



## SINGLENES IS AN OPPORTUNITY NOT A DISEASE.

### 1 Corinthians 7:8-9, 32-35

*To the unmarried and the widows I say that it is good for them to remain single, as I am. <sup>9</sup> But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion...<sup>32</sup> I want you to be free from anxieties. The unmarried man is anxious about the things of the Lord, how to please the Lord. <sup>33</sup> But the married man is anxious about worldly things, how to please his wife, <sup>34</sup> and his interests are divided. And the unmarried or betrothed woman is anxious about the things of the Lord, how to be holy in body and spirit. But the married woman is anxious about worldly things, how to please her husband. <sup>35</sup> I say this for your own benefit, not to lay any restraint upon you, but to promote good order and to secure your undivided devotion to the Lord.*

### Reminders on singleness

#### 1) Singleness is not a **disease!** – 7:8

*To the unmarried and the widows I say that it is good for them to remain single, as I am.*

#### 2) Singleness can be **frustrating!** – 7:9

*But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion.*

#### 3) Singleness is an **opportunity!** – 7:32-35

*I want you to be free from anxieties. The unmarried man is anxious about the things of the Lord, how to please the Lord. <sup>33</sup> But the married man is anxious about worldly things, how to please his wife, <sup>34</sup> and his interests are divided. And the unmarried or betrothed woman is anxious about the things of the Lord, how to be holy in body and spirit. But the married woman is anxious about worldly things, how to please her husband. <sup>35</sup> I say this for your own benefit, not to lay any restraint upon you, but to promote good order and to secure your undivided devotion to the Lord.*

### How to maximize your singleness

#### 1) **Abstain** from sexual immorality – Acts 15:28-29

*For it has seemed good to the Holy Spirit and to us to lay on you no greater burden than these requirements: <sup>29</sup> that you abstain from what has been sacrificed to idols, and from blood, and from what has been strangled, and from sexual immorality. If you keep yourselves from these, you will do well. Farewell.*

- 2) Remember, there are worse things than being single. Don't get desperate and settle for an emotional infant, unbeliever, or "Cultural Christian."
- 3) Don't waste it wallowing in self-**pity**. Focus your **energy** on the Great Commission.
- 4) Bravely pursue and be pursued: Don't let fear of the past or "What ifs?" **shackle** you from experiencing God's best.