

| REFLECTIONS UPCI PODCAST |

Living Single, Doing Ministry, and Loving Life

LET'S TALK with Gindy Miller

Ep. 2



LADIES MINISTRIES

Reflections

LIVING SINGLE, DOING MINISTRY, AND LOVING LIFE

Episode 2 | Let's Talk Guide | Jan-Feb '23



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IDEAS

RESOURCES

Visit the UPCI Single Adult Ministry website at upcisam.net for event information, and resources.

BOOKS

- *So Long, Insecurity: You've Been a Bad Friend to Us*, Beth Moore



Our guests are Melissa Fross, Keri Beason, and Bethany Hilderbrand. Our conversation focuses on single women living and thriving in life, ministry, and the church. We share thoughts on loneliness, friendships, and dating. From a leader's perspective and personal experience, these incredible ministry women share how churches can best minister to singles.

DR. CINDY MILLER
Podcast Host



OVERVIEW

Hearts, flowers, chocolates, and romance signal that Valentine's Day is around the corner, and for couples, it can be a fun time to proclaim your love. For the single woman, it can be a reminder of what is missing.

How do single women thrive in an environment that seems focused on marriage and family life? Simple but powerful reminders include:

- Recognize that your value is not diminished because you are single.
- Life and ministry opportunities are available. It is your task to find your best fit.
- Keep company with people who help you live your best life.
- Become the friend to others that you would like someone to be to you.
- Remain active in your church and involved in the community. Not active or involved? Start now. Take small steps. Talk to your pastor or a ministry leader for direction.

Church leaders can provide support for single adults through church life inclusion. Singles suggest that you create groups based on shared interests. Don't box people into limited connections based on marital status. If you have classes specific to singles or marrieds, make those a short series instead of the only option. Create inclusive fellowship for everyone, including those who don't fit the stereotypical mold.

LONELINESS: IT'S A REAL THING

What should you do when you are feeling lonely? Call a friend, someone you can lean on when loneliness strikes hard. Don't be afraid or ashamed to share honest feelings and fears. Talk it through, process the thoughts and emotions, and pray for God's will to be clear and His presence to keep you strong in your lonely times.

But don't stay there. Refuse to hide or isolate. Be a friend to someone. Join a small group, a Bible study, or take a class to build connections around shared activities or interests. Expand your friendship circle.