

# Being Single And Dating In Marriage Obsessed Church



## Notes on Love: Being Single and Dating in a Marriage Obsessed Church by Lauren Windle

★★★★☆ 4.7 out of 5

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In a world where marriage is often seen as the ultimate goal, being single can feel like an isolating experience, especially within the confines of a marriage-obsessed church. The pressure to find a partner can be overwhelming, leaving many single Christians feeling inadequate, discouraged, and even ashamed.

However, being single is not a curse. It is a season of life that can be filled with joy, purpose, and growth. In fact, according to a recent study by the Pew Research Center, the number of single adults in the United States has grown significantly in recent decades. This means that there are more single Christians than ever before, and it is time for the church to start recognizing and addressing their needs.

## The Challenges of Being Single in a Marriage-Obsessed Church

Being single in a marriage-obsessed church can be a challenging experience. Singles may face:

- **Pressure to find a partner.** The constant emphasis on marriage can make singles feel like they are falling behind or missing out. This pressure can lead to feelings of anxiety, depression, and even shame.
- **Exclusion from social activities.** Many church social events are designed for couples, which can make singles feel excluded and isolated. This can be especially difficult during holidays and other special occasions.
- **Difficulty finding support.** Singles may have difficulty finding support from their church community. This is because many pastors and church leaders are more focused on helping couples than singles.

## How to Thrive as a Single Christian

Despite the challenges, it is possible to thrive as a single Christian in a marriage-obsessed church. Here are a few tips:

- **Focus on your relationship with Christ.** Your relationship with Christ is the most important relationship in your life. When you focus on your relationship with Christ, you will find that you are less likely to feel lonely or inadequate.
- **Build strong friendships.** Friendships are essential for singles. Surround yourself with people who support you and encourage you in your faith journey.

- **Serve others.** Serving others is a great way to get involved in your church community and make a difference in the world. When you focus on helping others, you will find that you are less likely to dwell on your own problems.
- **Pursue your passions.** Don't let being single hold you back from pursuing your passions. Use this time to explore your interests and develop your talents.

## Dating in a Marriage-Obsessed Church

Dating can be a challenge for single Christians, especially in a marriage-obsessed church. However, it is important to remember that dating is not the only way to find love and companionship. There are many other ways to connect with people and build healthy relationships.

If you are interested in dating, there are a few things to keep in mind:

- **Be patient.** Finding the right person takes time. Don't get discouraged if you don't meet someone right away.
- **Be yourself.** Don't try to be someone you're not. The right person will love you for who you are.
- **Set boundaries.** It is important to set boundaries with potential partners. This will help you avoid getting hurt.
- **Trust your gut.** If something feels wrong, it probably is. Don't ignore your intuition.

Remember, being single is not a curse. It is a season of life that can be filled with joy, purpose, and growth. Embrace your singleness and use this

time to focus on your relationship with Christ, build strong friendships, serve others, and pursue your passions.



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