



**You Are Not Alone- July 18,2020**

**Christian Faith and Fellowship Mission - Sanctuary of Praise  
Annual Women's Conference**

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# You Are Not Alone

- You Are Not Alone in Your Singleness
- You Are Not Alone in Your Desires
- You Are Not Alone As You Wait on God

# You are not Alone in Your Singleness

## Action Plan

- **Pray.** (Pour out your Heart, Realize God will answer, Always Believe and Yield to what God tells you) Pray without ceasing. Pray when you feel hopeless and disheartened in your season. Pray when you feel tired and weary. Pray when you feel depressed. Pray when you feel tempted to go do something you should not just to feel loved and wanted. Pray when you don't feel like it. **Psalm 116:2** Because he inclined his ear to me, therefore I will call on him as long as I live.
- **-Have an Accountability partner.** Someone you can call to bounce things off of, laugh with and to take your mind off or your situation. **Prov. 11:14** Where there is no guidance, a people falls, but in an abundance of counselors there is safety.

# You are Not Alone in Your Singleness

- **Keep the promises of God close by.** Keep them on your mirror, on your phone. Know what God says about you. I know the plans I have for you declares the Lord, plans to give you a future and a hope. **(Jer. 29:11)**. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. **(Eph. 2:10)**. Blessed is she who believed that the Lord would fulfill His promise to her. **(Luke 1:45)**. You may say I don't feel like doing that or want to do that well sometimes I don't feel like saying no to that ice cream and cake but knowing that if I keep saying Yes there will be consequences like not fitting into my pants but I made the decision. We have to choose to make wise decisions that will benefit us in the long run.
- **Listen to music**-Keep a song in your mind and heart that will release endorphins and put you in a good mood. This is why Saul had David come play the harp. Music is good for the soul.

# You Are Not Alone in Your Desires

- **Tell it to God. Psalm. 37:4** says. Delight yourself in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him, and he will act. You have not because you Ask not. **Mat. 7:7-8** Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.. Closed mouths don't get fed.
- **Write down what you desire in a spouse.** I read this article about a lady who did this. Here is her list. She thought it was so unrealistic. Our God is BIG and He Can Do anything but fail. He gave her everything on her list and more. God will Show up and Show out.

## You Are Not Alone in Your Desires

- ...hold fast to these non-negotiables.
- A man who loves the Lord with all his heart
  - A man who respects your purity.
  - A man who keeps you as a priority
  - A man who makes his intentions clear
  - A man who respects others and his family
  - A man who puts love first
  - A man who is generous
  - A man who is emotionally available
  - A man who prays over your relationship
  - A man who is willing and able to commit- and c

# You Are Not Alone in Your Desires

- **Pray over the List.** I remember before I was married, I prayed for my spouse and now as I am single again I pray for my spouse and who God will bring me. I always say Lord this is what I want, but if what you have is better please cancel my request. I want God's best. As long as our desires line up with His will, He longs to please His children. God is not a reneger. If you play Spades, you know what that is. He doesn't take back His Promises to You.

# You Are Not Alone As You Wait on God

- **Action Plan**

- **Spend time in God's word-** Prov. 4:20-22. My son, be attentive to my words; incline your ear to my sayings. The Word gives encouragement, wisdom, joy and peace that surpasses all understanding. I bet if you stopped and thought about it and there was a time you ever felt down and you read a devotional or thought about a passage of scripture shortly thereafter you became energized. The Word says sometimes we have to encourage ourselves. .

# You Are Not Alone As You Wait

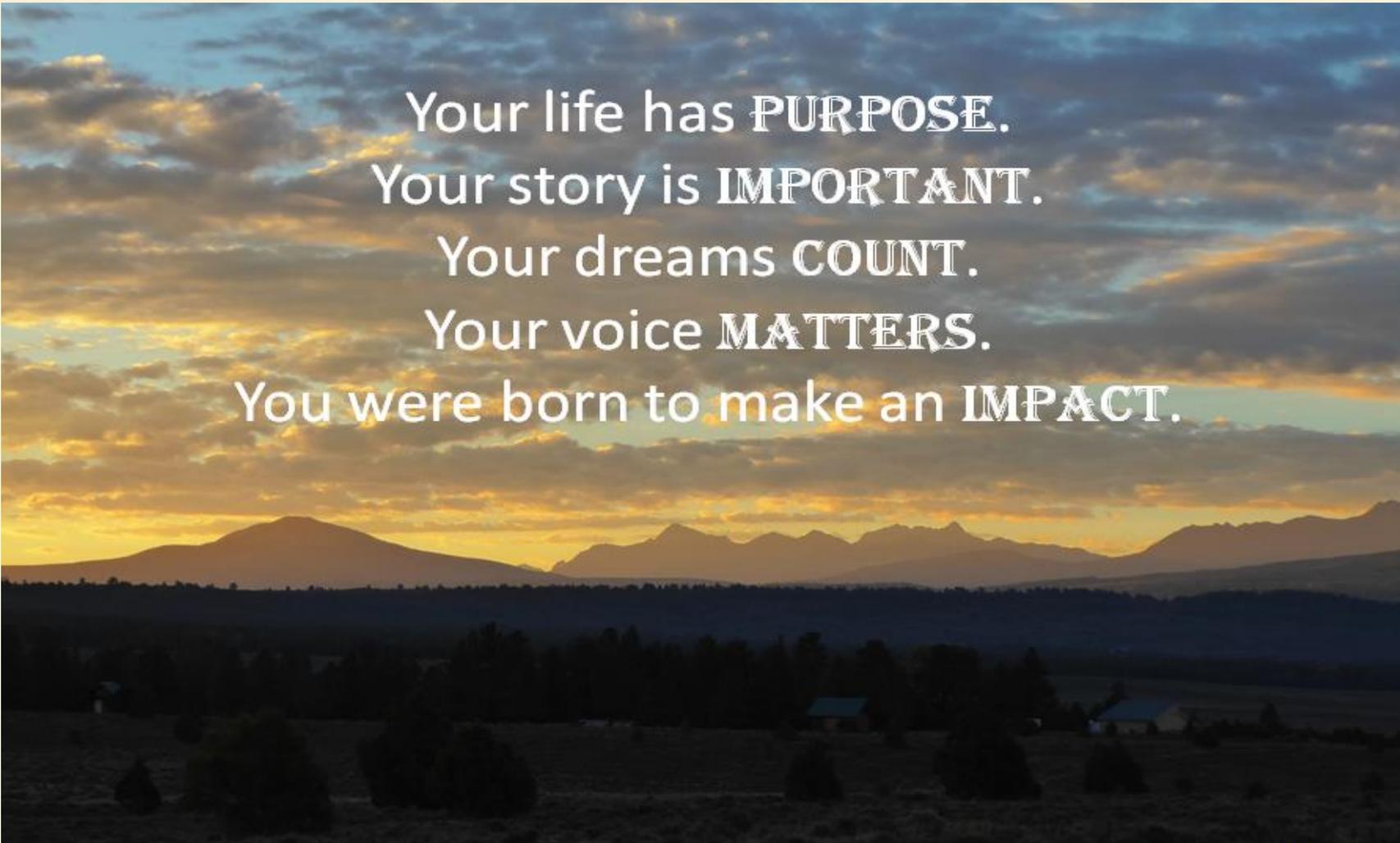
- **Spend time loving yourself-** The Lord loves you so it's time to Love yourself and act like it. We say we love ourselves but we don't act like it. I love myself but I don't give myself enough rest. I love myself but I don't give myself enough exercise. I love myself but I skip meals. Self love is about recognizing God's plan for your life. For I am Fearfully and Wonderfully made (**Psalm 139:14**). You shall love your neighbor as yourself.' There is no other commandment (**Mark 12:31**)

# You Are Not Alone as You Wait for God

- **Spend time helping and serving others-** Show hospitality to one another without grumbling. As each has received a gift, use it to serve one another, as good stewards of God's varied grace (1 Peter 4:9-10). For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many. (Mark 10:45). If our Creator served and is our example, shouldn't we the Created do the same.

## You Are Not Alone as You Wait For God

- **Don't worry.** - Says easy but does hard. God's thoughts are not our thoughts. Isaiah 55:8 For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. Phil. 4:6-7 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



Your life has **PURPOSE**.  
Your story is **IMPORTANT**.  
Your dreams **COUNT**.  
Your voice **MATTERS**.  
You were born to make an **IMPACT**.

Photo by Ron and Linda Johnson

You Are Not ALONE

I AM Not ALONE and I AM ENOUGH

I, Insert Your Name , AM Not ALONE  
and I AM ENOUGH.