

lifework

Your Singleness Has a Purpose

- Everything in life has a purpose including your singleness.
- **Definitions:**
 - **Purpose:** the reason for which something is done or created or for which something exists.
 - **Single:** only one; not one of several. (Originals not copies)
- **Problem:** Many singles are miserable today due to not knowing God in a deeper way and being aware of, or engaging in their purpose.
 - Knowing the **Person of God**, your **Personality** and your **Purpose** will make selecting your person and your path easy.
- **What is Singleness?**
- The purpose of your singleness and the purpose of every stage of your life is to glorify God. Your goals, your grind, your gatherings and your groups must all glorify God or your life will be vain and fruitless.
- Singleness is about preparing and finishing. Singleness is not just about preparing for what's to come it's about finishing what's in front of you.
- Singleness is a **season** and an **off season** at the same time. You're engaging and preparing at the same time. Your engagement is preparation. Engage before you turn the page.
- Singleness is not about marriage but the mission God has for your life. Your mission has within it everything God has purposed for you. (Marriage, a certain amount of money to steward, Godly seed (children), ministry, etc).
- If you don't have a mission for your singleness you will be a wonderer throughout life.
- Your singleness is unique and it has no equal. If you're one of a kind then your singleness is one of a kind.
- **Scripture Break Down**
 - **Romans 12:1-2.** *I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*
 - **Questions every single must ask themselves that's evident in Romans 12:1-2**
 - Do you truly understand the mercies of God?
 - What are you really presenting? (Body, Soul, Spirit)
 - What are you willing to sacrifice in order to live?
 - Are you Holy and who or what do you serve and worship?
 - Is your mind conforming or transforming?
 - Do you know how to test and discern what the will of God is, what is good, acceptable and perfect?
 - Your answer to these questions will reveal the state of your singleness.
 - **Our success in this life is predicated on our ability to test and discern**
 - The Will of God
 - What is good
 - Acceptable and
 - Perfect
 - **The process of this success is to**
 - Understand and accept the mercies of God
 - Desire to present Him and His work in our lives to others
 - Live sacrificially
 - Engage His holy presence and letting that spawn holy living
 - Welcome transformation by wanting to think differently
 - Being willing to be patient.

Lifework Activity: This week I want you to develop a **Singleness Vision Board**. On this board I want you to write down everything that makes you unique and what you would like to achieve or add to your life during this period. I want you to post on this board, creatively, all of your favorite things and why (Ex: your favorite color, food, place to visit etc.), because each of these things reveal who you are and possibly what you are here to do. I also want you to put on this board all of the things you would like to achieve during this period and what your goals are that will aid in the future missions God has for you. You can use cut outs, drawings etc. to make your vision board unique. Be as creative as possible and if you would like, make sure to take a picture of your board and tag me in it (Joshua Eze) with the #ThePurposeofSingleness hashtag and you will be entered to win a shirt or a book from me. The Best board will win! Also to help you with this course take some time to fill out this personality test so that you will better understand yourself. <https://www.16personalities.com/>

Holistic Plan for week One.
What are you goals for this week?

Spirit						
Memory verse for the week: <u>Titus 3:5</u> He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, <u>Psalms 23:6</u> : Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord Forever.						
Reading Plan: Proverbs and the Gospel of Matthew. Below each Proverb check off the days you read.						
Friday: Prov 3	Saturday: Prov 4	Sunday: Prov 5	Monday: Prov 6	Tuesday: Prov 7	Wed: Prov 8	Thursday Prov 9
Gospel Readings: Matthews Chapter 1-5 . Go at your own pace.						
Attribute of God for the week: Mercy – (Research)						
What stood out to you in Proverbs this week?			What stood out to you in the Gospel of Matthew this week?			
From your studies, what did you learn about God’s attribute of mercy?						
Prayer/ Praise List: In the left column write down your prayer request for the week and the date they were answered and on the second column write down what you are thankful for this week to use in your prayer time for praise release.						
Prayer Request	Date Answered	Praise Release				

Soul: Mind and Emotions

Utilize the section below to process your negative thoughts and utilize combative scriptures to develop a clean thought to think on.
Scriptures to support you: **2 Corinthians 10:3-5 & Philippians 4:8**

True	Honorable	Just	Pure	Lovely	Commendable	Excellent	Worth of Praise
Conflicting (Negative) Thought			Combative Scriptures		Clean Thought		

Emotions/ Feelings: What Feelings did you feel this week, what are the facts behind those feelings and what do you need to do going forward?

Feelings	Facts	Forward Actions

Body and Energy Levels

As of now what do you like and dislike about your body?

Likes	Dislikes
1	1
2	2
3	3
4	4
5	5

What changes need to be made and why?

Utilize the tracker below to track your food intake and your workouts

Days →	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What did you eat today →							
Help or Hurt?							

Adjustments:

Days →	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
What days did you work out and what did you do? →							

Adjustments:

What did you do for fun this week and what made it relaxing?

Purpose Development.

What's your craft, talent or skill? If not clear what do you like to do that could be used to bring you in residual income as well as produce residual impact?

Each day you have between 1-4 extra hours to dedicate to your craft or purpose. I want you to utilize this section to track your hours and progress.

What is occupying your time this week? Put what is happening (Family, school, sleep, work, eating, recreation etc.) in each slot and select a slot where you can work on your craft or purpose.

6am	7am	8am	9am
10 am	11am	12pm	1pm
2pm	3pm	4pm	5pm
6pm	7pm	8pm	9pm
10pm	11pm	12am	1am
2am	3am	4am	5am

Which time slots above could you dedicate to working on you and your purpose this week?

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Did you work on you or your purpose during those times? Why or why not and what adjustments do you need to make?

If so what did you do during those times?

Any progress?

How did this week go? Reflect and Journal your thoughts below.