

One Day at a Time
Day 16
Embrace Your Singleness



A person helped get you into this situation. Do not think that another person will help get you out—no matter how right he or she may seem for you.

“After people get divorced, they rush into a new relationship because they hurt,” explains Dr. Myles Munroe. “They believe the secret to relieving the hurt is a new relationship, which is the worst thing a person can do. If you get remarried and you’re still hurting, you are taking your hurt into another relationship, and that is going to become the foundation of the relationship, which is faulty.”

When you are making decisions regarding a new relationship, do not make any decisions based on your feelings. Feelings are temporal and not always rational, no matter how strongly you may feel them. Be wise and take the time to grow and to build your life on a strong foundation.

“You must gain custody of yourself,” continues Dr. Munroe. “You must begin to rebuild your life and embrace your singleness again. Use that experience to analyze your own weakness, the areas in your life where you were not able to cope in the first relationship. Then strengthen those areas, get knowledge, get teaching, and get information. Rebuild yourself first because your future relationships is only as good as what you bring to it.”

The Bible says you should not depend on humans—yourself or other people—to be strong for you. You must only depend on God.

“This is what the LORD says: ‘Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD.’”

Jeremiah 17:5

Dear God, I want to feel strong and in control of my life again. Please help me to realize that human strength always fails, but strength that is based in You will last forever.

Amen