

Be Encouraged!

God cares very much for single-parent families. In the Old Testament, Hagar was a single parent who found herself alone in the desert fearing the worst for herself and her baby. But God saw her and offered supernatural help and encouragement! Just as the Angel of the Lord appeared to Hagar assuring her that he knew her situation and would not only take care of her and her son, but make a great nation out of him (Genesis 21: 17-18), know that God sees you, loves you and has an important place for you in His kingdom.

Helpful Scripture

“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.” Jeremiah 29:11

“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

“Your Creator will be your husband; the Lord of Heaven’s Armies is his name! He is your Redeemer, the Holy One of Israel, the God of all the earth. For the Lord has called you back from your grief—as though you were a young wife abandoned by her husband, says your God.... with everlasting love I will have compassion on you, says the Lord, your Redeemer.” Isaiah 54:5-8

“A father to the fatherless, a defender of widows, is God in his holy dwelling.” Psalm 68:5

“For I can do everything through Christ, who gives me strength.” Philippians 4:13

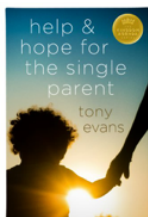
Helpful Resources



Tony Evans
Kingdom Single



Dr. Kevin Leman
Single Parenting That Works



Tony Evans
Help and Hope for the Single Parent



Robert Beeson
Going Solo: Hope and Healing for the Single Mom or Dad

Support for Single-Parent Families



One out of three families in the United States is a single-parent family.

Being a single parent can feel overwhelming, exhausting and lonely. The responsibilities can feel endless and finding time to take care of yourself may seem impossible. Therefore, it is important to connect to programs and relationships that offer practical, emotional and spiritual support. God has a special place in his heart for single parent families and wants each family to receive the support and encouragement they need to thrive.

Single Parents and Stress

Parenting on your own isn't easy. In fact, research shows that single parents experience more stress than parents from two-parent households. Whether you recently became a single parent or have been on this journey for a while, there will be times when you need extra help and support.

Take a minute and answer the following questions to calculate your current level of stress (mild, moderate, severe).

Perceived Stress Scale

In the last month, how often have you...	Never	Almost Never	Sometimes	Fairly Often	Very Often
Been upset because of something that happened unexpectedly?	0	1	2	3	4
Felt that you were unable to control the important things in your life?	0	1	2	3	4
Felt nervous and stressed?	0	1	2	3	4
Felt confident about your ability to handle your personal problems?	4	3	2	1	0
Felt that things were going your way?	4	3	2	1	0
Found that you could not cope with all the things that you had to do?	0	1	2	3	4
Been able to control irritations in your life?	4	3	2	1	0
Felt that you were on top of things?	4	3	2	1	0
Been angered because of things that happened that were outside of your control?	0	1	2	3	4
Felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

You can determine your score by adding up your responses to each question.

My total score is _____.

Single Parents and Stress

Individual scores can range from 0 to 40 with higher scores indicating higher perceived stress. If you scored in the moderate or high range, it is likely that you would benefit from seeking additional support.

- Scores ranging from 0-13 would be considered **low stress**.
- Scores ranging from 14-26 would be considered **moderate stress**.
- Scores ranging from 27-40 would be considered **high perceived stress**.

Support for Single-Parent Families

It is important for all people to have practical, emotional and spiritual support. This is especially true for single parents who face high levels of stress every day. Support can come in a variety of forms such as friends, family, church community, parenting groups, support groups or counselors. Each person needs to realistically assess their life situation and build in an appropriate support system.

DivorceCare, DivorceCare for Kids, and Single and Parenting are support groups that may be helpful to single parent families.

Single and Parenting is a support group for single parents. Sessions usually consist of video seminars, group discussions on a variety of parenting related topics and opportunities to build relationships with other single parents. Your church may facilitate a group or you may visit the following website to find a group near you: singleandparenting.org.

DivorceCare is a support group for people who have experienced divorce. Sessions consist of video seminars, group discussions on a variety of topics related to divorce and opportunities to build supportive relationships. Your church may facilitate a group or you may visit the following website to find a group near you: divorcecare.org.

Divorce Care 4 Kids (DC4K) is a support group for children ages 5-12 years whose parents are divorced. A DC4K group is a safe, fun place where children can learn skills that will help them heal. DC4K groups blend games, music, stories, videos and discussion to help kids process the divorce and move forward. For more information, visit dc4k.org or visit divorcecare.org to find a group.

