God is there with his unique set of graces. Some of those challenges are things like being abstinent, being a single parent and being by yourself during the holidays.

Therefore, we must pray that God gives us the grace to endure some thing and to victoriously conquer others. It's important to know that there is a satisfaction grace that is available to all, including single Christians. Paul said in Philippians 4 "that he had learned the secret to being content, or satisfied in any and every situation."

He learned and applied that secret through the grace of God he was given. We need to know that that same grace is available to us as well today. God is no respecter of persons. What he did for Paul he will do for us. Hebrews 4:16 says "Let us then approach God's throne of grace with confidence so that we can receive mercy and find grace to help us in our time of need."



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SATISFACTION INSIGHT 6

WE MUST ENJOY THE BENEFITS OF SINGLENESS TO INCREASE OUR SATISFACTION

Every relational status or opportunity in life comes with both their burdens and benefits. For example, both leadership and followership has their burdens and benefits. Also, both marriage and singleness have their burdens and benefits.

The key to being single and satisfied is that we must embrace the single burdens and experience and enjoy the benefits. Some of us aren't as satisfied as we could be in our singleness because we're not taking advantage of benefit package it offers. I'm one of the few people that believe that the benefits of singleness far outweigh the burdens of singleness. A few of the benefits of the single life is that by and large it offers more freedom, more flexibility and more fun than the married life. That's not the case across the board but it's the opportunity available to the majority of singles. What they do to limit or expand those opportunities is another story. Some of us have benefits that come along with our employment or membership in organizations that we still haven't taken advantage of. I recommend we make a singles bucket list and check off each item one by one until it's complete. Don't make the mistake of waiting to have fun. Don't be so busy preparing for and building a career that you forget to enjoy your singleness.



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SATISFACTION INSIGHT 7

WE MUST CONTROL OUR SELFISHNESS TO INCREASE OUR SATISFACTION

One of the greatest threats to our satisfaction in our singleness is our selfishness. Selfishness gets in the way of our satisfaction time and time again. It often causes us to want more and more and to be satisfied less and less. It's imperative that we monitor, manage and modify our selfishness and self centeredness to be satisfied in our singleness. A good definition of selfishness is wanting what we want and wanting it when we want it. Ideally we should want what God wants for us and want it when He wants to give it to us. We prefer to be able to choose the blessings that we think are the best fit for us and we don't like to wait on them. The key to controlling our selfishness is to be constantly praying, striving and improving in our efforts to live other centered and God centered lives. Selfishness can be so subtle and sneaky that sometimes we don't realize that it's dictating and influencing our decisions and behaviors. As tough as it may be at times we must remember and remind ourselves that technically life isn't about us. Life is about bringing glory to God and good to others. If we consider God he will consider us. If we bring glory and honor to God, he will bring favor and blessings to us. Remember God does a better job of looking out for our best interest than we can.



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SATISFACTION INSIGHT 8

WE MUST BE GENUINELY POSITIVE TO INCREASE OUR SATISFACTION

It has been proven that positive people are more satisfied in life than their negative counterparts. One of the keys to being single and satisfied is to consistently choose positivity over negativity. We should choose to focus on the positive and good in the single life versus the negative and bad. In other words, We should see positives in the negatives instead of negatives in the positives. We should choose to see the glass of singleness as half full instead of half empty. We should choose to see the silver lining in the singleness cloud.

We must remind ourselves that all things work together for the good in the single life for those who love the Lord and are called according to his purpose.

Those are not just inspirational clichés that sound good, they are biblical principles that actually work when they are believed and applied. Yes the single life comes with it set of challenges. Ironically, the challenges are actually good for us. They make us better people. They help us to grow in our relationships with God, self and others. James 1 says, "consider it pure joy my brothers and sisters, whenever you face trials of many kind, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."



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SATISFACTION INSIGHT 9

WE MUST ADJUST OUR EXPECTATIONS TO INCREASE OUR SATISFACTION

Expectations play a huge role in how we evaluate the success and enhance the satisfaction of our singleness. Some of us are dissatisfied with our singleness because our expectations are too high in some areas and too low in others. When our expectations are too low they can cause us to avoid opportunities that are actually good and ordained for us. For example, some of us don't apply for certain jobs or volunteer opportunities because we believe they are above our pay grade. We also don't attempt to befriend or date certain people because we feel they may be too good for us. When our expectations are too high they can set us up for unnecessary frustrations and failures. We expect God to bless us with opportunities and relationships that aren't his will for our lives, and get disappointed when we don't receive them. We should always remember that expectations should be based on the purpose, potential and period of God for us. Sometimes we have the potential to achieve something but not the purpose. Other times we have the potential and purpose but are not yet in our period. It's discernment and directions we receive through prayer, bible study and godly counsel that enables us to interpret the purpose, potential and period of God that should shape our expectations.