

Dealing With Issues Common To Single Males



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- ## Some Significant Issues Single Males Face
1. Dealing with disappointments and feelings of rejection
 2. Comments and pressure from others about getting married
 3. Need for connection
 4. Dealing with sexual tension and temptation

Dealing With Disappointments And Feelings Of Rejection

Aligning Your Thoughts With Truth

- Your thoughts, feelings, and behaviors are directly related.

<p>Events</p>	<p>+</p> <p>Thoughts and Beliefs</p> <p>(Beliefs that you are worthless, won't be able to get over rejection, etc.)</p>	<p>=</p> <p>Emotions and Behavior</p> <p>(feelings of insecurity, sadness, fear, disappointment, anger and unhealthy behaviors.)</p>
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- ## What To Put Off
- In forming an accurate identity, we often have to "put off" the thoughts and feelings that lead to an inaccurate perception of ourselves and "put on" what is true.
 - **Hebrews 12:1** "Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us."
 - **Ephesians 4:21-22** "If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts"

What To Put On

- **Ephesians 4:23-24** “And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.”
- **Colossians 3:10** “And have put on the new man, which is renewed in knowledge after the image of him that created him.”
- **Isaiah 61:10** “I will greatly rejoice in the Lord, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels.”

Aligning Thoughts With TRUTH

- Often, our thinking patterns hinder our ability to accept the truth and to act on it.
- We need to understand how various events can trigger unhealthy thought patterns and lead to unhealthy behaviors or feelings.
- It is important to monitor our thoughts and replace what is unhealthy or distorted with the truth.
- **Proverbs 23:7** “For as he thinketh in his heart, so is he...”
- One practical way to accept the truth of our identity and position in Christ is to monitor our thoughts and replace distortions with the truth.

- **Triggering event:** A major or minor event that causes some disruption; your interpretation of the event results in your thoughts, feelings, and behavior.
- **Reckless thinking:** Your self-talk and how you *think* about the triggering event.
- **Unhealthy behavior/feelings:** Your reaction to the triggering event. Your reactions may include physical reactions in your body (fatigue, headaches, stomach problems), emotional reactions (anxiety, depression, anger, guilt, resentment, sadness), or behavioral reactions (withdrawing, yelling, emotional eating)
- **Truthful thinking:** Thoughts based on truth. The result of identifying reckless thinking, taking it captive, restructuring it, and facing the truth.
- **Healthy behavior/feelings:** The positive and appropriate result of truthful thinking.

It is Important to Deal With Issues from Your Past When:

1. They hinder your relationship with God.
 2. They hinder your relationships with others (e.g., friends, spouse, children).
 3. They hinder your ability to live out God’s plan for your life.
- Don’t fight alone!!

Comments & Pressure From Others About Getting Married

The “Next Step”

- Clearly, the most important “step” someone can take in life is to become a Christian.
- What is the second most important step someone takes in life?
- What does the Bible say the next step is?
- It is important that you base your ideals on the Word and not popular culture.
- The only “next steps” that I can find in the Bible have to do with (1) growing into the image of Christ here on earth and (2) believers experiencing the glory of being in Heaven.... Neither of which have to do with marriage.

What To Do When People Bug You About Getting Married

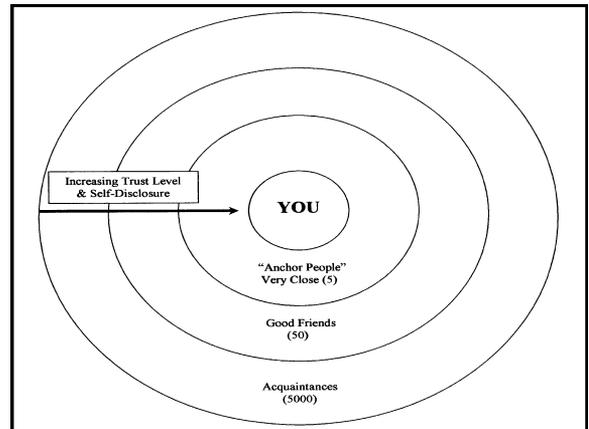
- Realize that the pressure to “move on to the next thing” won’t stop if you get married.
- Realize that most people do this without any intent of being hurtful.
- Some comments you need to ignore, “shrug off,” and shift the conversation.
- You can ask people to pray that God will lead you in all aspects of your life.
- Other times, you need to be clear with others about how much of this is OK with you.
- When needed: respectfully, but firmly, tell people to “back off.”

Need For Connection

Getting “real” in relationships

Need For Connection

- We were created by God to need relationships (Genesis 2:18)
- “God and people” not “God or people”
- Seek to have companions with whom you can share openly
- It is “normal” to feel some loneliness and lack of companionship
- Acknowledge these feelings and turn these desires into motivators to become more involved with those around you



Types of Loneliness

- **Physical** – separation from others
- **Emotional** – feeling alone even when you are around other people
- **Relational** – not having close relationships or only having surface relationships
- **Spiritual** – two types
 - A) Unbelievers - not having a relationship with Christ – this is *truly* being alone.
 - B) Believers – sometimes we aren’t being diligent in our walk with Him. Other times, we are going through a difficult time and don’t emotionally feel close to Christ

Types of Loneliness

- Identify the type of loneliness you are feeling.
- More than one type of loneliness can occur at a time.
- By understanding the type of loneliness, you can determine the what you need to do to deal with it.
- Tools on the ACCFS Website, www.accounseling.org/loneliness
 - “Dealing with Loneliness”

Mentoring

- **Find a Mentor:** Seek an accountability relationship with an older, mature member.
- **Be a mentor:** Become a mentor to a younger person.
- Tools on the ACCFS Website
 - Information on mentoring that describes how to find a mentor and how to be a mentor.

Connected Relationships

- Take work
- Must be developed over time
- Require you to get out of your comfort zone
- **Proverbs 27:17** *"Iron sharpeneth iron; so a man sharpeneth the countenance of his friend."*
- **Proverbs 20:5** *"Counsel in the heart of man is like deep water; but a man of understanding will draw it out."*

Key Relationships

1. **Paul (Mentor)** – An older and wiser Christian person who can give you advice, perspective, direction, and corrective feedback.
2. **Barnabas (Accountability Partner)** – A peer who is in the same life-stage as you. Good for support, encouragement, and accountability.
3. **Timothy (Person that you Mentor)** – Someone who is younger than you that you can help learn and grow.

Dealing With Sexual Tension And Temptation

Dealing with Sexual Tension

- Most males report difficulty dealing with sexual feelings or tension
- First, acknowledge that it is OK to be male.
- Second, acknowledge that God designed us to be sexual beings.
- Third, having sexual feelings isn't abnormal. God understands.
- Analogy of electricity and wiring in the walls
- The amount of sexual tension one feels tends to cycle.

Dealing with Sexual Temptation

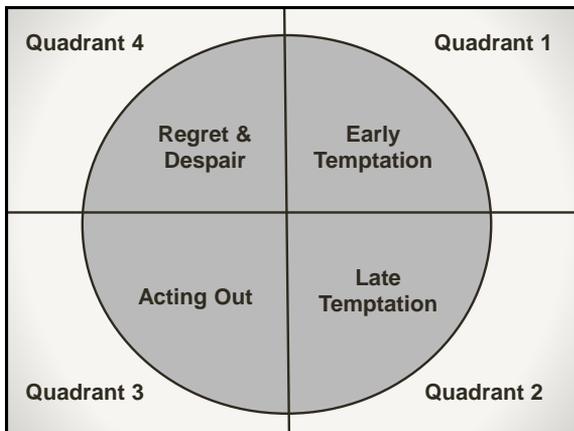
- Most males report difficulty dealing with sexual temptation.
- Remember that being tempted isn't the same thing as sin.
- "You can't stop a bird from flying over your head, but you can stop it from building a nest in your hair."
- **Job 31:1** *"I made a covenant with mine eyes; why then should I think upon a maid?"*
- **2 Timothy 2:22** *"Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart."*

Examining Some Sources Of Sexual Temptation

- **Spiritual** – lust of the flesh; attacks from Satan
- **Physiological** – sexual tension, fatigue
- **Environmental** – billboards, people, media (Internet, etc), certain locations
- **Emotional** – sad, lonely, angry, insecurity
- **Cognitive** – objectifying, rationalizing, entitlement, helplessness
- Identifying the underlying sources can help you determine how to set “firewalls.”

Examining Some Sources Of Sexual Temptation

- Absolutely NO compromise with pornography or any form of sexual immorality.
- Sexual temptation doesn't end when a guy gets married.
- Tools on the ACCFS Website:
 - 10 Tips for Maintaining Sexual Integrity
 - Overcoming Temptation by Bro. Lynn Stieglitz
 - Books and articles available
 - Apostolic Christian Way of Purity



Comment On The 4 Quadrants

- In early temptation we often rationalize, believe we can “do it on our own,” or “don't want to bother” someone.
- In late temptation we become more and more “dialed-in” to the temptation.
- Depending upon the sin, acting out can take a short period of time or be an extended period.
- In Quadrant 4 we feel terrible and make promises to ourselves, God, and others that “this will be the last time.” However, sorry in Q-4 only doesn't change anything!
- If we are going to overcome sin, we must reach out in Quadrant 1.

Sample Accountability Questions

- *Every Week I Will Answer the Following Questions with my Accountability Partner:*
1. Have you been with a man or woman anywhere this past week that might have been seen as compromising?
 2. Have any of your financial dealings lacked integrity?
 3. Have you exposed yourself to any sexually explicit materials? Have you been proactive make sure your thought-life is pure and in line with Scripture?
 4. Have you been inappropriate, insensitive, or excessive in your use of any food or alcohol?

Accountability Questions Cont'd

6. Have you spent adequate time in Bible study and prayer?
7. Are you effectively budgeting your time and finances?
8. Have you given priority time to your family?
9. Have you resolved any interpersonal problems that have come up? Have you dealt with anger in a Biblical manner?
10. Are you using your God given talents and abilities in a manner consistent with how God has gifted you?
11. Have/are you _____?
12. Have you just minimized issues or lied to me?

Living Life With A Personal Mission

- Sometimes single individuals feel that being single keeps them from being put into positions in the church.
- You are a steward of your gifts
- Be faithful in small things.
- Let others know of your willingness to serve
- Tools on the ACCFS Website:
 - Identifying and Developing Your Spiritual Gifts
- **John 10:10** *“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have [it] more abundantly.”*