
ONE

IS A WHOLE NUMBER

A Practical Seminar for Singles



Many times singles feel alone and left out and many times the church is guilty of making the problem even worse. During this seminar we are going to be looking at some of the challenges caused by *loneliness, sexual desires*, the desire for *companionship*, and many single adults feel that they are *spiritually incomplete* or that others believe they are. What does the Bible says about whether or not singles are complete or incomplete?

Colossians 2:9-12, (I'm going to read just the first part of it) *"For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ who is the head over every power and authority."*

This is not limited to married people, but for all who have accepted Jesus Christ—also see 1 Corinthians 7:32-35.

WHY SINGLE?

There are many reasons people are single:

1. By choice
2. By circumstance
3. Never found the right person
4. Lost a partner through death
5. Lost a partner through divorce

Some possible Side-effects of being Single

1. Fear of loneliness
2. Eating alone
3. Sleeping alone
4. Working alone
5. Thinking alone
6. No one to talk to about idea
7. Praying alone
8. Worshipping alone

Colour Temperature of Your World

1. Job
2. Church
3. Prayer and bible study
4. Service to God
5. Friendship with singles

6. Friendship with marrieds
7. Social life (includes dating)
8. Spare time

Reasons why some become a Recluse

1. Some singles become recluses because they feel different
2. They don't have a wide social circle
3. They don't become socially active
4. They're naturally shy

KAY KUZMA: *"Don't talk to yourself into staying home, convincing yourself that you'd rather read a good book than be out doing something with someone else. That's not to say that it's not okay to stay home sometimes and read a book. It is. But, don't do it just because you're afraid to become involved with other people, or you can't push yourself out of the house. Too many young people miss so much in life because they are afraid to cultivate various types of friendships. They are so busy hunting for **their one and only** that they miss the blessings of good friends along the way."*

HAPPINESS

Happiness is like a butterfly. Be happy with who you are and what you're doing, and then it may be that as you turn your attention to other things—love, companionship, marriage, (if that's what you want), happiness may come and sit softly on your shoulder. In other words, one of the best things that a single can do—whether they want to get married or don't want to get married, whether they are happy or unhappy in their state—is to become involved with others. Reach out to others—maybe other singles, maybe marrieds, those in need, whatever it is—widen your circle and you will find fulfillment and it will help take care of the problem of loneliness.

SEXUALITY

Sexuality before or outside of marriage has always been a challenge, a temptation, for single people—some more than for others. But in society today, especially in the entertainment media world, it seems that no one makes any differentiation between married people and unmarried people as far as sexual activity is concerned and so this becomes even a greater challenge for the Christian.

Why God Invented Sex

“ I believe marriage was God’s crowning act of creation. God gave marriage to man to help him comprehend the eternal oneness of the Godhead and to symbolize His relationship to man.

What better symbol could God design for complete unity than sexual intercourse? Two different individuals: a male and a female, joining together in the highest and most intimate form of human love.

To further symbolize the unchanging unity of the Godhead and God’s unchanging relationship to man, marriage should ideally be a lifetime relationship. In order for men and women to be constantly reminded of their commitment to this lifetime unity with their marriage partners. God created sexual intercourse.

Think about it – there is nothing else in the marriage relationship that has this same meaning. Sexual intercourse is the only human act that God reserved exclusively for a marriage partner. And each time this oneness is expressed it reminds the couple of the lifetime commitment they have made to each other.” Dr. Kay Kuzma, *When You’re Serious About Love*.

What God says:

- Exodus 20:15
- Exodus 20:14
- 1 Corinthians 6:13
- 1 Corinthians 6:18, 19
- 1 Thessalonians 4:3
- 1 Thessalonians 4:4-6
- 1 Corinthians 7:6-9

19 REASONS TO SAY NO!

1. God said so.
2. Sex before marriage can become a binding force leading to marriage based on sex and not friendship.
3. Flashbacks of previous sexual encounters can haunt a marriage.
4. Sex can cover up serious difficulties in a relationship.
5. Sex can make it difficult to distinguish between real love and infatuation.
6. Premarital sex can trigger lifetime guilt and regret.
7. Guilt feelings over sex before marriage can be carried over to sex in marriage.

8. Premarital pregnancy.
9. There is an increased risk of cervical cancer among women who engage in sex with multiple partners.
10. AIDS and other sexually transmitted diseases.
11. Research seems to indicate premarital sex isn't good for marriage.
12. It destroys virginity.
13. It destroys reputation and respect.
14. It can destroy trust in a relationship.
15. It destroys the value and meaning of the honeymoon.
16. Premarital sex tends to be habit-forming.
17. Attitudes often change after a premarital sex experience.
18. You never know whom you will marry.
19. It erodes a relationship with God.

If you're having trouble...

- What music are you listening to?
- What pictures hang on your walls?
- What kind of books do you read?
- What movies do you watch?
- What kind of stories do you tell or listen to?
- What magazines do you look through?
- Are you eating a healthy diet?
- Are you getting good exercise?
- What intimate situations do you allow yourself to be involved in?

"A single person is often so determined that marriage is essential to his/her wholeness that subconsciously he/she bypasses both opportunities and responsibilities until they can be shared with a life partner. More seriously, this tendency to wait for the future can become a living pattern, cancelling out many enriching experiences." *It's OK to be Single* by Lyle Hillegas

Are you ready...

- Are you ready to commit your sexual desires to the Lord?
- Are you ready to trust Him and His plan for their fulfillment?
- If you've been struggling in this area, I encourage you to go before the Lord and honestly tell Him how you're feeling. Believe me, He won't be shocked at anything you say.

These things seem like common sense, you know, when you look at them, but as the saying says, *Because it is common sense doesn't mean it is common practice*, and as we look around the world, as we look at television programs, as we look at what they are saying in the papers, and magazines, and news on how people are living today, we know people aren't using common sense. It may be common sense to live in a pure way, but it's not common practice.

HOW TO CATCH A MAN

- Be able to be happy by yourself.
- If it is God's will, there is someone God is preparing for you while you are preparing for him.

AVOID HAZARDS OF THE SINGLE LIFE

Hazard #1. You date someone with a questionable character because you are beginning to lose hope that the right one will ever appear.

Hazard #2. You are pressured into a sexual relationship thinking that it will encourage the person you are dating to make a permanent commitment to you.

Hazard #3. You rush into marriage thinking it may be your last chance.

SOLUTIONS

1. If you are lonely, make Jesus your constant companion.
2. Lean on His promises.
3. Develop the fruits of the spirit found in Galatians 5:22.
Love | Joy | Peace | Long-suffering | Kindness | Goodness |
Faithfulness | Gentleness | Self control
4. Read Christian reading material.
5. **Memorise** Jeremiah 20:11-13 "For I know the plans I have for you, says the Lord. They are plans for good and not for evil, to give you a future and a hope. In those days when you pray I will listen. You will find me when you seek me, if you look for me in earnest."

Don't let the good things of life rob you of the best things. Marriage is good; being single can be good also. And don't let the good things rob you of the best things, because happiness is not a destination. It's a way of traveling, and if you are unhappy until you get married, if you never get married you are going to be unhappy forever.

WAYS TO MANAGE STRESS

1. Have a support network.
2. Relax.
3. Eat well and regularly.
4. Lunch with a friend.
5. Smile.
6. Exercise daily.
7. Do something for someone else.
8. Do something you enjoy each day.
9. Take a walk.
10. Develop a meaningful relationship with Jesus.

“The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage to value themselves according to the price He has placed upon them. God wanted them, else He would not have sent His Son on such an expensive errand to redeem them.”

Ellen G. White, *Desire of Ages*, p. 657



Discipleship Ministries—Women
South Pacific Division of Seventh-day Adventists