

# DEVELOPING COMMUNITY

## AMONG SINGLE MOTHERS

BIBLE STUDY AND LEADER'S GUIDE  
BY MICHELLE LYNN SENTERS



# DEVELOPING COMMUNITY AMONG SINGLE MOTHERS

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## *My Dear Sister in Christ,*

I thank God for the work of your hands. You shepherd, teach, admonish, and encourage. You serve as a faithful witness and in doing so, change women's lives through the love of Christ.

I'd like to introduce you to a woman I hold dear, one whose story is like my own. She may appear guarded when you first meet, but I assure you, she is in desperate need of your grace.

She is the woman who sits behind you in church, with arms wrapped around her children. She stands in front of you at the check-out line, fumbling for change as her baby cries. She is your neighbor, your friend, your sister, your co-worker. But most often, she is the woman with averted eyes, whose story remains unchanged unless someone reaches out to her.

She is the single mother.

I understand your hesitation. With over 10 million single mothers, the task seems overwhelming. Perhaps you worry that ministry to single mothers glorifies divorce. Maybe you feel ill-equipped to minister to a woman whose story is markedly different from yours or to women who are not as far along in their healing.

I urge you to reach out to her. Jesus did. He sought out the woman at the well. He prevented the adulterous woman from being stoned to death. He allowed a sinful woman to wash His feet with tears. He came to heal the brokenhearted. *My broken heart.*

I was that single mother in church with arms wrapped around my girls. A man in front of us held his wife close as the pastor spoke about the sanctity of marriage...

*"Husbands, love your wives just as Christ loved the church..."*  
*"A cord of three strands is not easily broken..."*



*Each of you  
should use  
whatever gift  
you have received  
to serve others,  
as faithful stewards  
of God's grace...*

-1 Peter 4:10

My oldest daughter looked up at me, helpless in her knowing. Shame fell from my eyes, leaving their watery mark on the pages of my bible. The church, with its four walls, cross, and intact families, increasingly became a house of mirrors, reflecting our isolation and brokenness. In my unseen pain, I found reason to attend less and less.

A woman's leader, like yourself, pulled me back within the protective folds of the church. She had no experience as a single mother. She did not offer financial assistance, food, legal counsel, or a 10-step plan for successful single-parenting. She simply listened. She listened as I poured out my story, in all its shame and wretched truth. She listened to my worry, regret, longing, and doubt. She wrapped her arms around me and spoke of God's love, presence, and forgiveness.

And in that moment, she became the Church as God intended.

Be encouraged. You are the hands and feet of Christ to the single mother, fully equipped to offer grace and hope. Perhaps the Holy Spirit brings to mind a specific woman. Reach out to her. Listen to her story and offer full assurance of God's faithfulness. Let her know she is loved. Seen. Heard. Beheld.

She is not alone.

With joy and gratitude,

*Michelle Lynn Senters*

*We each have different gifts  
according to the grace given us...  
if it is serving, then serve;  
if it is teaching, then teach;  
if it is to encourage,  
then give encouragement;  
if it is to lead, do it diligently...*

*-Romans 12:6-8*





## ABOUT THE AUTHOR

### MICHELLE LYNN SENTERS

Michelle Lynn Senters has a message for single moms, one forged in her own journey as a single mom and deepened through the years of mentoring in the local church.

*“You are not alone.”*

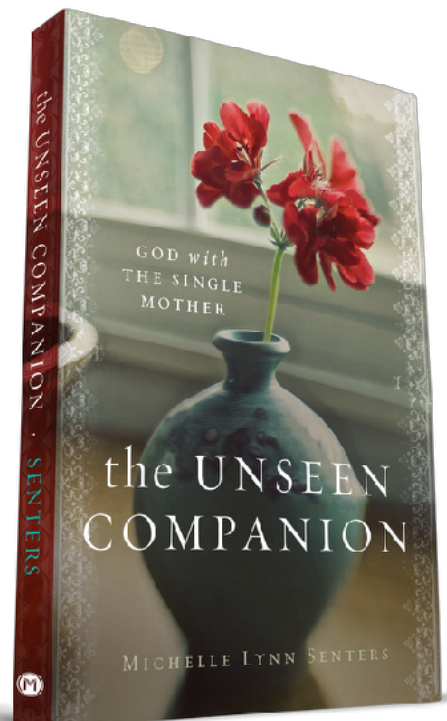
The voice of the single mother has long been Michelle’s language of fluency. As a single mother for eight years, she raised three daughters and experienced many issues common to single mothers, including: financial crisis, emotional trauma in children, depression, pursuit of education, isolation from the church, consequences of fatherlessness, and the challenges of relationships and remarriage. But as a believer, she came to experience the profound nature of Christ and His ability to heal the brokenhearted single mother.

After a long period of spiritual isolation, Michelle returned to the protective folds of the Church and soon developed a heart for other single mothers. In 2008, she became a mentor for single mothers at Lifebridge Christian Church in Longmont, Colorado. After she remarried in 2010, she founded SEEN Ministry for Single Mothers in Colorado Springs, Colorado, in which she served as the Founder and Director for 10 years.

Michelle is the author of [The Unseen Companion- God with the Single Mother](#), released by Moody Publishers. Michelle is a sought-after speaker at women’s events, Bible studies, and writers conferences. She is “Mom” to three, grown daughters and “Nana” to many grandchildren. Michelle lives in Colorado Springs, Colorado with her husband, Jeff.

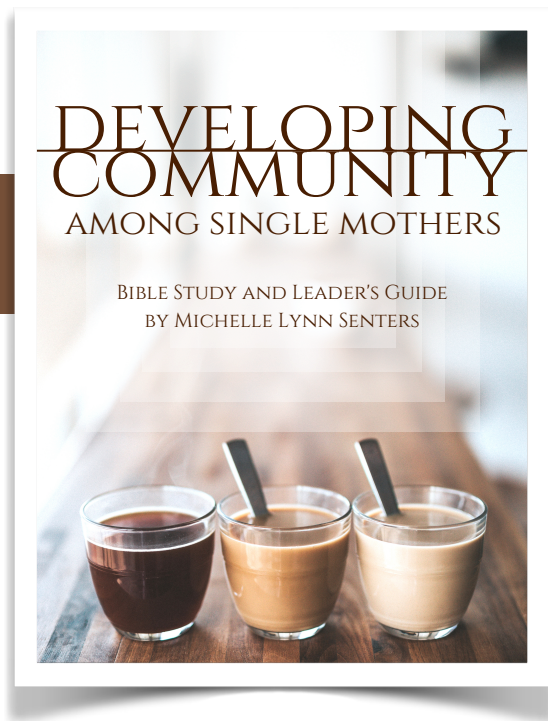
For more information about Michelle, visit [www.michellelynnenters.com](http://www.michellelynnenters.com).

To order this book at a church discount, see the information sheet at the back of the guide.



# ABOUT THE STUDY

## DEVELOPING COMMUNITY AMONG SINGLE MOTHERS



*Developing Community Among Single Mothers* is a free, five-week bible study designed to build a strong foundation for small groups of single mothers who desire to grow in community with one another.

Focusing on the purpose and function of community, this study teaches us:

- Our triune God lives in holy community with the Father, Son, and Holy Spirit.
- God gave us the gift of community to:
  - Draw us out of isolation and into relationship with God and one another.
  - Provide perspective, wisdom, accountability, support, love, and compassion.
  - Use our collective strength to meet the spiritual and tangible needs of one another.
  - Share our stories in a supportive and encouraging environment.

Once an understanding and sense of community has been established, the group will be in strong position to continue their support of one another through study, prayer, and fellowship. Consider studying [\*The Unseen Companion- God with the Single Mother\*](#), also by Michelle Lynn Senters.

*(Note: Because this study was originally designed for SEEN Ministry for Single Mothers in Colorado Springs, Colorado, personal references to this ministry may be made in the videos.)*



# MINISTRY TO SINGLE MOTHERS

## NEED & PURPOSE

According to the 2021 “[America’s Families and Living Arrangements](#)” report by the United States Census Bureau, there are 8,765,000 single-mothers caring for over 15,606,000 children, ages 18 and younger. This staggering figure sheds light into what is perhaps the most neglected ministry opportunity in the United States today: the single mother.

*Be strong and courageous. Do not be afraid; do not be discouraged,  
for the LORD your God will be with you wherever you go. -Joshua 1:9*

The Christian single mother is not alone, but she feels alone. She often feels overwhelmed and ill-equipped to build a spiritually strong home for her family. Frequently overlooked by the church and society as a whole, the single mother tackles her daily responsibilities with little time to do the things she must, much less the things which might feed and nurture her soul. Prayers are reduced to exhausted one-liners....

*God, please help me. Where ARE You in this? I can't do this alone.  
Do You see me? Do You hear me? Do You even care?*

Building a spiritually strong home seems an impossible task to the single mother who defines her family as broken. And the world stands ready to offer counterfeit replacements for the love and stability she and her children long for. But, hope remains because Jesus came to heal the brokenhearted.

Offering such hope to single mothers is no easy task. The well-meaning, but overused phrases, “*All you need is God*” and “*Don't worry, God is with you*” offer little comfort for the single mother who is economically vulnerable, overwhelmed, and lonely. To her, the world seems to provide solutions (co-habitation, remarriage, distractions) that are realistic and within reach.



The purpose of ministry to single mothers is two-fold.

1. We offer true hope by embedding God's Word and truth within the heart of the single mother. By embracing His Word and truth, single mothers not only grow in intimacy with the Lord, but they also establish a legacy of faith for her children and her children's children.
2. We offer a community of friendship, support, accountability, and wisdom to the often-isolated single mother.

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### MISSION STATEMENT:

With the help of the Holy Spirit,  
we seek to support, encourage, and equip single mothers  
through the love, grace, and Word of our Lord Jesus Christ.

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### BELIEF

As a former single mother and having worked in ministry for single mothers for over seven years, it is my firm conviction that today's single mothers fall within the category of widows found in scripture.

- Our triune God sees, rescues, defends, heals, and loves single mothers.

*A father to the fatherless, a defender of widows, is God in His holy dwelling. -Psalm 68:5*

*I will search for the lost and bring back the strays. I will bind up the injured and strengthen the weak... I will send down showers and season; there will be showers of blessing... They will live in safety, and no one will make them afraid. I will provide for them a land renowned for its crops, and they will no longer be victims of famine in the land or bear the scorn of the nations.*

*-Ezekiel 34:16, 26, 28, 29*

*He tends His flock like a shepherd:*

*He gathers the lambs in His arms and carries them close to His heart;*

*He gently leads those that have young. -Isaiah 40:11*

- As Christ-followers, we are called to love and support single mothers. We are called to emulate His character and calling.

*Religion that God our Father accepts as pure and faultless is this:  
to look after orphans and widows in their distress  
and to keep oneself from being polluted by the world. -James 1:27*

*The Spirit of the Sovereign Lord is on me,  
because the Lord has anointed me to **preach** good news to the poor.  
He has sent me to **bind up** the brokenhearted,  
to **proclaim** freedom for the captives  
and **release** from darkness for the prisoners,  
to **proclaim** the year of the Lord's favor  
and the day of vengeance of our God,  
to **comfort** all who mourn, and provide for those who grieve in Zion—  
to **bestow** on them a crown of beauty instead of ashes,  
the oil of joy instead of mourning,  
and a garment of praise instead of a spirit of despair. -Isaiah 61:1-3*

## AM I CALLED TO LEAD?

The thought of “leading” a small group may evoke fear and doubt in even the strongest of believers.

*Am I ready to lead?*

*Am I equipped?*

*But I don't know enough about the Bible.*

*I feel uncomfortable praying in front of others.*

*I don't have my own life figured out, much less anyone else's!*

Sound familiar? Perhaps a better line of questioning is:

*Do I have a heart for single mothers?*

*Do I feel comfortable inviting women into my home regularly?*

*Do I feel a tug or longing in my heart when thinking about this?*

*Am I willing to spiritually grow alongside other women as we learn together?*

*Am I willing to follow the lead of the Holy Spirit?*

If you answered “yes” to the above questions, you should pray and ask God if He is asking you to lead a group for single mothers.

*Whether you turn to the right or to the left,  
your ears will hear a voice behind you, saying,  
“This is the way; walk in it.”  
-Isaiah 30:21*



# STARTING A GROUP

There is no “one right way” to host a community group in your home. Each group is unique and will grow and develop according to the desires, strengths, and needs of the individual members. Before scheduling your first group, consider the following:

- **CO-LEADER:** Should I lead a group on my own or should I have a co-leader to share responsibilities with?
- **LOCATION:** Where will the group eat and study? Many group leaders feel extraordinary pressure when it comes to the cleanliness and beauty of their home. Understand that most single mothers offer abundant grace. They understand how difficult it is to manage a home, children, finances, and work. A few dirty dishes in the sink does not disqualify you from leading effectively. Yes, it is important to provide a place that is thoughtfully prepared. Pick up any messes that will distract your members or their children. Make sure the space is safe for younger children (ie. safety plugs, cords hidden, etc.). Consider the aesthetics. Is your home welcoming? Warm? Peaceful? Turn on the outside porch lights. Consider burning a lightly fragrant candle. Play quiet instrumental music in the background. Make sure your pets are safe and well-mannered. Alternatively, some churches may offer a room for you to meet in.
- **FREQUENCY OF MEETINGS:** The most effective community groups meet on a consistent and predictable basis. Some groups prefer to meet weekly, while others meet every other week. Monthly meetings typically do not offer the level of contact necessary to develop a strong community.
- **DATE AND TIME OF MEETINGS:** Will your group meet in the evening on weekdays or perhaps in the afternoon on the weekend? Assess the needs of your group to determine the best day of week and time. To allow enough time to socialize, eat, study, and pray, you can expect each group to last 2 - 2 1/2 hours. Honor one another’s time by starting and ending promptly. You may choose to keep your home open to those who wish to continue to pray or chat.
- **SIZE OF GROUPS:** How many single mothers (and possibly children) can you comfortably accommodate? There is a fine line between cozy and crowded. Groups with 4-6 mothers are most conducive to building community, but you can start a group by simply inviting one woman. Consider:
  - Will your group be open to new guests?
  - If the group grows too large, at what point does it split into two groups? If it splits, who is ready to host the second group? Pray for leaders to rise from within the established community.

- **CHILDREN:** Most mothers will require childcare. Will mothers need to find a babysitter on their own or will you open your home to children? If children are not allowed, will you make exceptions for breast feeding mothers? If children are welcome, consider where they will safely eat and play during the meeting. Some groups pitch in financially to pay for a babysitter while other groups simply allow children to remain in close proximity. While still effective, the latter will certainly cause more interruptions during the meeting and may prevent mothers from openly discussing delicate matters. If you allow children, your group may consider having the occasional kid-free meeting to allow for more vulnerability and openness.
- **COMMUNICATION:** How will you communicate meeting dates, needs, news, food sign-ups, and prayer requests with your group? Email, group texting, and *private* facebook groups are among the most effective methods of communication. Please refer your single mothers to the “SEEN Ministry for Single Mothers” facebook page for events and resources in Colorado Springs, Colorado. If members feel comfortable, share personal emails with one another.
- **INITIAL INVITATION:** The most powerful way to invite a woman to your community group is through personal interaction, either face-to-face or through a phone call. Then, follow-up with an email or text with all the details. Texting the full address offers a navigation link, which helps decrease nervousness about going to a new place.
- **FOLLOW-UP:** After the initial “Community Gathering” meeting, follow up with members of your group to let them know how much you appreciate them and their place in the community.
- **FOOD:** Other than the Holy Spirit, there is no better unifier of human hearts than FOOD! Plan on serving a buffet style snack, lunch, dinner, or dessert each time you meet. While you might take on the first meal yourself, this responsibility should be shared. Give members the opportunity to provide and show off their culinary skills. Allow them to help clean up afterwards. Be sure to publicly praise and thank each person as they contribute. A food sign-up sheet is provided at the end of this manual.
- **HANDLING UNCOMFORTABLE SITUATIONS, CONFLICTS, OR DIFFICULT MEMBERS:** Decide ahead of time how you will handle problem areas, especially: arguments, unholy conversation or influence, domination of conversation, unanswerable questions, cliques, and rumors or sharing outside the group. Be prepared to step in or mediate, if needed.
- **HANDLING ISSUES BEYOND YOUR EXPERTISE OR COMFORT:** At some point, you will likely hear about a situation that causes concern. Or, a member might approach you with information. Understand that you or other members can not solve every problem that arises. It is helpful to know of various assistance programs your church and community offers. Consider starting a resource list. In some cases, you may need to intervene in safety-related cases. Watch for ongoing abuse, mental illness, unhealthy or risky behaviors, suicidal ideation, self-harm, unsafe living conditions, legal issues, financial crisis, food shortage, utility or rent issues, etc. As a leader, it is imperative you reach out for counsel on these issues.



# LEADING A GROUP

**MEAL:** Consider providing a snacks or a meal for this first gathering. Allow women to sign up to bring food to future meetings using the sheet provided. Always accept help cleaning up afterward. This will help establish a culture of gratitude and helpfulness which is essential for a thriving community.

**TRADITIONS:** Establish traditions within your new community from the first meeting. Consider the following.

- **Welcome and Release:** How will you welcome women into your home? How will you end each meeting? Physical touch and a verbal expression of gratitude and joy helps create a sense of safety and belonging within the group.
- **Prayer:** Pray over each meal before you eat, thanking God for His provision of food and friendship. For those mothers who are less experienced with prayer, this offers a strong model to follow as they grow as the spiritual leader of their homes. At the end of each meeting, close with prayer requests and a time of prayer. You can pray a general prayer or specific prayers based on needs for provision, healing, strength, rest, etc. Some groups may prefer to write down specific requests to maintain privacy.
- **Gift of God's Word:** Before each woman leaves, have her pick a scripture to reflect on until you meet again. Print the attached PDF and cut into individual Bible verses. Place into a basket or jar. Women may share their verses and reflect on the meaning or significance or they may simply choose to bring it home and reflect personally. The goal of this tradition is to create a thirst for God's Word as a source of comfort, wisdom, and peace.

**SUPPLIES:**

- Meal sign-up sheet
- Contact form
- Scripture sheet, cut into individual strips. Place in a basket or jar.
- Name tags, if desired
- Paper and pens for note taking, prayer requests
- Bible(s)
- Beverages and serve ware, as needed.
- Ability to show videos via. YouTube or [www.michellelynnenters.com](http://www.michellelynnenters.com)

# DEVELOPING COMMUNITY AMONG SINGLE MOTHERS

## SESSION I: COMMUNITY GATHERING

### WELCOME AND FELLOWSHIP TIME:

Welcome mothers and children warmly into your home and establish the “routine” with regards to food, drinks, childcare, etc. Spend time eating and chatting.

### INTRODUCTIONS:

- Introduce yourself and share your heart for single mothers.
- Begin your time together with prayer.
- Have mothers introduce themselves to the group with their name, name and ages of children, how long a single mother, work, etc. To encourage steps toward intimacy and openness, as women to answer one of the following questions:
  - What is your greatest hope in joining a community of single mothers?
  - What is your greatest joy in being a mother?

### ESTABLISH PROCEDURES AND NORMS:

- Determine preferred communication for group. Pass around the contact list.
- Determine norms for confidentiality, openness, and grace vs. judgement. Ask the members what is necessary for them to feel a sense of closeness and trust. Write down agreed upon norms and review as necessary in subsequent meetings. This document will be used in Session 3.

### DISCUSS PURPOSE OF GROUP AND GIVE OVERVIEW:

- Purpose: Single mothers are at high risk of social and spiritual isolation. Using Acts 2:42-47 as a model, the single mother can find support, wisdom, comfort, healing, and companionship in a small community of single mothers. This study is designed to equip community groups with a strong Biblical foundation and a healthy culture of caring for one another.
- Session 1- A Community Gathering: This informal gathering is designed simply to meet one another, share food, and develop new friendships.
- Session 2- The Purpose of Community: In this session, women will learn about God’s design for community and the importance of combating isolation with companionship.
- Session 3- The Function of Community: Every member of the community has a powerful and important role. Women will learn how to access their strengths and needs in order to find their place within the community.
- Session 4- Sharing Your Story. Single mothers need to share their story. Women will learn how to share their story and testimony within their community. This session may last a few weeks to give everyone a chance to share.

- Final Session- Celebration and Next Steps. The group will close the study with a celebration, outing, or service project, as determined by the members. If the community group wishes to remain together, they may discuss options for further study.

#### GROUP DISCUSSION:

Open the discussion up to discuss the needs and hopes of the group. For a structured discussion, ask the following questions:

- Do you feel well-connected or isolated as a single mother?
- What roadblocks to single mothers face when trying to create or sustain friendships?
- What needs do you have in order to feel safe within a community like this?

#### CLOSING:

- Gift of God's Word: Pass around the basket and allow each woman to take a verse. They may choose to share or keep private.
- Prayer Requests: Ask for prayer requests and end the session in prayer. Some may prefer to be specifically prayed over. Some may choose to write their requests and keep them private.

#### HOME STUDY:

Encourage women to:

- Connect with one another through the chosen method of communication.
- Reflect on their Bible verse. Pray or journal about it. Memorize it. Mark it in their bible.
- Pray for one another.

Leaders should:

- Pray for each member throughout the week.
- Connect with members occasionally on a personal basis.
- Follow up with prayer requests or concerns, as needed.

# DEVELOPING COMMUNITY AMONG SINGLE MOTHERS

## SESSION 2: THE PURPOSE OF COMMUNITY

### WELCOME AND FELLOWSHIP TIME:

Welcome mothers and children warmly into your home and establish the “routine” with regards to food, drinks, childcare, etc. Spend time eating and chatting.

### TRADITIONS, PROCEDURES, & NORMS:

Continue to establish a sense of community, comfort, and connectedness.

- Honor norms established in Session 1. Revisit, as needed.
- Continue with procedures and traditions to create a predictable and safe environment which is conducive to growth and friendships.

### OPENING:

Pray and give an overview of today’s session on the purpose of community.

### VIDEO 1: The Purpose of Community

- Located on [www.michellelynnenters.com](http://www.michellelynnenters.com), under resources.
- YouTube: <https://youtu.be/BK6SbVYOcgg>

### VIDEO OUTLINE AND SCRIPTURE REFERENCES:

- What is a Community Group and how is it different from a Bible study?
- Scriptural foundation for community groups:

*They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved. -Acts 2:42-47*

*In the midst of a very severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. -2 Corinthians 8:2*

*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another. -Hebrews 10:24-25*



*Session 2: The Purpose of Community. p2*

- What is the purpose of community?
  - Community draws us out of isolation and into the presence of God.  
*For where two or three gather in my name, there am I with them. -Matthew 18:20*
  - Community provides perspective, wisdom, accountability, support, love, and compassion.  
*Carry each other's burdens, and in this way you will fulfill the law of Christ. -Galatians 6:2*

*Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. -Ecclesiastes 4:9-12*

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. -James 5:16*

*...warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone. -1 Thessalonians 5:14*

- Community teaches us how to both give and receive.
- Community teaches us how to be in relationship with God and with one another.

**GROUP DISCUSSION:**

- Was there anything you identified with in the video? Disagreed with? Confused you?
- Do you feel isolated as a single mother or do you have a strong community?
- What prevents single mothers (or you) from being involved with a community?
- What are you most looking forward to in this community?

**CLOSING:**

- Gift of God's Word: Pass around the basket and allow each woman to take a verse. They may choose to share or keep private.
- Prayer Requests: Ask for prayer requests and end the session in prayer. Some may prefer to be specifically prayed over. Some may choose to write their requests and keep them private.

HOME STUDY:

Encourage women to:

- Connect with one another through the chosen method of communication.
- Reflect on their Bible verse. Pray or journal about it. Memorize it.
- Pray for one another.

Leaders should:

- Pray for each member throughout the week.
- Connect with members occasionally on a personal basis.
- Follow up with prayer requests or concerns, as needed.

# DEVELOPING COMMUNITY AMONG SINGLE MOTHERS

## SESSION 3: THE FUNCTION OF COMMUNITY

### WELCOME AND FELLOWSHIP TIME:

Welcome mothers and children warmly into your home and establish the “routine” with regards to food, drinks, childcare, etc. Spend time eating and chatting.

### TRADITIONS, PROCEDURES, & NORMS:

Continue to establish a sense of community, comfort, and connectedness.

- Honor norms established in Session 1. Revisit, as needed.
- Continue with procedures and traditions to create a predictable and safe environment which is conducive to growth and friendships.

### OPENING:

Pray and give an overview of today’s session on the purpose of community.

### REVIEW OF SESSION 2: The Purpose of Community

- Community draws us out of isolation and into the presence of God.
- Community provides perspective, wisdom, accountability, support, love, and compassion.
- Community teaches us how to both give and receive.
- Community teaches us how to be in relationship with God and with one another.

### VIDEO 2: The Function of Community

- Located on [www.michellelynnenters.com](http://www.michellelynnenters.com), under resources or,
- YouTube: <https://youtu.be/IscShES1JGM>

### VIDEO OUTLINE AND SCRIPTURE REFERENCES:

- Scriptural Foundation

*Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.  
Colossians 3:12-14*

- How should we view ourselves and one another? “...as God’s chosen people, holy and dearly loved...”

- How should we treat one another? *“...with compassion, kindness, humility, gentleness, patience... forgiveness, love, unity.”*
- Norms: Within a community group, the creation and adherence to norms helps to sustain the vulnerability and authenticity needed to grow and learn. Norms should include the basic principles of respect, dignity, and confidentiality.
- Supporting the Spiritual and Tangible Needs of One Another  
*“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.” “Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’ “The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’” -Matthew 25:35-40*
- Hunger: We are called not only to share food with one another, but also to feed our spiritual hunger for the Word of God.  
*When your words came, I ate them; they were a joy and my heart’s delight. -Jeremiah 15:16*
- Thirst: Like the woman at the well, single mothers thirst for the Living Water found in Jesus.  
*“Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” -John 4:14*
- Loneliness: Single mothers often feel excluded and alone. By inviting the “stranger” into our group, she feels seen, heard, and loved.  
*The Lord God said, ‘It is not good for man to be alone.’ -Genesis 2:18*
- Clothing: As we clothe one another with grace and love, do not forget the tangible needs among the group.  
*Suppose a brother or a sister is without clothes and daily food. If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? -James 2:17*
- Sickness: Many single enter church or a community group as the walking wounded. Be the hands and feet of Jesus to one another.  
*He heals the brokenhearted and binds up their wounds. -Psalm 147:3*

- Prison: Some single mothers feel imprisoned by pain, poverty, and loneliness. Meet her in her place of bondage. Don't wait for her to break the chains herself.

*Continue to remember those in prison as if. You were together with them in prison, and those who are mistreated as if you yourselves were suffering. -Hebrews 13:3*

- A burden shared is a burden lightened. A joy shared is a joy multiplied.

#### GROUP DISCUSSION:

- Was there anything you identified with in the video? Disagreed with? Confused you?
- How does viewing one another as “God’s chosen people, holy and dearly loved” affect the way in which we interact?
- Review the norms established in Session 1. Does anything need to change as we consider how we should view one another? For example, if we are all “God’s chosen people, holy and dearly loved”, then:
  - We will treat one another with respect and dignity.
  - We will keep all shared stories confidential.
  - We will care for one another in tangible and spiritual ways.
- Going around in a circle, each member should share one thing they are great at or passionate about. Then, go around the circle again to share one struggle or challenge. Encourage discussions on how one another’s skills and strengths can help the group. This activity strengthens our belief that we each have something valuable to offer and we each have needs.

#### CLOSING:

- Gift of God’s Word: Pass around the basket and allow each woman to take a verse. They may choose to share or keep private.
- Prayer Requests: Ask for prayer requests and end the session in prayer. Some may prefer to be specifically prayed over. Some may choose to write their requests and keep them private.

#### HOME STUDY:

Encourage women to:

- Connect with one another through the chosen method of communication.
- Reflect on their Bible verse. Pray or journal about it. Memorize it. Mark it in their bible.
- Pray for one another.

Leaders should:

- Pray for each member throughout the week.
- Connect with members occasionally on a personal basis.
- Follow up with prayer requests or concerns, as needed.

# DEVELOPING COMMUNITY AMONG SINGLE MOTHERS

## SESSION 4: TELLING OUR STORIES

### WELCOME AND FELLOWSHIP TIME:

Welcome mothers and children warmly into your home and establish the “routine” with regards to food, drinks, childcare, etc. Spend time eating and chatting.

### TRADITIONS, PROCEDURES, & NORMS:

Continue to establish a sense of community, comfort, and connectedness.

- Honor norms established in Session 1. Revisit, as needed.
- Continue with procedures and traditions to create a predictable and safe environment which is conducive to growth and friendships.

### OPENING:

Pray and give an overview of today’s session on the purpose of community.

### REVIEW OF SESSION 2: The Function of Community

- When we have a proper understanding of ourselves and others as “*Gods chosen people, holy and dearly loved*”, it helps us to value one another enough to treat each other “*...with compassion, kindness, humility, gentleness, patience... forgiveness, love, unity.*”
- As a community, we adhere to the norms mutually agreed upon. (Review norms, if necessary.)
- As a community, our collective strengths help us to support the spiritual and tangible needs of one another.

### VIDEO 2: No video this week.

### SCRIPTURE REFERENCES:

- Telling our story.

*Jesus did not let him, but said, “Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.” - Mark 5:19*

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. -2 Corinthians 1:4*

*Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. -1 Peter 3:15*

*Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written. -John 21:25*

#### TELLING YOUR STORY FIRST:

- One of the most impactful things you can do as a leader is to share your story with vulnerability and the hope of Christ. Sharing our story pulls us out of our momentary trials and concerns. We remember our beginnings and the impact it had on us. We consider all the wonders and joys and struggles of adolescence and the weight of responsibility in adulthood. We dust off our old dreams and wonder why we set them down. We remember how we had it all figured out and then life took us in a completely different direction. When we share our story, old wounds rise to the surface and sometimes bleed again. We find other wounds to be fully healed. When we speak our life into story with a beginning and middle, it forces us to accept there is an end and in that acceptance, we yearn for heights we have not yet reached.
- When preparing your story to share, ask yourself where God was at different stages of your life. How did His presence change, heal, comfort, help, or direct you? Did you always know God or was there a moment of decision? Be sure to share about your relationship with God over the years.
- As a leader, you may not have experience as a single mother. It is important to acknowledge that and share other struggles you may have had. The human experience is wrought with struggle. No one is exempt and there, we find common ground.
- Speaking our truth aloud is powerful experience for both the speaker and the listener. Receive the encouragement, concern, and questions offered after sharing. Through your example of speaking and receiving, you are teaching the members of your group how to look at one's life with a spiritually healthy perspective.

#### GROUP DISCUSSION:

- As a group, discuss the logistics of each member sharing their story and make a plan. How long will each person have to share? Will anyone share today? Can everyone share in one day or will it take more time? How can we show sensitivity and compassion to one another during this time of vulnerability? Are there any additional norms we need to create so every woman feels heard and validated? Should children be at the home during the sharing of stories or does it need to be a child-free session?
- After everyone has shared their story, make a plan for the Final Session: Celebration and Next Steps. Determine the type of celebration desired. It can be a meal, outing, family activity, or service project. If the community group wishes to remain together, take time to discuss book or study ideas. One option is to read and discuss, "The Unseen Companion- God with the Single Mother" by Michelle Lynn Senters. See the last page of this guide for ordering and discount information.

**CLOSING:**

- Gift of God's Word: Pass around the basket and allow each woman to take a verse. They may choose to share or keep private.
- Prayer Requests: Ask for prayer requests and end the session in prayer. Some may prefer to be specifically prayed over. Some may choose to write their requests and keep them private.

**HOME STUDY:**

Encourage women to:

- Think about their story and what they would like to share. Encourage them to question, "Where was God in the midst of this?"
- Connect with one another through the chosen method of communication.
- Reflect on their Bible verse. Pray or journal about it. Memorize it. Mark it in their bible.
- Pray for one another.

Leaders should:

- Pray for each member throughout the week.
- Connect with members occasionally on a personal basis.
- Follow up with prayer requests or concerns, as needed.



# DEVELOPING COMMUNITY AMONG SINGLE MOTHERS

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## FINAL SESSION: CELEBRATION AND NEXT STEPS

(PLANNING PAGE)

CELEBRATION:

NEXT STEPS:



SINGLE MOTHERS' COMMUNITY GROUP  
CONTACT LIST

HOST NAME: \_\_\_\_\_ BIRTHDAY: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

NAMES/AGES OF CHILDREN: \_\_\_\_\_

NAME: \_\_\_\_\_ BIRTHDAY: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

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EMAIL: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

NAMES/AGES OF CHILDREN: \_\_\_\_\_

# SINGLE MOTHERS' COMMUNITY GROUP

## FOOD & BEVERAGE SIGN-UP

SESSION DATE \_\_\_\_\_

NAME

FOOD

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SESSION DATE \_\_\_\_\_

NAME

FOOD

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SESSION DATE \_\_\_\_\_

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FOOD

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SESSION DATE \_\_\_\_\_

NAME

FOOD

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## BIBLE VERSES FOR SINGLE MOTHERS

*If you abide in my word, you are truly my disciples, and you will know the truth,  
and the truth will set you free. —John 8:31–32 ESV*

Directions for Leaders: Print and cut into individual verses. Place in a jar or basket to share with community members at the end of each gathering. This tradition will create a sense of anticipation and thirst for God’s Word as a source of truth, comfort, peace, wisdom, healing, and strength. This document can also be used as a reference for you as a leader, as the scriptures are sorted by issue or need. All scriptures are taken from the NIV Bible, unless otherwise notated.

### BALANCE

*We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.  
Indeed, we felt we had received the sentence of death.  
But this happened that we might not rely on ourselves but on God, who raises the dead.  
—2 Corinthians 1:8–9*

*Truly he is my rock and my salvation; he is my fortress, I will never be shaken. —Psalm 62:2*

*Jesus looked at them and said, "With man this is impossible, but with God all things are possible."  
—Matthew 19:26*

*I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit,  
out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.  
—Psalm 40:1–2*

*We are hard pressed on every side, but not crushed; perplexed, but not in despair;  
persecuted, but not abandoned; struck down, but not destroyed. —2 Corinthians 4:8–9*

*“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.” —Matthew 7:24–27*

## COMFORT

*As a mother comforts her child, so will I comfort you. —Isaiah 66:13*

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.  
—2 Corinthians 1:3–4*

*May your unfailing love be my comfort. —Psalm 119:76*

## COMPANIONSHIP

*And surely I am with you always, to the very end of the age. —Matthew 28:20*

*Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. —Joshua 1:9*

*Greater love has no one than this: to lay down one's life for one's friends. —2 Corinthians 15:13*

*I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.  
—John 15:15*

*I will never leave you nor forsake you. —Joshua 1:5*

## DIRECTION

*I will instruct you and teach you in the way you should go;  
I will counsel you with my loving eye on you. —Psalm 32:8*

*Trust in the Lord with all your heart and lean not on your own understanding;  
in all your ways submit to him, and he will make your paths straight.. —Proverbs 3:5–6*

*If any of you lacks wisdom, you should ask God,  
who gives generously to all without finding fault, and it will be given to you.  
—James 1:5*

*Your path led through the sea, your way through the mighty waters,  
though your footprints were not seen. —Psalm 77:19*

## FORGIVENESS

*Turn to me and be gracious to me, for I am lonely and afflicted.  
Relieve the troubles of my heart and free me from my anguish.  
Look on my affliction and my distress and take away all my sins.  
—Psalm 25:16–18*

*Strive for full restoration, encourage one another, be of one mind, live in peace.  
And the God of love and peace will be with you. —2 Corinthians 13:11*

*And forgive us our debts, as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from the evil one. —Matthew 6:12–13*

## HEALING

*In that day I will restore David's fallen shelter—  
I will repair its broken walls and restore its ruins— and will rebuild it as it used to be.  
—Amos 9:11*

*Is not this the kind of fasting I have chosen:  
to loose the chains of injustice and untie the cords of the yoke,  
to set the oppressed free and break every yoke? —Isaiah 58:6*

*They did not realize it was I who healed them.  
I led them with cords of human kindness, with ties of love.  
—Hosea 11:3–4*

*The LORD is close to the brokenhearted and saves those who are crushed in spirit.  
—Psalm 34:18*

*The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor.  
He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind,  
to set the oppressed free, to proclaim the year of the Lord's favor. —Luke 4:18–19*

*Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all  
your diseases, who redeems your life from the pit and crowns you with love and compassion.  
—Psalm 103:2–4*

*He heals the brokenhearted and binds up their wounds. —Psalm 147:3*

*The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He  
has sent me to proclaim freedom for the prisoners and recovery of sight for the blind,  
to set the oppressed free, to proclaim the year of the Lord's favor. —Luke 4:18–19*

*It is for freedom that Christ has set us free.  
Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.  
—Galatians 5:1*

## HOME

*In that day I will restore David's fallen shelter—  
I will repair its broken walls and restore its ruins— and will rebuild it as it used to be.  
—Amos 9:11*



*Unless the LORD builds the house, the builders labor in vain. —Psalm 127:1*

*One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple.  
—Psalm 27:4*

*I long to dwell in your tent forever and take refuge in the shelter of your wings. —Psalm 61:4*

*Surely your goodness and love will follow me all the days of my life,  
and I will dwell in the house of the LORD forever. —Psalm 23:6*

*Blessed are those who dwell in your house; they are ever praising you. —Psalm 84:4*

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.  
—Psalm 91:1*

*For we are the temple of the living God.  
As God has said: "I will live with them and walk among them, and I will be their God,  
and they will be my people." —2 Corinthians 6:16*

*My dwelling place will be with them; I will be their God, and they will be my people.  
—Ezekiel 37:27*

*Lord, you have been our dwelling place throughout all generations. —Psalm 90:1*

*Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them,  
and we will come to them and make our home with them." —John 14:23*

*From one man he made all the nations, that they should inhabit the whole earth;  
and he marked out their appointed times in history and the boundaries of their lands.  
God did this so that they would seek him and perhaps reach out for him and find him,  
though he is not far from any one of us. 'For in him we live and move and have our being.'  
As some of your own poets have said, 'We are his offspring.'  
—Acts 17:26–28*

*For no one can lay any foundation other than the one already laid, which is Jesus Christ.  
—1 Corinthians 3:11*

*For we know that if the earthly tent we live in is destroyed, we have a building from God,  
an eternal house in heaven, not built by human hands.  
—2 Corinthians 5:1*

*So this is what the Sovereign LORD says:  
"See, I lay a stone in Zion, a tested stone, a precious cornerstone for a sure foundation;  
the one who relies on it will never be stricken with panic."  
—Isaiah 28:16*

*"As for everyone who comes to me and hears my words and puts them into practice,  
I will show you what they are like.  
They are like a man building a house, who dug down deep and laid the foundation on rock.  
When a flood came, the torrent struck that house but could not shake it, because it was well built.  
But the one who hears my words and does not put them into practice  
is like a man who built a house on the ground without a foundation.  
The moment the torrent struck that house, it collapsed and its destruction was complete."  
—Luke 6:47–49*

*The rain came down, the streams rose, and the winds blew and beat against that house;  
yet it did not fall, because it had its foundation on the rock. —Matthew 7:25*

*Wisdom has built her house; she has set up its seven pillars. —Proverbs 9:1*

*May there be peace within your walls and security within your citadels.  
For the sake of my family and friends, I will say, "Peace be within you."  
For the sake of the house of the Lord our God, I will seek your prosperity.  
—Psalm 122:7–9*

*Let him lead me to the banquet hall, and let his banner over me be love. —Song of Solomon 2:4*

*By wisdom a house is built, and through understanding it is established;  
through knowledge its rooms are filled with rare and beautiful treasures. —Proverbs 24:3–4*

## HOPE

*We rejoice in our sufferings, knowing that suffering produces endurance,  
and endurance produces character,  
and character produces hope, and hope does not put us to shame,  
because God's love has been poured into our hearts  
through the Holy Spirit who has been given to us.  
—Romans 5:3–5 (ESV)*

*I remain confident of this: I will see the goodness of the Lord in the land of the living.  
Wait for the Lord; be strong and take heart and wait for the Lord. —Psalm 27:13–14*

*May the God of hope fill you with all joy and peace as you trust in him,  
so that you may overflow with hope by the power of the Holy Spirit. —Romans 15:13*

*Then you will know that I am the Lord; those who hope in me will not be disappointed.  
—Isaiah 49:23*

## IDENTITY

*For we are his workmanship, created in Christ Jesus for good works,  
which God prepared beforehand, that we should walk in them. —Ephesians 2:10 (ESV)*

*For now we see only a reflection as in a mirror; then we shall see face to face.  
Now I know in part; then I shall know fully, even as I am fully known. —1 Corinthians 13:12*

*Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!  
—2 Corinthians 5:17*

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and  
we take captive every thought to make it obedient to Christ. —2 Corinthians 10:5*

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then  
you will be able to test and approve what God's will is--his good, pleasing and perfect will.  
—Romans 12:2*

*Put on the new self, which is being renewed in knowledge in the image of its Creator.*  
—Colossians 3:10

*Out of all the peoples on the face of the earth,  
the LORD has chosen you to be his treasured possession.*  
—Deuteronomy 14:2

*And we all, who with unveiled faces contemplate the Lord's glory,  
are being transformed into his image with ever-increasing glory,  
which comes from the Lord, who is the Spirit.*  
—2 Corinthians 3:18

*I delight greatly in the LORD; my soul rejoices in my God.  
For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness,  
as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.*  
—Isaiah 61:10

*Do not merely listen to the word, and so deceive yourselves. Do what it says.  
Anyone who listens to the word but does not do what it says is like someone  
who looks at his face in a mirror and, after looking at himself,  
goes away and immediately forgets what he looks like.  
But whoever looks intently into the perfect law that gives freedom,  
and continues in it—not forgetting what they have heard,  
but doing it—they will be blessed in what they do.*  
—James 1:22-25

*To the one who is victorious, I will give some of the hidden manna.  
I will also give that person a white stone with a new name written on it,  
known only to the one who receives it.—Revelation 2:17*

*You shall be called by a new name that the mouth of the LORD will give.  
You shall be a crown of beauty in the hand of the LORD, and a royal diadem in the hand of your  
God. You shall no more be termed Forsaken, and your land shall no more be termed Desolate, but  
you shall be called My Delight Is in Her, and your land Married; for the LORD delights in you and  
your land shall be married. For as a young man marries a young woman, so shall your sons marry  
you, and as the bridegroom rejoices over the bride, so shall your God rejoice over you.*  
—Isaiah 62:2–5

## LOVE

*For God so loved the world that he gave his one and only Son,  
that whoever believes in him shall not perish but have eternal life. —John 3:16*

*Beloved, if God so loved us, we also ought to love one another.  
No one has ever seen God; if we love one another,  
God abides in us and his love is perfected in us. —1 John 4:11–12*

*Love the Lord your God with all your heart and with all your soul  
and with all your mind and with all your strength. —Mark 12:30*

*I will search for the one my heart loves. —Song of Solomon 3:2*

*For I am convinced that neither death nor life, neither angels nor demons,  
neither the present nor the future, nor any powers, neither height nor depth,  
nor anything else in all creation, will be able to separate us from the love of God that is in Christ  
Jesus our Lord. —Romans 8:38–39*

*Let him lead me to the banquet hall, and let his banner over me be love. —Song of Songs 2:4*

*I will betroth you to me forever;  
I will betroth you in righteousness and justice, in love and compassion.  
—Isaiah 2:19*

*You will forget the shame of your youth and remember no more the reproach of your widowhood.  
For your Maker is your husband— the Lord Almighty is his name.  
—Isaiah 54:4–5*

*The LORD your God is in your midst, a mighty one who will save;  
he will rejoice over you with gladness; he will quiet you by his love;  
he will exult over you with loud singing. —Zephaniah 3:17*

*See what great love the Father has lavished on us, that we should be called children of God!  
And that is what we are! —1 John 3:1*

## PEACE

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.  
And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.  
Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable —if anything is excellent or praiseworthy —think about such things.  
—Philippians 4:6–8*

*Cast all your anxiety on him because he cares for you. —1 Peter 5:7*

*Be still, and know that I am God. —Psalm 46:10*

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. —John 14:27*

## PERSEVERANCE

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.  
—Galatians 6:9*

*But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. —2 Corinthians 4:7–9*

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.  
—James 1:2-4*

*Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.  
—James 1:12*

*But as for you, be strong and do not give up, for your work will be rewarded.*  
—2 Chronicles 15:7

*Be joyful in hope, patient in affliction, faithful in prayer.* —Romans 12:12

## PROVISION

*Even to your old age and gray hairs I am he, I am he who will sustain you.  
I have made you and I will carry you; I will sustain you and I will rescue you.*  
—Isaiah 46:4

*And God is able to bless you abundantly, so that in all things at all times,  
having all that you need, you will abound in every good work.* —2 Corinthians 9:8

*And my God will meet all your needs according to the riches of his glory in Christ Jesus.*  
—Philippians 4:19

*Ask and it will be given to you; seek and you will find;  
knock and the door will be opened to you.* —Matthew 7:7

*Very truly I tell you, my Father will give you whatever you ask in my name.  
Until now you have not asked for anything in my name.  
Ask and you will receive, and your joy will be complete.*  
—John 16:23–24

*Do not be anxious about anything, but in every situation, by prayer and petition,  
with thanksgiving, present your requests to God.* —Philippians 4:6

## PROTECTION

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and  
help you; I will uphold you with my righteous right hand.* —Isaiah 41:10

*The Lord is my light and my salvation— whom shall I fear?  
The Lord is the stronghold of my life—of whom shall I be afraid?  
—Psalm 27:1*

*Have mercy on me, my God, have mercy on me, for in you I take refuge.  
I will take refuge in the shadow of your wings until the disaster has passed.  
—Psalm 57:1*

*God is our refuge and strength, an ever-present help in trouble. —Psalm 46:1*

## PURPOSE

*And we know that in all things God works for the good of those who love him,  
who have been called according to his purpose. —Romans 8:28*

*The LORD will fulfill his purpose for me; your steadfast love,  
O LORD, endures forever.  
Do not forsake the work of your hands.  
—Psalm 138:8 (ESV)*

*Many are the plans in a person's heart, but it is the LORD's purpose that prevails.  
—Proverbs 19:21*

*For I know the plans I have for you," declares the Lord,  
"plans to prosper you and not to harm you, plans to give you hope and a future.  
Then you will call on me and come and pray to me, and I will listen to you.  
You will seek me and find me when you seek me with all your heart.  
I will be found by you," declares the Lord, "and will bring you back from captivity.  
—Jeremiah 29:11–14*

*As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.  
—Ephesians 4:1*



## REST

*Do you not know? Have you not heard?  
The Lord is the everlasting God, the Creator of the ends of the earth.  
He will not grow tired or weary, and his understanding no one can fathom.  
He gives strength to the weary and increases the power of the weak.  
Even youths grow tired and weary, and young men stumble and fall;  
but those who hope in the Lord will renew their strength.  
They will soar on wings like eagles; they will run and not grow weary,  
they will walk and not be faint.  
—Isaiah 40:28–31*

*By the seventh day God had finished the work he had been doing;  
so on the seventh day he rested from all his work.  
Then God blessed the seventh day and made it holy,  
because on it he rested from all the work of creating that he had done. —Genesis 2:2–3*

*There are six days when you may work,  
but the seventh day is a day of sabbath rest, a day of sacred assembly.  
You are not to do any work; wherever you live, it is a sabbath to the LORD. —Leviticus 23:3*

*In repentance and rest is your salvation, in quietness and trust is your strength. —Isaiah 30:15*

*The LORD is my shepherd; I shall not want. He makes me lie down in green pastures.  
He leads me beside still waters. He restores my soul. —Psalm 23:1–3*

*Let the beloved of the LORD rest secure in him, for he shields him all day long,  
and the one the LORD loves rests between his shoulders. —Deuteronomy 33:12*

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.  
—Psalm 91:1*

*When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.  
—Proverbs 3:24*

*In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety. —Psalm 4:8*

*I lie down and sleep; I wake again, because the LORD sustains me. —Psalm 3:5*

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*  
—Matthew 11:28–30

*Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."*  
—Mark 6:31

*This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls."*  
—Jeremiah 6:16

*There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his.*  
—Hebrews 4:9–10

*He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night.*  
—Psalm 91:4–5

## STRENGTH

*But as for you, be strong and do not give up, for your work will be rewarded.*  
—2 Chronicles 15:7

*Wait for the LORD; be strong and take heart and wait for the LORD. —Psalm 27:14*

*I can do all things through him who strengthens me. —Philippians 4:13 (ESV)*

*My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*  
—Psalm 73:26

*So do not fear, for I am with you; do not be dismayed, for I am your God.  
I will strengthen you and help you; I will uphold you with my righteous right hand.  
—Isaiah 41:10*

*I am not saying this because I am in need,  
for I have learned to be content whatever the circumstances.  
I know what it is to be in need, and I know what it is to have plenty.  
I have learned the secret of being content in any and every situation,  
whether well fed or hungry, whether living in plenty or in want.  
I can do all this through him who gives me strength.  
—Philippians 4:11–13*

*But we have this treasure in jars of clay  
to show that this all-surpassing power is from God and not from us.  
We are hard pressed on every side, but not crushed;  
perplexed, but not in despair; persecuted, but not abandoned;  
struck down, but not destroyed.  
—2 Corinthians 4:7–8*

*He gives strength to the weary and increases the power of the weak.  
Even youths grow tired and weary, and young men stumble and fall;  
but those who hope in the Lord will renew their strength.  
They will soar on wings like eagles; they will run and not grow weary,  
they will walk and not be faint. —Psalm 40:29–31*

*Finally, be strong in the Lord and in his mighty power. —Ephesians 6:10*

*But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”  
Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on  
me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions,  
in difficulties. For when I am weak, then I am strong. —2 Corinthians 12:9–10*

*Be strong and take heart, all you who hope in the LORD. —Psalm 31:24*

*In repentance and rest is your salvation, in quietness and trust is your strength. —Isaiah 30:15*

## TEMPTATION

*Such is the destiny of all who forget God; so perishes the hope of the godless.  
What they trust in is fragile; what they rely on is a spider's web.  
They lean on the web, but it gives way; they cling to it, but it does not hold.*  
—Job 8:13–15

*Because he himself suffered when he was tempted,  
he is able to help those who are being tempted.*  
—Hebrews 2:18

*For we do not have a high priest who is unable to empathize with our weaknesses,  
but we have one who has been tempted in every way, just as we are—yet he did not sin.  
Let us then approach God's throne of grace with confidence,  
so that we may receive mercy and find grace to help us in our time of need.*  
—Hebrews 4:15–16

*But you, man of God, flee from all this,  
and pursue righteousness, godliness, faith, love, endurance and gentleness.  
Fight the good fight of the faith.  
Take hold of the eternal life to which you were called  
when you made your good confession in the presence of many witnesses.*  
—1 Timothy 6:11–12

*And lead us not into temptation, but deliver us from the evil one.*  
—Matthew 6:13

*"Watch and pray so that you will not fall into temptation.  
The spirit is willing, but the flesh is weak."*  
—Matthew 26:41

*No temptation has overtaken you except what is common to mankind.  
And God is faithful; he will not let you be tempted beyond what you can bear.  
But when you are tempted, he will also provide a way out so that you can endure it.*  
—1 Corinthians 10:13

## WISDOM AND DIRECTION

*I will instruct you and teach you in the way you should go;  
I will counsel you with my loving eye on you.  
—Psalm 32:8*

*Trust in the Lord with all your heart and lean not on your own understanding;  
in all your ways submit to him, and he will make your paths straight.  
—Proverbs 3:5–6*

*I will lead the blind by ways they have not known,  
along unfamiliar paths I will guide them;  
I will turn the darkness into light before them and make the rough places smooth.  
These are the things I will do; I will not forsake them.  
—Isaiah 42:16*

*Whether you turn to the right or to the left,  
your ears will hear a voice behind you, saying,  
"This is the way; walk in it."  
—Isaiah 30:21*

*By wisdom a house is built, and through understanding it is established;  
through knowledge its rooms are filled with rare and beautiful treasures.  
—Proverbs 24:4*

*But one thing I do: Forgetting what is behind and straining toward what is ahead,  
I press on toward the goal to win the prize  
for which God has called me heavenward in Christ Jesus.  
—Philippians 3:13–14*

*Your path led through the sea, your way through the mighty waters,  
though your footprints were not seen.  
—Psalm 77:19*

*For now we see only a reflection as in a mirror; then we shall see face to face.  
Now I know in part; then I shall know fully, even as I am fully known.  
—1 Corinthians 13:12*

*Single Momma,  
You are not alone.*

*You are seen, heard, and deeply loved.*

As a single mother, you may feel overwhelmed, ill-equipped, and alone. You wonder, “*God, where are you in this?*”

Michelle Lynn Senters has been there. As a single mother for eight years, she raised three daughters and experienced many issues common to single mothers, including: financial crisis, emotional trauma in children, depression, pursuit of education, isolation from the church, consequences of fatherlessness, and the challenges of relationships and remarriage. But as a believer, she came to experience the profound nature of Christ in His ability to heal the brokenhearted single mother and meet her needs.

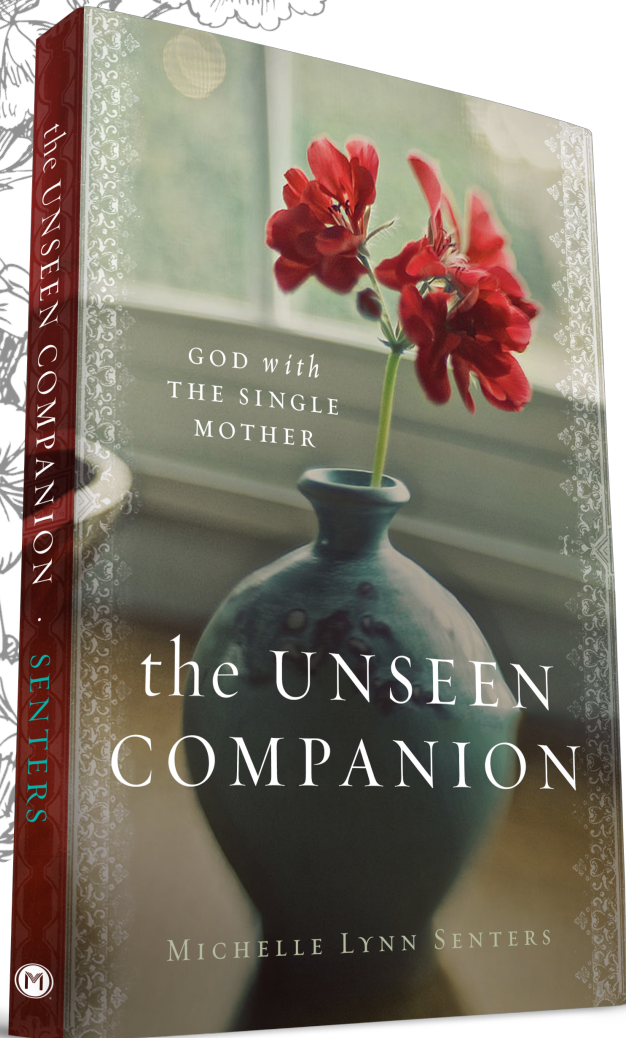
In *The Unseen Companion*, Michelle tackles some of the greatest needs of the single mother. Balance. Companionship. Provision. Healing. Rest. Protection. Peace. Love. Identity.

Through storytelling, humor, and God’s Word, Michelle offers the encouragement you long to hear:

*“You can do this! God is with you,  
and He will lead your family  
in strength and love.  
You are not alone.”*

Includes questions at the end of each chapter for reflection, journaling, or group discussion.

To learn more about Michelle Lynn Senters, visit [www.michellelynnenters.com](http://www.michellelynnenters.com).



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ISBN: 414335



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