

Life without a Partner

By Susan Vogt



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Marriage is a beautiful and redemptive vocation. Many adults, however, are single. Some are single by choice and others by chance, divorce, or widowhood. Whether you're longing to marry some day or trying to raise a family without a spouse, life without a partner can sometimes feel lonely and even ego-deflating. Take a spiritual journey to better appreciate how your value and worth as God's child do not depend on your relationship with another adult.

For

Single Adults

Season

Fall

Needed

My Life worksheet (see last page), pen, an honest heart

Activity Plan

1. Begin by quieting your mind and body, and seeking God in prayer:

Jesus, you never married and you had a full life. Did you ever doubt what your vocation on earth was to be? As both human and divine, you must have experienced many of the same emotions I have as I try to figure out my purpose. How your fully divine and fully human natures existed together is a mystery to me. So too, I am sometimes mystified by how I am to live in this world of married couples, a world in which I don't currently fit. Help me to know my wholeness as God's child. Amen.

2. Having a life partner does not determine one's identity or worth. As a follower of Christ, God's love is constitutive to life, and this love can come in many different forms. Some steps in examining this love in your life are:
 - First, know yourself—needs, strengths, and weaknesses.
 - Second, look for ways to share the love that's in your heart with people near and far, keeping the focus on what you have to give.
 - Third, if you want more friendships, make some judicial decisions about how to make this happen.
 - Finally, relax, knowing you are God's beloved child. God will provide, whether in a lifelong loving relationship or in comfort with your life as a single person.
3. Spend some time filling out the My Life worksheet. What do your responses suggest about your direction in life?

My Life

My Needs	Example: To socialize more with single friends
My Strengths	Examples: Thoughtful, smart enough, loyal
My Weaknesses	Examples: Working insane hours in a job that does not provide much social interaction; pride
Who needs my help?	Examples: My own kids or parents, youth I see hanging out on the corner, people who need help finding a job, people living with illness or disability, people turned off by institutional religion
What causes am I passionate about?	Examples: Care for the environment, politics, literacy
What activities help me relax or give me joy?	Examples: Gardening, exercise, cooking dinner for friends, playing music, dancing, reading
If I want to enlarge my circle of friends, what is my next step?	Examples: Find a young adult group in a church, join an organization whose work and mission I believe in, let my friends and relatives know I'm open to introductions, subscribe to an online dating service

