



Barrington H. Brennen



Living Out Love
Single Adults Virtual Retreat

Belize Union Mission of Seventh-day Adventists



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Love others as much
as you love yourself

Mark 12:31
Contemporary English Version



Psychologist Ross Campbell states:

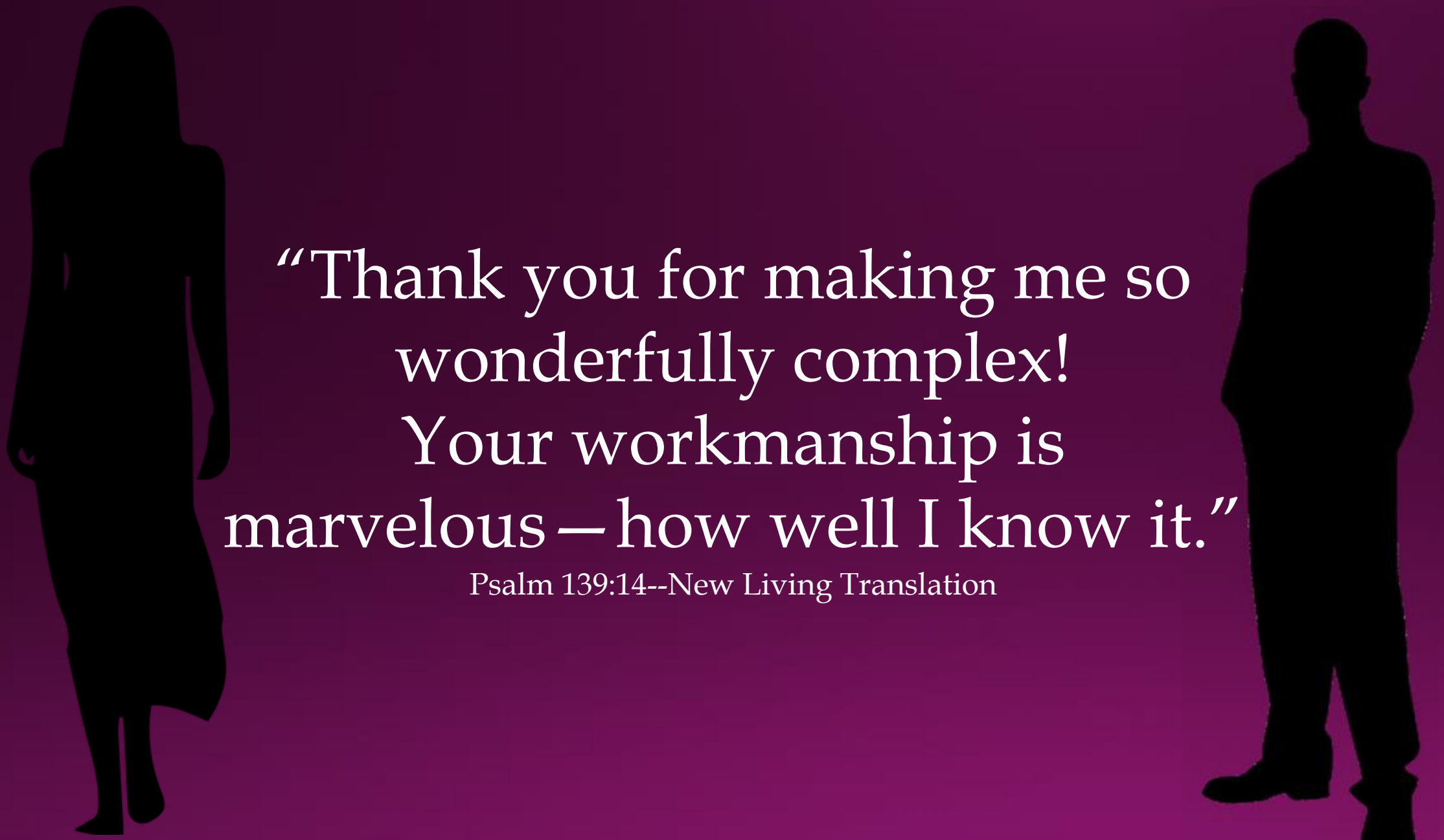
Human beings have
“emotional tanks”
that need to be filled
with love.





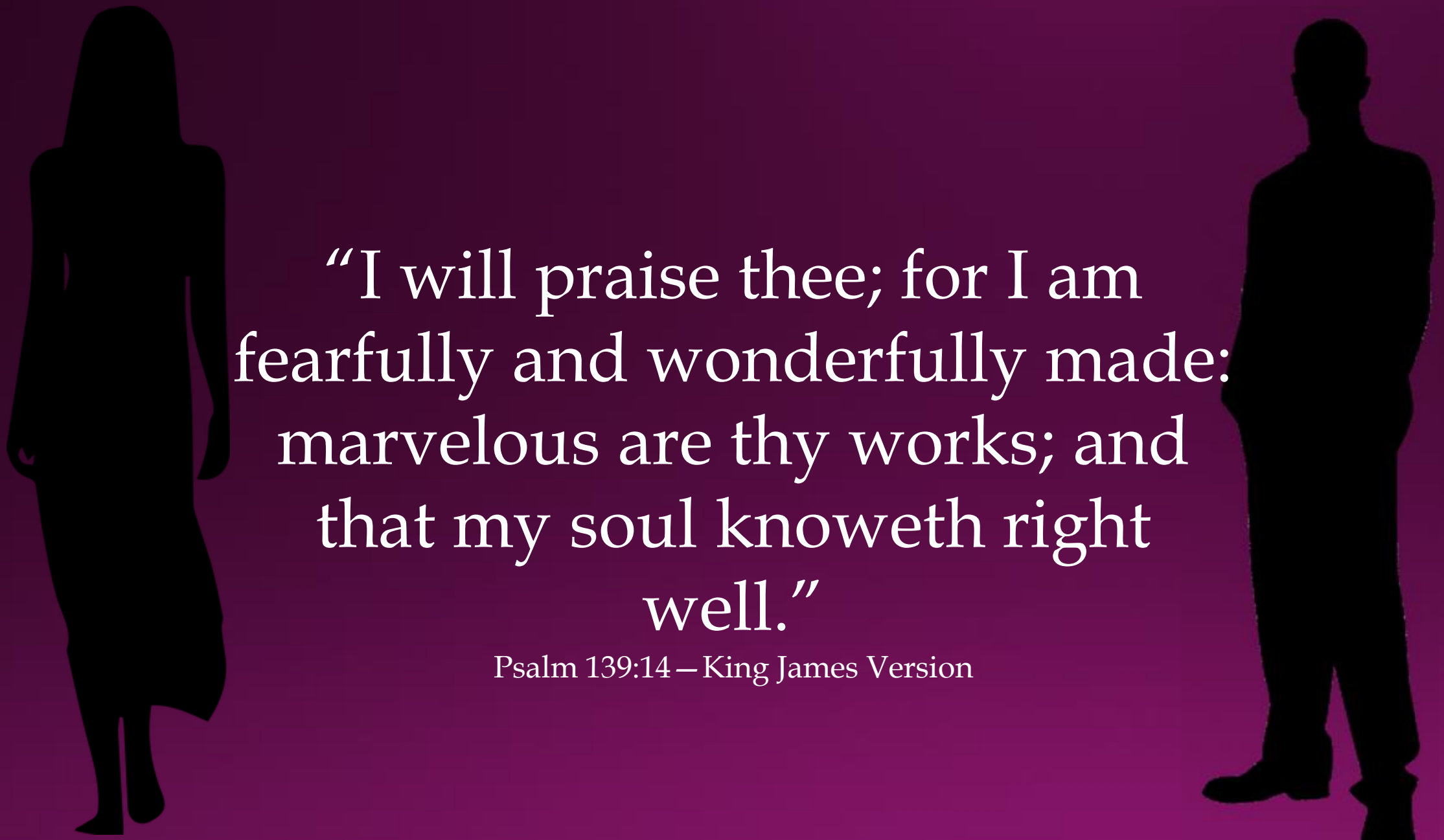
Who are You?





“Thank you for making me so
wonderfully complex!
Your workmanship is
marvelous — how well I know it.”

Psalm 139:14--New Living Translation



“I will praise thee; for I am
fearfully and wonderfully made:
marvelous are thy works; and
that my soul knoweth right
well.”

Psalm 139:14 – King James Version

You Are Single Because:

You do not want to get married

You are happy being single

You have not started to look for a mate

You are divorced

You are separated from your partner

Your spouse died

You have difficulty keeping a partner

You have difficulty choosing the right one

You have been burnt too many times

You are afraid to get married

You are spiritually single



John 10:10

King James Version

I have come
that they may
have life, and
that they may
have it more
abundantly.

New International Version

I have come
that they may
have life, and
have it to the
full.

New Living Translation

My purpose is
to give them a
rich and
satisfying life.

The text does not say. . .

My spouse has come that I may have
life, and have it to the full.

The text does not say. . .

My boy friend has come that I may
have life, and have it to the full.

The text does not say. . .

My girl friend has come that I may
have life, and have it to the full.

The text does not say. . .

My lover has come that I may have
life, and have it to the full.

The text does say...

Jesus came so that I may
have life, and have it to
the full.

“When **Jesus fills** my life I can patiently wait until I get married for sex or wait for Jesus to come to take me to heaven where there will be no sex. It does not matter how long it takes.”

Oop! Is that really true?

YES

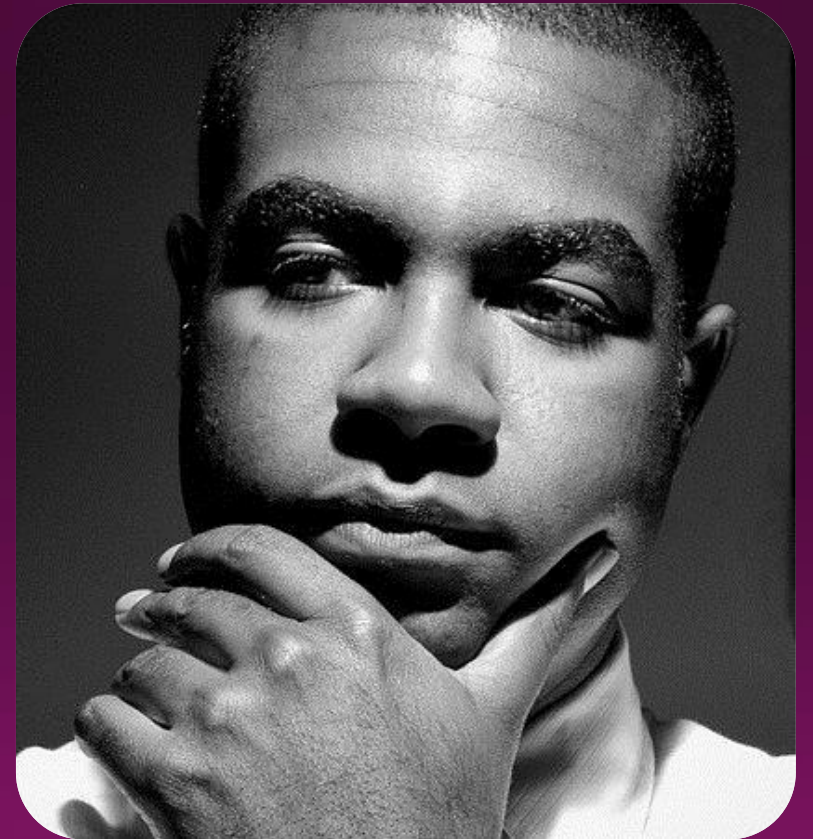
But this is not a superficial “yes.”
Jesus is practical and real.
He understands feelings and desires.
He designed us with them.



“The single life, or the gift of celibacy, is a gift God gives to every Christian. They can have it until they get married or until Christ returns the second time.”

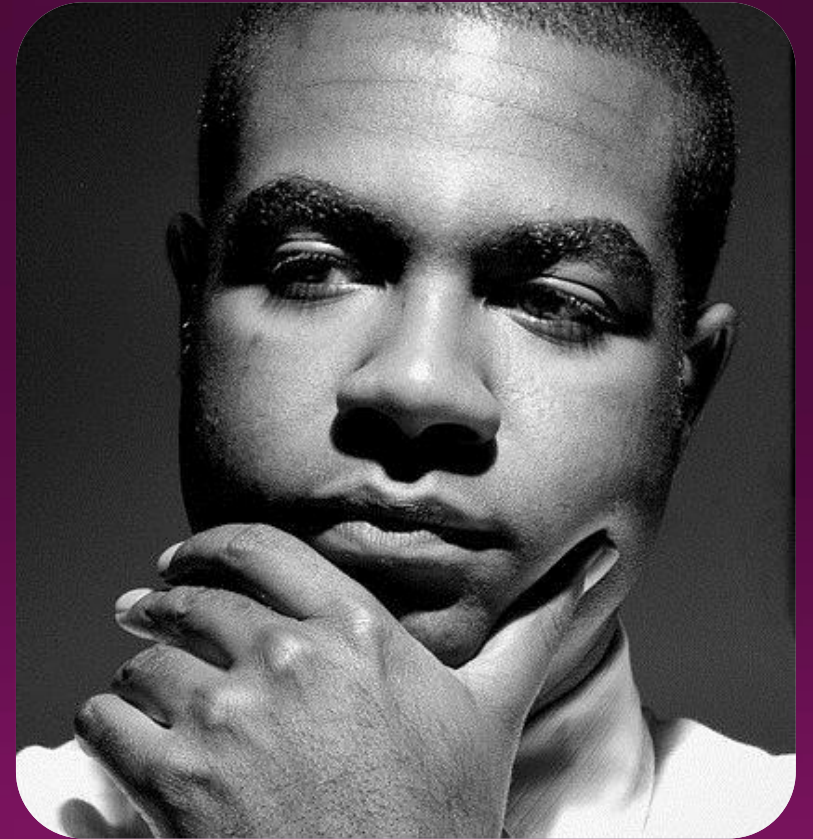
1 Corinthians 7:7 NIV Translation

“I wish that all men were as I am, But each man has his own gift from God; one has this gift, another has that.”



1 Corinthians 7:7 Living Bible Paraphrase

“I wish everyone could get along without marrying, just as I do. But we are not all the same. God gives some the gift of husband and wife, and other he gives the gift of being able to stay happily unmarried.”






What matters most is


Who Are You

What do you think and feel about yourself?





Who are you?
Think of some
descriptive words.



You are made in
God's image.

Genesis 1:26-27

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.”

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.”

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, not 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.



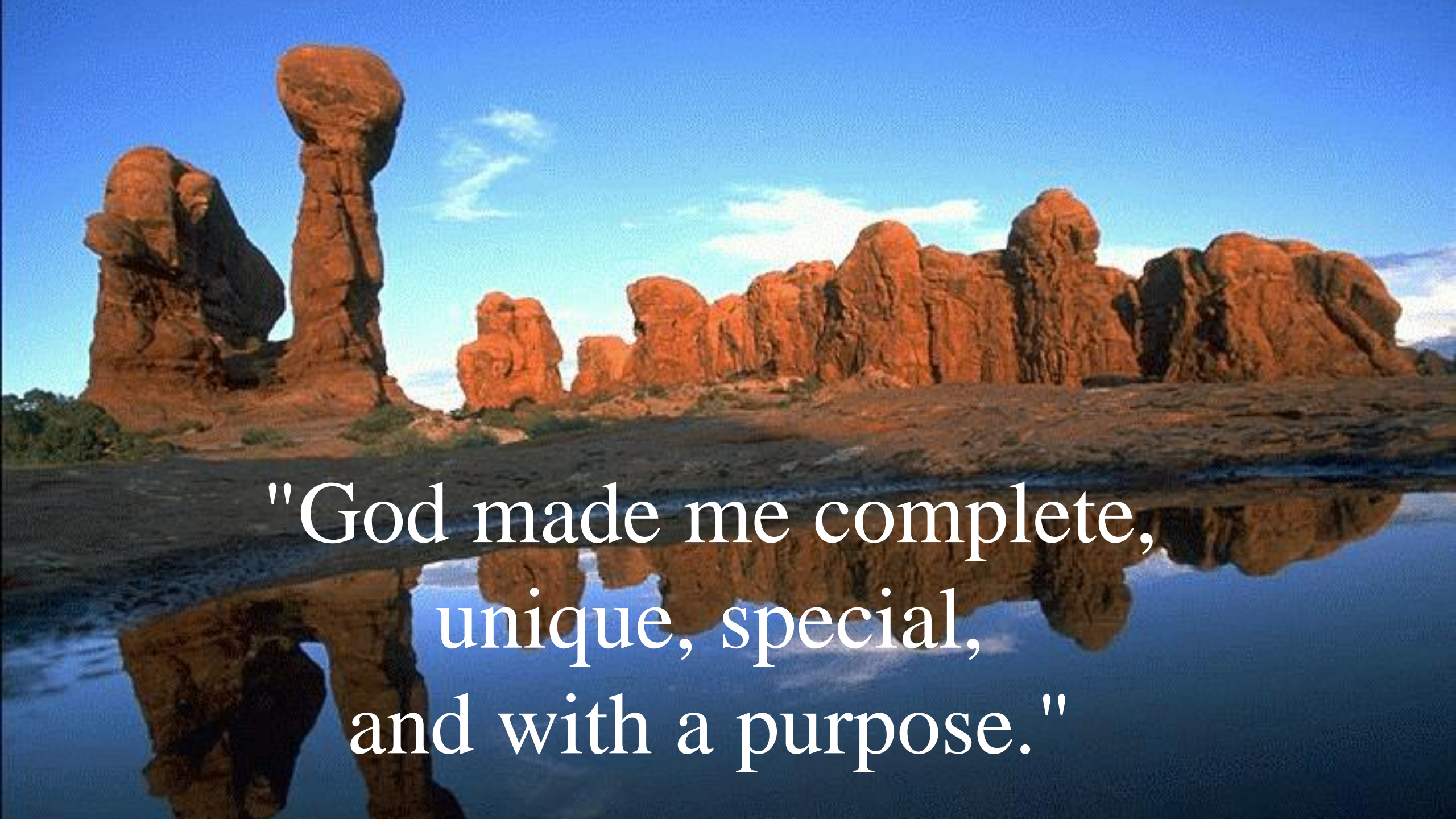
Principles

Each gender (male and female) are made complete beings, in God's likeness. However, it takes both the male and female, to constitute God's image. It is not the sex act that makes us in God's image.

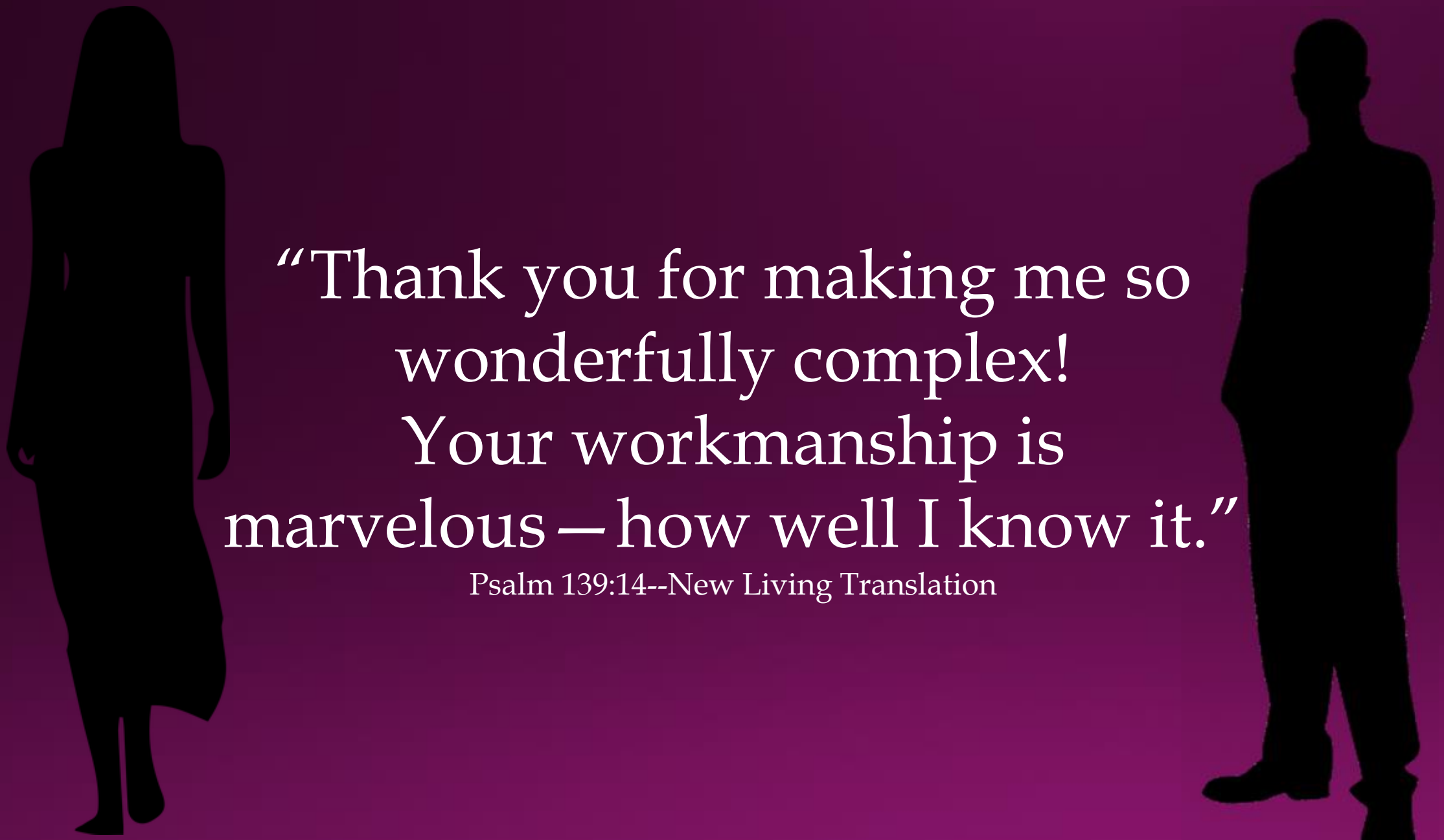
Marriage dose not make up complete.

Marriage only make you married.

God made us complete.



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



“Thank you for making me so
wonderfully complex!
Your workmanship is
marvelous — how well I know it.”

Psalm 139:14--New Living Translation

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....

... 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!"



Dr. Tim Clinton, *psychologist*

“Our self-esteem is not based on what we do, but on who we are in Christ.”



Our personal worth
is affirmed in
scripture.



Isaiah 43:1-7

Living Bible

7. All who claim me as their God will come, for I have made them for my glory; I created them.

Isaiah 43:1-7

Living Bible

Key points



Dr. Jenny Taitz, clinical psychologist and author of *How to Be Single and Happy*, looks at being single as your chance to figure out your own personal “mission statement.” She says this is the critical time to figure out who you are and what you stand for.

“When we’re not in a relationship we really have some time to get clear about what matters to us and what we value,” she explains.”

Wisdom Principle

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

Why Self-Worth Matters And How To Improve It

By Stephanie Kirby



“Self-worth seems to shield us from many types of mental illness and emotional problems. Low self-esteem has been identified as a factor in addictions, depression, anxiety, and relationship issues.

When people don't believe in their inherent value, then drugs, alcohol, and other addictions can seem to ease the pain. They may fight their way out of addiction just by force of will. Then, whenever they feel the worst about themselves, they return to it or fall deeper into addiction. . .

“You can have more honest relationships when you have a higher sense of self-worth because you don't feel the need to hide who you are. This goes for romantic relationships and also work relationships, friendships, and family relationships. They become more honest when you value yourself.”

By Stephanie Kirby



Ellen White, *The Desire of Ages*, page 668

“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.”



If you want a romantic relationship because it is sweet, before the sweetness starts you will get sour.



Persons who do not
enjoy being single
usually end us being
sour.



Dating puts you out of circulation and stifles personal development.



You have more to
lose by dating
seriously before you
complete high school.



You need time to
enjoy life as a
single adult.



You want to be
sweet before you
eat the sugar.

The Age

Adult age starts between 21 and 25, after the adolescent period ends.

Persons between ages 13 and 20 are not adults nor are they “singles.” They are teenagers or **adolescences** .



Persons between
ages 18 and 25 are
referred to as
emerging adults.



An adult is someone who makes independent decisions and does not need someone to approve the decisions.

An adult has the power and means of controlling his or her own life financially, spiritually, emotionally, etc.

Some have premature relationships
because

They are living in a dysfunctional
home and they want peace of mind.

They are being or were sexually
molested and want to get out.

They are not being treated with love
and respect or is often being abused.



I am very
happy to
be me!



I am very
happy to
be me!



What are the components of a complete person?

Physical Being
Intellectual Being
Spiritual Being
Emotional Being
Social Being



Many singles do not appreciate themselves as total beings. Thus, they seek unhealthy emotional entanglements. They develop relationships to make them complete.

People

Barbra Streisand

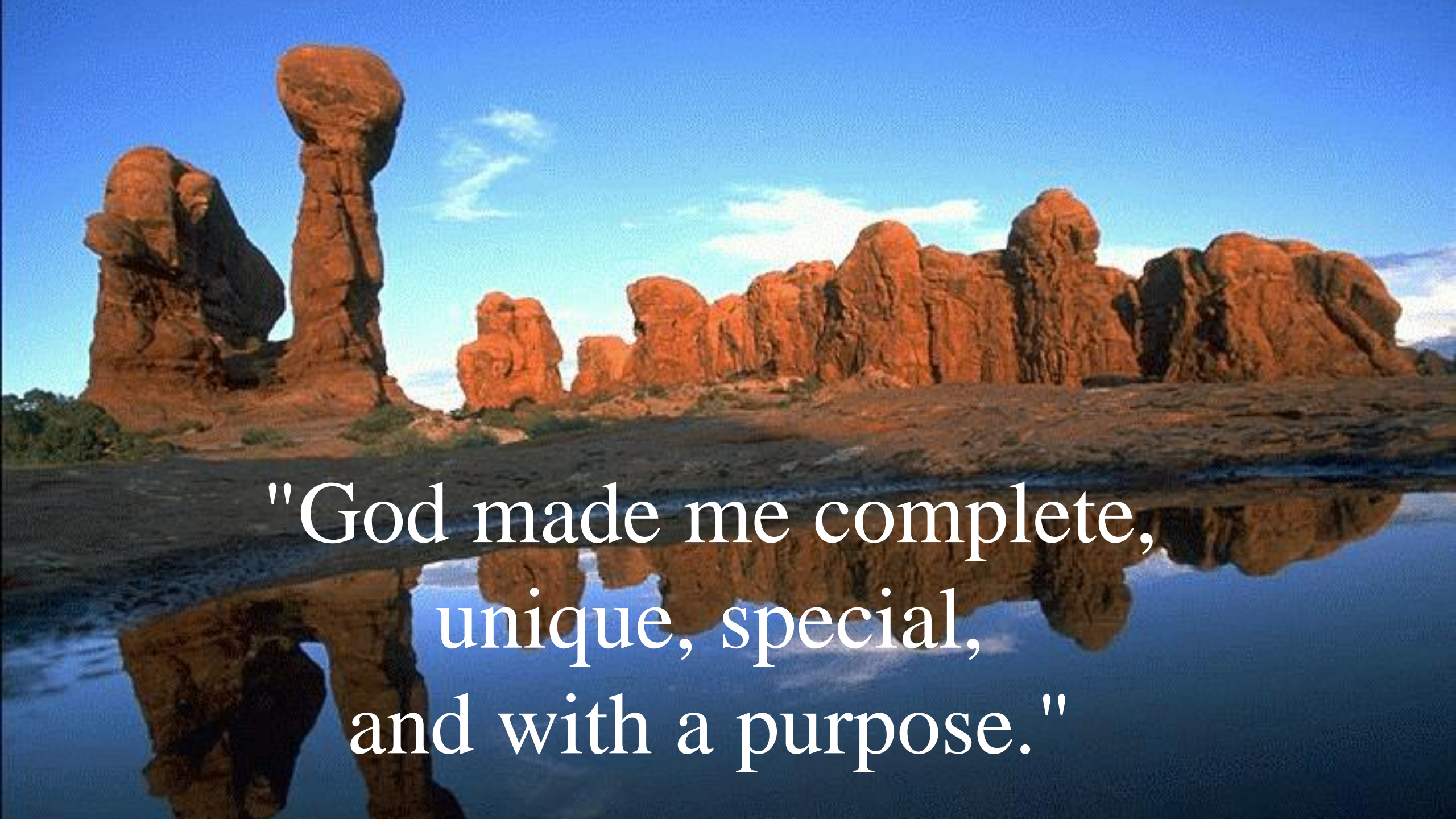
“A feeling deep in your soul (in your soul)
Says you were half now you're whole
No more hunger and thirst
First be a person who needs people
People who need people
Are the luckiest people in the world





I Am

*Single,
Sanctified,
& Steadfast*



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



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