

becoming ^{MORE} *Beautiful*

journal 2



Celebrate You! Confetti Series

An Encouraging Online Gathering
for Single Women

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Marriage is a beautiful desire. But what happens when we use it to validate our self-worth?

Finding worth in one's singleness is increasingly challenging in today's culture. The pressure, both internally and externally, to put a ring on it can make us lower our value and compromise our standards for wanting to be loved.

Our society celebrates couples for making the decision to get engaged, celebrates them again once they get married, and celebrates the anniversary of their marriage. It is no wonder so many singles feel that marriage is worth more—or that they become more valuable when they get married.

In Kim Vollendorf's book—*Loving Your Husband Before You Even Have One*, she writes: For a girl who once found most of her value and confidence in having a guy, singleness was a tough season for me...I was engaged to another guy earlier in life, and that relationship provided a steady dose of attention. He made me feel pretty and desirable, so I felt good about myself. After our engagement ended, I felt a bit lost. I guess I didn't realize how much I based my value in having him until he was gone.

My self-worth was in detox. Going cold turkey without a guy was rough. There were times that I wanted to go find another guy to get some attention, but as a new follower of Christ, I had decided to do relationships differently. Deep down I didn't really want to chase a guy or use someone just to make myself feel better, but it was tempting. At times I thought about going

back to some of my old habits and outfits to get a guy to notice me, but doing those things just didn't feel right anymore. I needed a new way to feel good about myself, so I chose a new hairstyle. I got a perm.

Well, my perm expectations were a little too high, and it didn't transform my life as I had hoped. As all of my friends were falling in love around me, and I was the dateless bridesmaid with the bad hair, I began to wonder: Would I ever be in a relationship again? Would I ever feel noticed or pretty?

One day I was reading Psalm 139 in the Bible. As I read the words, it struck me for the first time that God was speaking about me! Seeing that God viewed me in such an intimate, tender way made me feel special...Little did I realize it at the time, but this new discovery of finding my worth and value in how God viewed me was one of the best things that could have happened to me and my future marriage.

What resonates with you from the author's story?

What are the signs that a woman needs a "self-worth detox"?

Think back on a time when you wanted to get married or thought you'd be married. How much have you matured in your relationship with the Lord compared to then? How much healthier are you?

Read Philippians 4:6-7 and Psalm 84:11. What do you learn from these scriptures about your desire for a dating relationship or marriage?

In what ways has marriage become an idol?

What happens when pursuing a romantic relationship becomes the goal instead of God? Whether married or single, becoming like Jesus is the goal. How important is it to you to become like Jesus?

Faithfulness to Jesus doesn't mean that we will be perfect. What does faithfulness look like in our singleness?

Galatians 5:22-23 says: But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

True self-worth comes from knowing that God loves you just as you are; that as a child of God you are accepted and belong to Him.

Jesus has already determined you were worth the ultimate sacrifice (Romans 5:6-8). If you struggle with your self-worth, now is the time to shift your perspective. What other scripture(s) in the Bible speaks to you about your worth?

Record yourself on your cell phone reciting your worth scripture. How does it make you feel when you watch it?

God wants you to make your singleness beautiful for His glory. Celebrate what God is doing with your singleness knowing that your walk with Jesus is worth more than your walk down the aisle.

That's worth celebrating!

