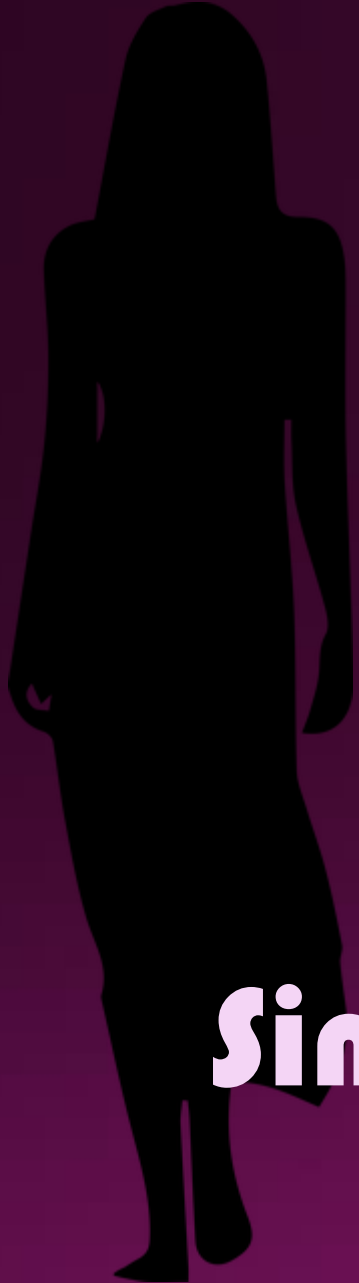




Barrington H. Brennen



# LOL

Living Out Love

Single Adults Virtual Retreat

Belize Union Mission of Seventh-day Adventists



**Living Out Love**  
**Single Adults Virtual Retreat**

Belize Union Mission of Seventh-day Adventists



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1-242-477-4002

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# LOL

Living Out Love

Single Adults Virtual Retreat

Belize Union Mission of Seventh-day Adventists

The image features two black silhouettes of people standing on a purple background. On the left is a woman in a long dress, and on the right is a man in a suit. The text 'The Needs of Single Adults' is centered between them in a white serif font.

# The Needs of Single Adults



# Kinds of Single Adults

# KINDS OF SINGLES

1. Never-married singles without children
2. Never-married singles with children
3. Never-married singles with adopted children
4. Divorced singles with children
5. Divorced singles without children
6. Separated singles with children
7. Separated singles without children
8. Never-married singles living with disability, alone and without children
9. Never-married singles living with disability, alone and with children
10. Divorce/Widowed singles living with disability, alone or not alone.
11. Widowed singles living with disability, alone and with children
12. Divorced singles living with disability, alone and without children
13. Widowed/Widower singles with children (*death by natural causes*)
14. Widowed/Widower singles without children (*death by natural causes*)
15. Widowed/Widower singles with children (*death by trauma*)
16. Widowed/Widower singles without children (*death by trauma*)
17. Never-married singles with same sex attraction (*no body knows*)
18. Never-married singles dealing with transgender issues (*no body knows*)
19. Singles living alone with nobody to care for them
20. Singles living alone with extended family who cares for them

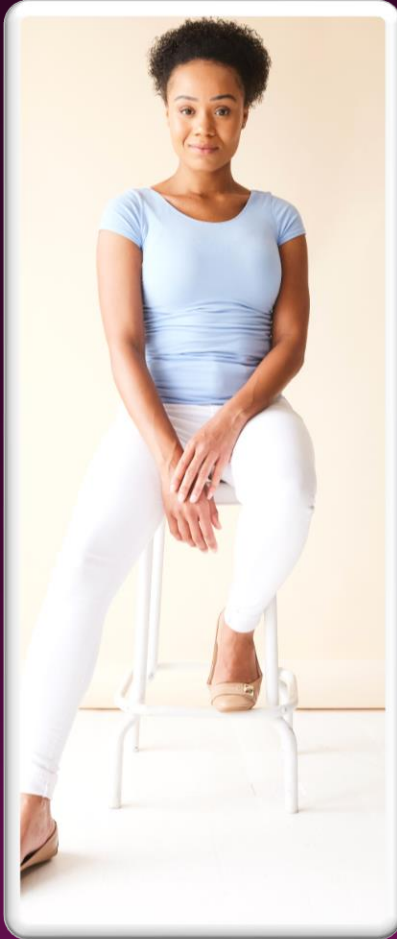


Every single person needs are unique and require different kinds of care, responses, and understanding.



Equally importantly, all singles, regardless of their status and needs, are to be respected and treated as children of God.

# What are the components of a complete person?



Physical Being  
Intellectual Being  
Spiritual Being  
Emotional Being  
Social Being

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# The Needs of Single Adults

# The Five Great Needs of the Single Adult



## The Five Great Needs of the Single Adult

1. Acceptance
2. Positive Self Concept
3. Companionship
4. Intimacy
5. Integration into the church

# 1. Acceptance



Singles do not want to feel handicapped because they are not married. Churches must affirm their single state as not only normal, but biblical.

## 2. A positive self concept



"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. . .

## 2. A positive self concept



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!"**



# 3. Companionship



God made us with the need to have healthy relationships. We live longer and healthier when we have friends to share our lives with.

Jim Smoke in his book **SUDDENLY SINGLE** states:

" God has created us with a burning need to have people around us who are significant to us and care for us."

# People

*Barbra Streisand*

“A feeling deep in your soul (in your soul)  
Says you were half now you're whole  
No more hunger and thirst  
**First be a person who needs people**  
**People who need people**  
**Are the luckiest people in the world**



# People

*Barbra Streisand*

“A feeling deep in your soul (in your soul)  
Says you were half now you're whole  
No more hunger and thirst  
**First be a person who needs people**  
**People who are married**  
**Are the luckiest people in the world**



# People

*Barbra Streisand*

“A feeling deep in your soul (in your soul)  
Says you were half now you're whole  
No more hunger and thirst  
**First be a person who needs people**  
**People who need people**  
**Are the luckiest people in the world**



# People

*Barbra Streisand*

“A feeling deep in your soul (in your soul)  
Says you were half now you're whole  
No more hunger and thirst  
**First be a person who needs people**  
**People who need people**  
**Are the happiest people in the world**



# 4. Intimacy



The single is not to be sexually intimate. However, there is a great need to be spiritually, emotionally, and mentally intimate.

# 4. Intimacy



*“Intimacy, the experience of being fully known, fully accepted, and fully loved, is needed and sought for by all human beings through their lives.”*



# 5. Integration

Into the church, community, government



Each congregation must design its own procedures for dealing with singles, incorporating them into the church family.



Shepherd's Needle

“Flowers' importance in nature is everywhere – they can feed insects, birds, animals and humans; provide natural medicines for humans and some animals; and aid in a plant's reproduction by enticing outside pollinators. Without flowers, plants would merely be green, and the world would be a duller place.”



## The Value Of Flowers In Our Life

- Scenery
- Medication
- Food
- Relationship
- Accessories
- Decoration

“Flowers are one of those important elements that play an important role in our lives. Their fragrance provide a natural and sweet aroma. Taking from home remedies to nourishment, decorations to gifts, its importance can thus be noticed in each and every step of our lives.”



# Concerns of a Single Adult

# Concerns

- \_\_\_ Communication and listening
- \_\_\_ Finances
- \_\_\_ Self-worth and individuality
- \_\_\_ Personal attractiveness
- \_\_\_ Worship and spiritual growth
- \_\_\_ Sexuality
- \_\_\_ Relationship values and priorities
- \_\_\_ Dealing with anger and irritation
- \_\_\_ Being sensitive to others' needs and feelings
- \_\_\_ Problems of the single parent
- \_\_\_ Loneliness
- \_\_\_ Coping with grief
- \_\_\_ Stigma of divorce
- \_\_\_ Pressure to marry or remarry
- \_\_\_ Handling rejection
- \_\_\_ Single social life
- \_\_\_ Dating and re-mating
- \_\_\_ Handling holidays
- \_\_\_ Getting older as a single

Singles often must face



Isolation  
Abandonment  
Rejection



Being a happy single  
**does not** mean you  
must abandon your  
desire to get married.





It simply means you  
are **content** with  
yourself.

Philippians 4:11: I am not saying this because I  
am in need, for I have **learned to be content**  
whatever the circumstances.



*I am  
happy*

*Just  
being me.*





*I am  
happy*

*Just  
being me.*

