



Summer  
of  
Single

This summer is all about you!

# Week 4

## Pinpointing the pain in singleness

In your own time, take a moment to read the following scripture selection and then highlight what stands out to you.

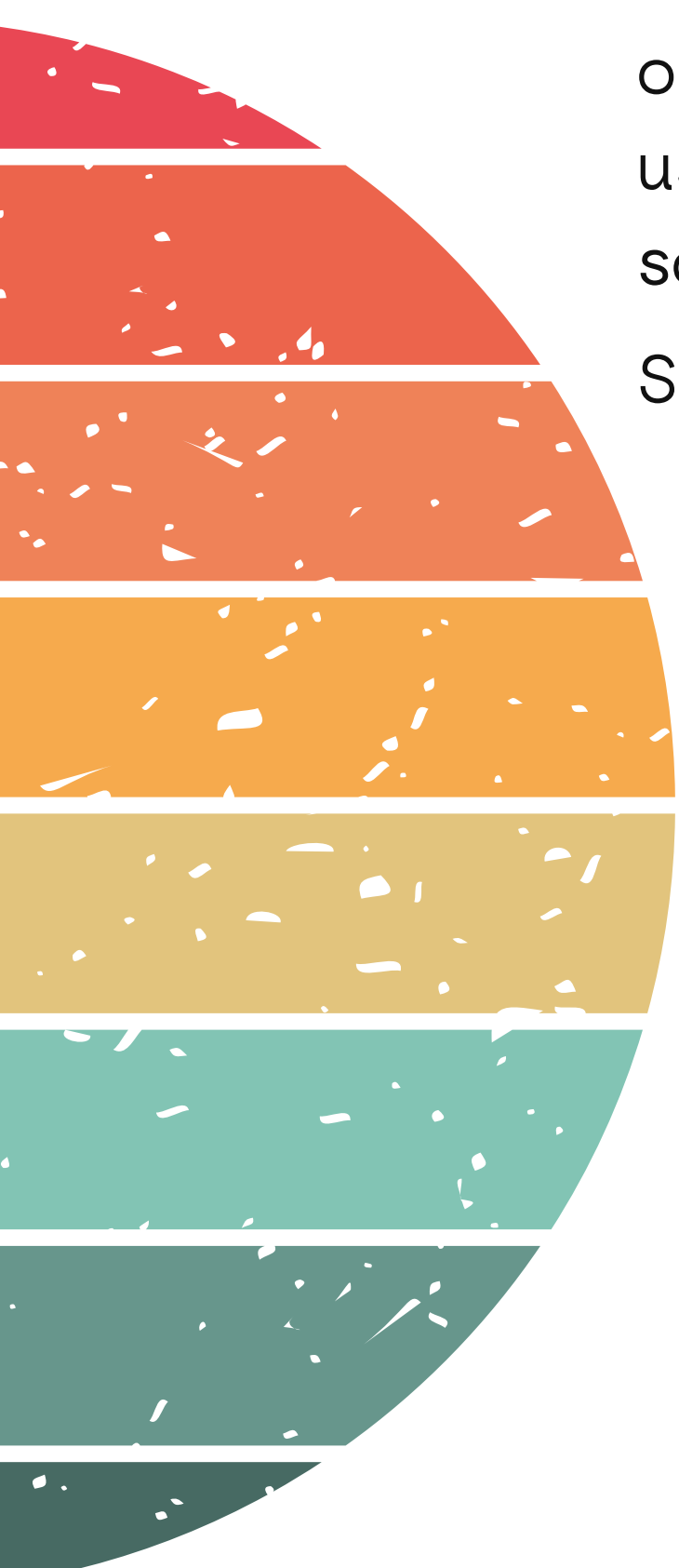
Consider: What has been a common pain point for you in your singleness? (i.e. difficulty dating, struggling to wait well, recovering from a breakup)

Do you truly believe the dating pool is as bad as people say? Why?

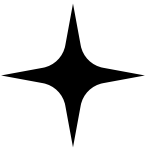
Has an experience impacted your faith regarding getting married (for the first time or again)?

What has given you hope in God's plan for your love life?





This week, we want to identify and face some common disappointments and pain points in our singleness. All of us have experienced some kind of pain in the love department. Some of us have come closer to God because of that hurt. But the hurts are inevitable to feel in some seasons in your singleness.



Some common ones for Christian singles include but are not limited to:

- Rejection
- Loss of a relationship with someone you thought you'd marry
- Getting ghosted or abandoned
- Navigating singleness again (post-divorce or as a widow)
- Feeling shame or condemned for falling into sin
- Loneliness and/or Fear of being alone
- Processing trauma from the past
- Feeling like the last in your circle to get married
- Dating fatigue
- Weariness from waiting on God


When you're in the midst of those pain points, recovery can seem like forever, and your desired outcome is so out of reach. Proverbs 13:12 speaks to some of that disappointment we can feel in those moments (Both are in AMP and MSG versions):

Proverbs 13:12 AMP

Hope deferred makes the heart sick,  
But when desire is fulfilled, it is a tree of life.

Proverbs 13:12 MSG

Unrelenting disappointment leaves you heartsick,  
but a sudden good break can turn life around.



How do we deal with the heartsickness in singleness? It doesn't help to hide the pain points or deny they exist. Unaddressed pain could harm us in other ways in the long run. Instead, be patient with yourself as you face and feel those moments when it's the heaviest. ✨

Cry out to God, rest, pray, seek counsel, journal, but don't suppress it. Jesus wants every care and worry we have, and He's more than able to trade our sorrow for His joy. Romans 4 reminds us that we're not alone in waiting for what we're hoping God will do in our lives:

**18** In hope against hope Abraham believed that he would become a father of many nations, as he had been promised [by God]: "So [numberless] SHALL YOUR DESCENDANTS BE." **19** Without becoming weak in faith he considered his own body, now as good as dead [for producing children] since he was about a hundred years old, and [he considered] the deadness of Sarah's womb. **20** But he did not doubt or waver in unbelief concerning the promise of God, but he grew strong and empowered by faith, giving glory to God, **21** being fully convinced that God had the power to do what He had promised. **22** Therefore his faith WAS CREDITED TO HIM AS RIGHTEOUSNESS (right standing with God).

Even in pain and difficult circumstances, God is faithful and will strengthen us as we maintain our faith in Him. Be encouraged!