



Guest Speaker
Barrington H. Brennen, MA, NCP, BCCP, JP
Marriage and Family Therapist
Nassau, The Bahamas

Singles Retreat

SINGLE, HAPPY AND HOPEFUL '21

NOVEMBER 12-14
TWENTYTWENTYONE

**ANAGKAZO BIBLE &
MINISTRY TRAINING CENTRE**

Speakers



Pastor Daniel Abaidoo Bidiaba



Dr. Stella Agyenim Boateng



Dr Ernest Agyemang



Dr Pascal Brenya

A retreat for singles and dating couples.



www.soencouragement.org

barringtonbrennen@gmail.com

1-242-477-4002

Cell and WhatsApp



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Am I ready to say

Yes,
I do.



Am I ready to say

Yes,

I do.



Am I ready to say

Yes,

I do.

Am I **ready** to say

Yes,

I do.

What makes one ready for marriage?

- Age?
- Maturity?
- Education?
- Spiritual standing?
- Intelligence?
- Accumulation of money?
- Owning property?

Am I **ready** to say
Yes,
I do.

What makes one ready for marriage?

Is it whether your parents
will let you get married or
force you to get married.

Am I **ready** to say
Yes,
I do.

What makes one ready for marriage?

Your readiness to say, “I do,” has nothing to do with finding the right person. It is all about being the right person.

Am I **ready** to say
Yes,
I do.

What makes one
ready for marriage?

Pressure from the church,
family, and tradition.

Am I **ready** to say
Yes,
I do.



Am I ready to say

Yes,

I do.

Pressure



to get married.

Ghana Population 2018

45% of all men are married

57% of all women are married

51% of men not married

33% of women not married

Important Points

- Marriage does not make you happy. It only makes you married. Happy people make happy marriages
- Marriage is not a requirement for salvation.
- Marriage is not a requirement for healthy mental and social wellbeing.
- People who get married too young or too soon in life, rob themselves of healthy emotional, intellectual, and social development. And in some cases may even impact physical development or cause long-term health issues.

Don't think . . .

- Don't think that marriage is the answer to all your problems.
- Don't think that marriage will naturally bring you closer to God.
- Don't think that marriage will make you a better person.
- Don't think that marriage will automatically fulfill your dreams.

Ghana and The Bahamas

Legal age to vote and to drive an automobile: **18**

Legal age for sexual consent: **16**

Which one really requires greater responsibility?

Know that you are created in God's image.
Be comfortable with who you are.
Be happy with who you are.

The Foundation



"God made me
complete,
unique, special,
and with a
purpose."



GOD'S IMAGE

Genesis 1:26-28

26 Then God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”

Genesis 1:26

Both male
and female

26 Then God said, “Let us make **human beings** in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”

Genesis 1:26

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26 Then God said, "Let us make **human beings** in our image, to be like us. They will **reign** over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."

In charge.
Labor.

Genesis 1:26-28

27 So God created human beings in his own image. In the image of God he created them; **male and female** he created them.

Genesis 1:26-28

28 Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.”

Genesis 1:26-28

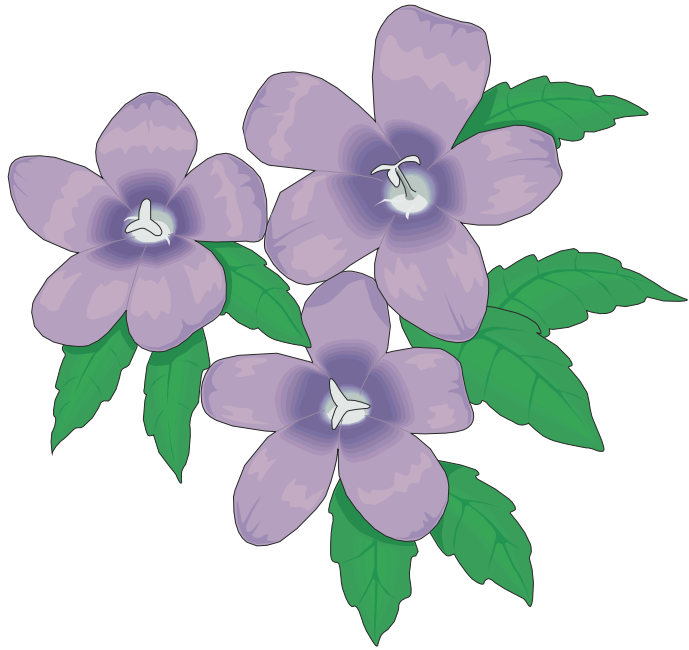
28 Then God said, "Let us make man in our image, after our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over all the animals that scurry on the ground, and over all the beasts of the earth which creep on the belly; and let them multiply and fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."

God gave them equal voice, power, vote, access, opportunity

them and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."



Note that to be in God's image one need not have sex. The first description of Adam and Eve was their involvement in labor and sex.



In other words, the completeness of the final product of God's creation (humans) is not made possible in the sex act, but is a matter of fact how God made us.



"God made me
complete,
unique, special,
and with a
purpose."

We are all made in
God's image.
That is what gender
equality is all about.



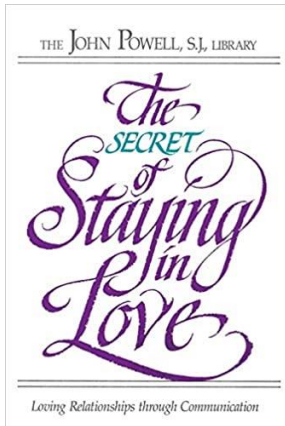
**BE
COMFORTABLE
WITH WHO YOU
ARE**

Matthew 22:39

“And a second is like it: You shall love your neighbor as [you do] yourself.”

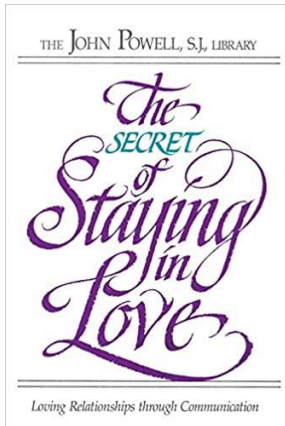


**BE
HAPPY
WITH WHO YOU
ARE**



John Powell in his book "The Secret of Staying in Love" page 13

"There is one need so fundamental and so essential that if it is met, everything else will almost certainly harmonize in a general sense of well-being. When this need is properly nourished, the whole human organism will be healthy, and the person will be happy. . . .



John Powell in his book "The Secret of Staying in Love" page 13

. . . This need is a true and deep appreciation for oneself, a genuine and joyful self-acceptance, an authentic self-esteem, which results in an interior sense of celebration: It's good to be me . . . I am very happy to be me!"



4 Wisdom Principles for healthy relationships



Wisdom Principle 1

“Honey, I
want to love
me before I
love you.”



Wisdom Principle 2

“Honey, I
want to love
Jesus before I
love you.”



Wisdom Principle 3

“Honey, I don’t need you to be me because God made me who I am.”



“If you cannot live without me, then I do not want you in my life.”

Wisdom Principle 4

There is pressure
to get married
but not equal
pressure to have
a meaningful
relationship.



There is pressure
to get married
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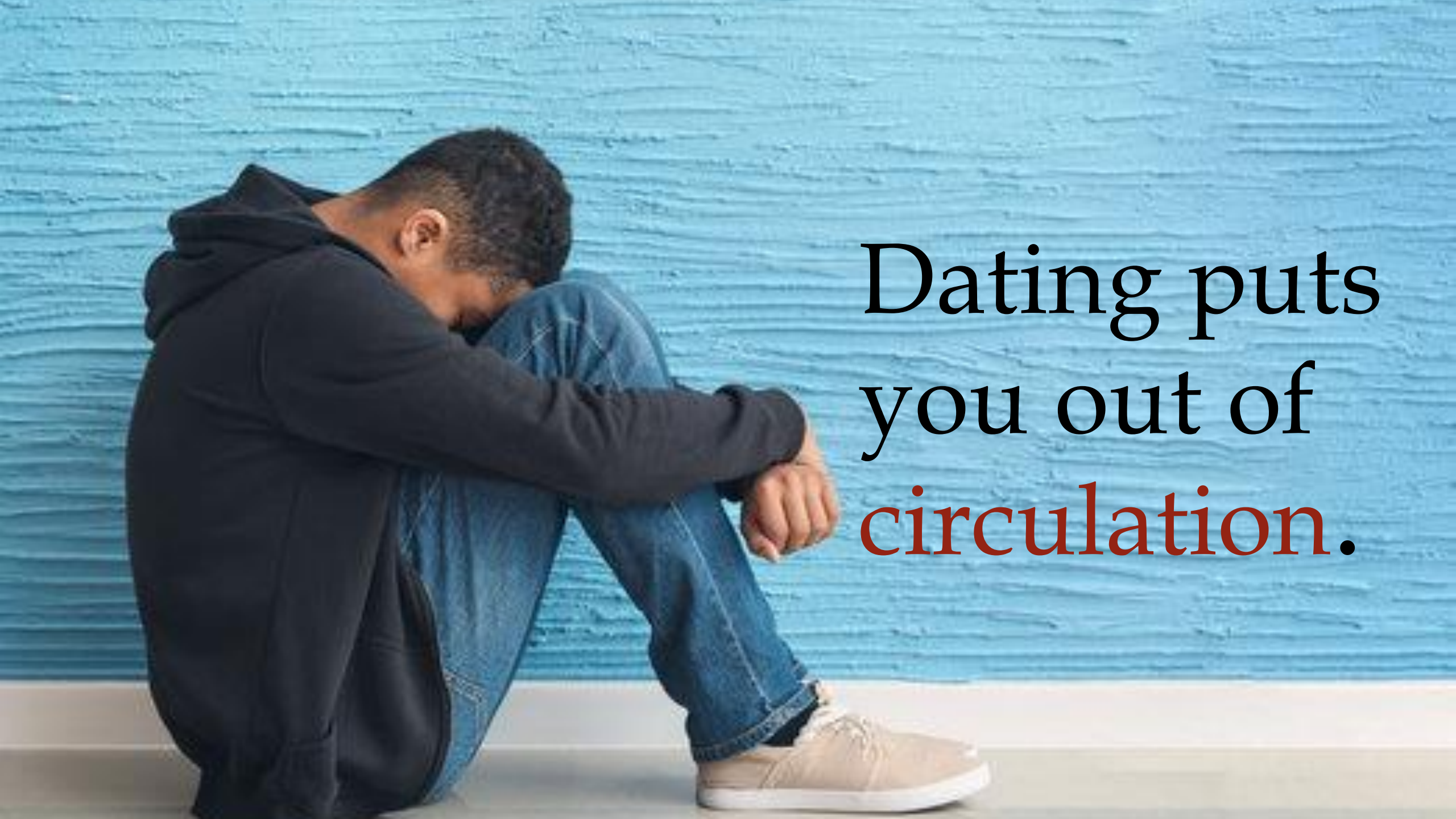
“A situationship is not healthy in the long run. In many cases someone gets hurt emotionally. It is perhaps like “friends with benefits” but you are not really friends.”

Situationship

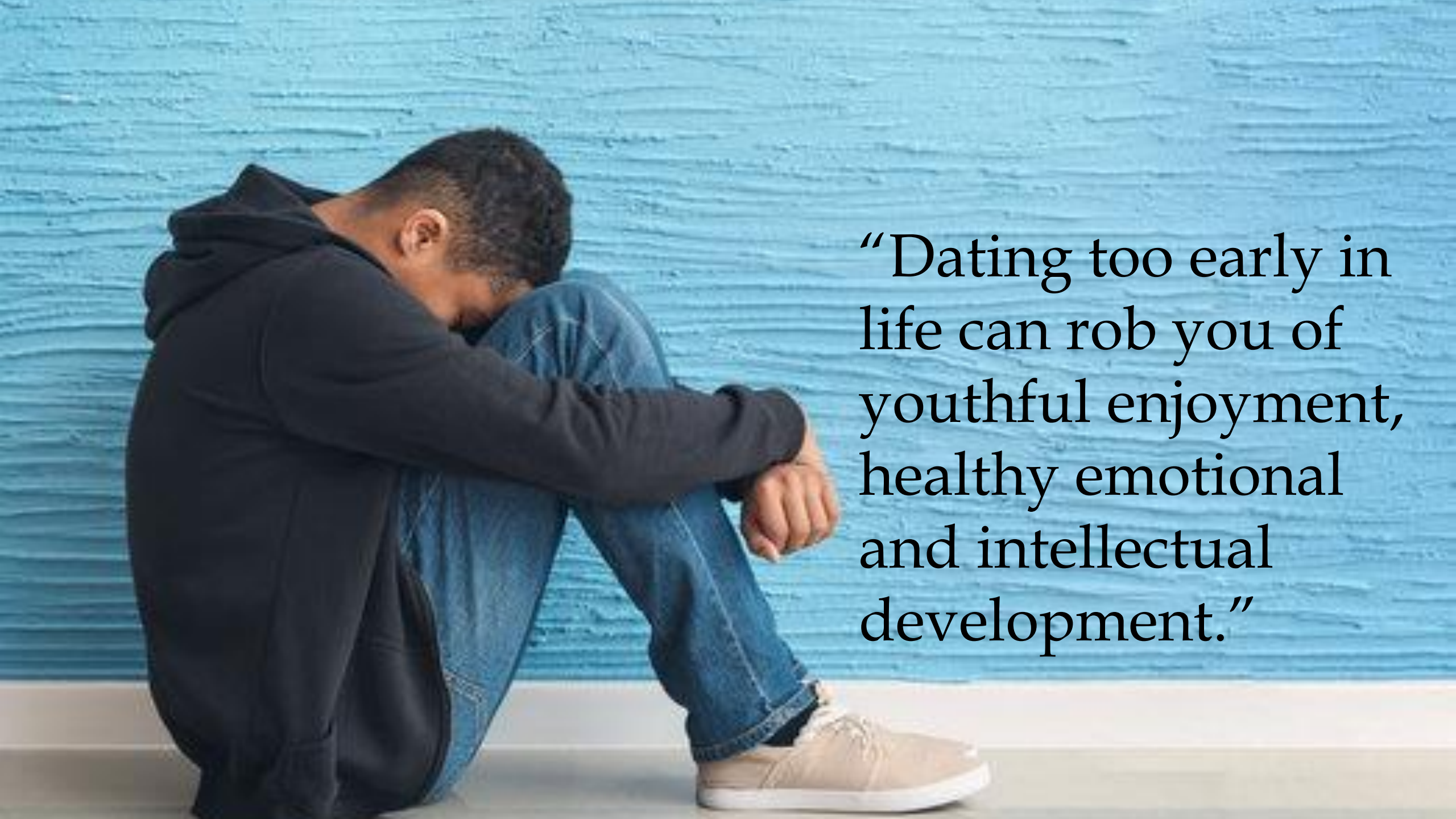
“A situationship can be defined as a romantic relationship that lacks commitment and the associated norms and expectations”

Situationship

“It is people having a reason to get together but no reason to commit to each other”

A man with short dark hair, wearing a black hoodie and blue jeans, is sitting on a light-colored floor against a blue wall. He is leaning forward with his head buried in his arms, appearing to be in a state of distress or sadness. The background is a solid blue wall with a subtle texture.

Dating puts
you out of
circulation.



“Dating too early in life can rob you of youthful enjoyment, healthy emotional and intellectual development.”



Thus, you are being hit on two sides when you are pressured to get married: You are forced in a situationship, and you are put out of circulation.

DOUBLE
WHAMM

Here's
another
challenge



DECISIONS CHOICES



THINK

First

In life, You
have **three**
decisions
to make

Your

- God
- Career
- Life partner

These are not the best decisions to make.

THINK

First

**In life, You
have **three**
decisions
to make**

Your

- Spiritual direction
- Service or Occupational direction
- Social direction

THINK

First

**In life, You
have **three**
decisions
to make**

Your

Spiritual direction:

Are you going to be a
real or fake Christian?

THINK

First

**In life, You
have **three**
decisions
to make**

Your

Occupational direction:
Will you be honest,
diligent, productive, on
time to work.

THINK

First

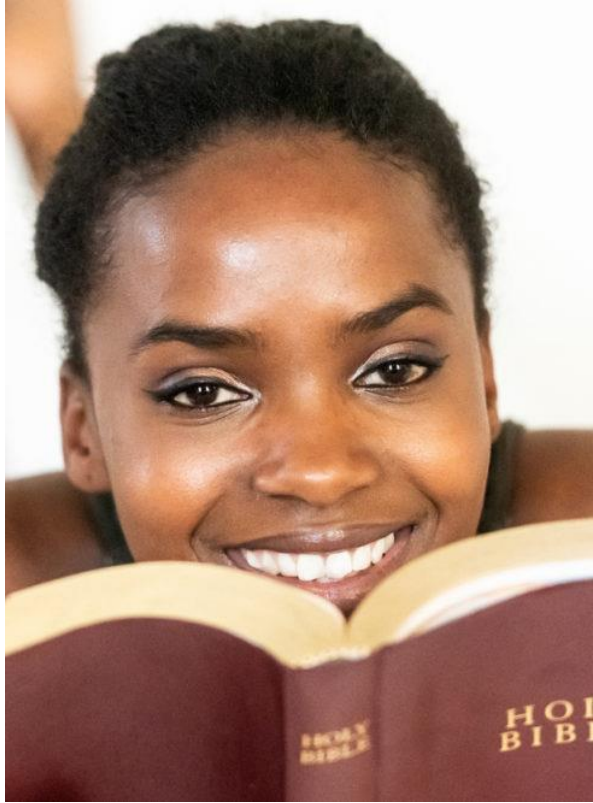
**In life, You
have **three**
decisions
to make**

Your

Social direction:

If you remain single or
married, will you be a
cheater or sexually pure?
Will you use drugs?

Spiritual direction



If you do not have a **spiritual direction**, you will increase your chances of being confused, troubled and messed up. You will be more inclined to either be a religious fanatic or spiritually cold.



Occupation direction

If you choose not to be a person of dignity and authenticity, when you choose a job, you will increase your chances of stealing from the boss or lying.



Social direction

If you choose to be dictated to by your peers or social media, you will increase your chances of being a sexual pervert/addict, drunkard or drug addict.

Further explanation

1. Your spiritual direction *Who and what will be your God:*

Will you be judgmental, self-righteous, or humble, and forgiving.

2. Your service direction *Your career and how you will live:*

Will you be honest, authentic, humble, teachable, or dishonest, and not dependable.

3. Your social direction *Single or married:*

Will you be a lover boy/girl, emotional and sexually pure, or promiscuous, and cunning, etc.

There is pressure all around you.



MANY ARE DEALING WITH . . .

- Overload of information from social media
- Bombardment of sexual messages
- Masturbation
- Pornography
- Pre-marital sex
- Drugs
- Alcohol
- Broken/dysfunctional homes
- Sexual molestation
- Rape
- Living in a dysfunctional home
- Witnessing parents brutally fight
- Lack of food
- No place to study peacefully
- No place to do homework
- Being bullied, by family, friends, school and church mates, or neighbors


THUS, MANY ARE . . .

- Cutting themselves to release their anger/pain
- Eating non-digestible material (Pica)—chalk, hair, feces, dirt, paper, etc.
- Having suicidal thoughts
- Not satisfied with the weight: bulimia and anorexia nervosa
- Attempting suicide
- Drinking alcohol to drown their pain
- Smoking cigarettes
- Using marijuana/cocaine to ease their minds
- Getting pregnant knowing they can have an abortion
- Running away from home in search for peace and happiness
- Faking being righteous and holy

Know that you are created in God's image.
Be comfortable with who you are.
Be happy with who you are.

The Foundation

Strive to be happy
with who you are.

The right side of the slide features a decorative graphic composed of several overlapping, semi-transparent green triangles and polygons. The colors range from a light, pale green to a vibrant, saturated lime green. The shapes are arranged in a way that creates a sense of depth and movement, with some shapes appearing to be layered in front of others. The overall effect is a modern, abstract design element that complements the minimalist text on the left.

Cherish being
a **virgin.**

With sexual
purity,
virginity is
never lost.



Virginity offered
as a loving gift to
your partner in
marriage.



**Protect your
heart.**





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