

HEALTHY SINGLE WOMAN

"There is time for everything and a season for every activity under Heaven "Ecclesiastes 3:1"

A single woman is one who has reached marriage age but is not yet married. Singleness varies from tribe to tribe but it is mainly after 24 years of age. Reaching that age a woman feels ready to start a family and bear children. It is a very important phase for a young woman this is because how you handle it determines your future. Therefore, all choices that are made have to be made with wisdom from above.

Challenges that single women (especially those going beyond 27 years of age) face during this period they vary from woman to woman:

Physical/Social challenges:

- Family and society pressure to get married
- Pressure of friends getting married yet you are not
- Friends bearing children yet you are not married
- Pressure to engage in sex (Fornication) yet you know it is wrong in the sight of God
- Pressure to cohabit so that you start a family
- Entering into a relationship in order to be like your other peers
- Trying hard to make male friends in case one of them might "propose" in future
- Desire to have sex, which could lead to lust, masturbation, impure thoughts
- No marriage proposals
- Choice to become a second wife

Financially challenges

- Lack of a job
- Supporting the family
- Poorly paying job
- Educate your self
- Taking care of yourself (Rent, food, medical care, dressing)

Spiritual challenges

- Not trusting in God for a belief that He has taken long and does not care for them
- Poor prayer life and reading the word
- Reject God and leave salvation
- Compromise biblical values and principles and start to cohabit, have sex with a condom or become a second wife
- Belief of something being wrong with them i.e. curse, bondage

These above challenges could bring about:

- Worry
- Frustration,
- Desperate loneliness,
- Depression,
- Stress,
- Anger,
- Regrets,
- Self-pity,
- Self-rejection,
- Envy (when one of your peers gets married),
- Suicidal thoughts,
- Complaining,
- Grambling,
- Fear,
- Eating disorders,

- Getting money from men and many more.

Please look through that list and find out whether you have any of the above. Jesus Christ is calling you to repent today. This is because in this situation there is spiritual blindness; you cannot see His Love and faithfulness. He wants you remove your eyes on people/ circumstances and put them on Him.

Secrete of living a healthy single life as a woman:

"But seek first the kingdom of God and His righteousness and all these things shall be given to you as well" Mathew 6:33

Spiritually

- Having a personal relationship with Jesus Christ. Life is meaningless without Him. He provides meaning and purpose for you to move on. You are able to move your eyes on getting married and focus them on Jesus Christ. But it starts by committing your life to the Him, to be your personal Lord and Savior.
- If you have already committed your life to Him you need to fall more and more in Love with Him, spend more time with Him.
- Walk in righteousness and purity.
- Seek and inquire of the Lord all the time concerning your life through prayer, fasting, reading the word of God. It's important that you pray that He will put you in His original plan for your life. *"For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future. N Jeremiah 29:11.*

- Do you know that there is a life God planned for you, where to work, people to bless, man to marry, people to bless you or mentor you, calling He has put on your life but you have to follow steps to reach it. Do not take it lightly; if the devil blinds you from the plan of God for your life, however much you strive, it will all be a struggle. Therefore, you need to pray that you are in the plan of God and also ask Him to help you that you do not leave it. This way brings blessings in your life.
- It's very important to ask God for wisdom that you will make the right choices.
- Stand on the word of God; He has good plans for you.
- Know that you are beautifully and wonderfully made, don't sell yourself cheap.
- Enter into repentance and spiritual warfare if you find out that your family background of any strongholds e.g. witchcraft, sexual immorality that brought bondage and curses. *"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds"* 1 Corinthians 10:4.
- This is a very sensitive area of your life, you can go to a church that teaches on deliverance from bondages and curses so that you are delivered.
- Wait patiently for Him, He knows and He will supply all your needs according to His riches in glory.
- Trust God to meet those needs for there is nothing impossible for Him.

- Always balance your life your spiritual life and physical life if you don't one of them will suffer terribly and you will pay the price for it.

Socially

- Adjust and take on pressures from society and family especially about marriage, getting annoyed with them is not a solution.
- Let people know that you are saved, you are a child of God, you have a shepherd, Jesus, you trust Him unconditionally to meet your needs.
- Make true friends with whom you will encourage one another in the Lord and also pray.
- Never compromise your biblical principles and values you have made.
- Go for singles meetings and outings because you can learn so much from them. Many used to have very poor attitude towards them, through change if attitude you will benefit.
- Have a good attitude towards life, remove your eyes on the challenges and enjoy your life in its fullness
- It does no harm to find out the back ground of your family so that you, pray for deliverance.
- Be an example and testimony to young girls and single women what it means to wait upon God for your life, husband, job etc.

Financially

- Don't give up looking for a job.
- Improving your academics/ career is a wonderful thing.
- Supporting people at home is very wonderful idea.
- The idea that my 'husband to be' will bring all the property is a poor attitude; you should work and contribute to your future family's comfort.

It is wonderful as to know God more during this time of single hood. This is because it's a time of preparation in every way for the future so that you will be a woman He wants you to be. All the time invested is of profit to you and you will never regret it.

God knows every detail of your life (Read Psalms 139), He is your God and He cares for you. But first He wants you to surrender all those needs to Him so that He works, fills, and blesses you.

May God meet all your needs according to His riches in glory through Jesus Christ our Lord as you increase in the knowledge of Him and walk according to His will for your life.

His blessings are along the way therefore:

"We wait in hope for the Lord: He is our help and our shield, in Him our hearts rejoice, for we trust in His Holy Name. May your unfailing love rest upon us O Lord, even as we put our hope in you": Psalms 33:20-22.