

Three Helps for the Single Mom

God knows the single mother is hurting while trying to raise her children, paying the bills, and doing everything a mom and dad needs to do.

One single mom told me that her husband left her and her two little boys. She had to find a job and for an entire summer she had to leave her sons home alone in her apartment. Her ex-husband, nor her parents would watch her children.

Here's something to think about:

1. The single mother needs the Lord. God says in Psalm 146:9, "The Lord sustains the fatherless and the widow." The single mother is single in a sense and the children are fatherless in a sense. God gives special concern to the broken family. If you are a single mom, let Christ take over your life.
2. The single mother needs her children's grandparents. In just a few years, many children won't know their grandparents. Grandparent, if your daughter is a single parent, she needs your help training your grandchildren. Invite them to your home, take them places, read the Bible to them. This is very important.
3. Single mothers need the church family. I am convinced the church as a whole is not meeting the needs of the single parent. We tend to look down on a single parent because she is divorced. Divorce is ugly and is not in God's plan. But we need to show Christian love and minister to single parent families.

Church members can offer to baby sit for free so mom can take a day out, a mechanic could volunteer to fix the car, a lawyer could give free legal advice, or an accountant can help with taxes. The church could hold special sessions for single parent families.

God wants to meet the needs of the single parent family.

How Can Single Parents Make it Through the Holidays

According to the 2002 U.S. Census Bureau single parents make up twenty-one percent of today's family units. Nearly one-fourth of all parents are now single.

Being a single parent can be devastating all year long and especially during the holiday season. God tells us to look after the widow and orphans in James, chapter one. You see, God wants us to help those family members who do not have a mate or parent.

How can the church help? Single parents need the support church people can give. In a divorce situation, many friends tend to reject the single parent. The church needs to support the single parent with love.

Remember, the holidays are lonely times, especially if the single parent is not working. You may want to call often, offer to baby sit, or why not fill a basket of food goodies and take it to them.

If you are single parent, know that the Lord really cares and wants to help you. You may want to meet with other single parents in your church as a support for yourself.

As your children, especially teens, may be feeling much emotional pain during the holidays. Whether because of death or divorce they may have some emotional scars because of the loss of a parent. You need to be sensitive to this fact and work on being the mother and father. Single parenting is most difficult and with God's help, you and your children can make it.

A TEEN QUEST POWER SHEET

Single Parenting

One of the Biggest Problems Facing a Single Parent

Parenting is not easy. Single parenting is even more difficult.

A single parent must meet the spiritual and emotional needs of her children. The single parent must play the role of both mother and father. Usually the single parent has to find a job just to make ends meet.

I believe one of the greatest problems facing a single parent today is their lack of self-esteem. A single parent has a tendency to dump all their burdens on their children. This causes children to grow up too quickly.

They become unsure because of the lack of a father along with feeling as though they must take care of all the problems their mother is facing.

Please do not misunderstand me. . . Be sure to communicate with your children but do not place all your fears and burdens on them.

Power Sheet by Mark Witt
Teen Quest
293 Rich Road
Somerset, PA 15501
Phone: 814.444.9500 Fax: 814.444.8664
Email: quest@teenquest.org



What Does God Say to the Single Mom?

The divorce rate in America is out of control. In this decade, the traditional family will make up only one-eighth of our society.

Divorce seems to be the answer to family problems. I am sure the Lord is not pleased to see so many broken families.

Unfortunately, there are many victims of broken homes. Maybe as a child your father walked out on you or maybe your husband or wife has left you. Maybe your husband was killed in a car accident and now you are left a widow. You have no father for your children. You face great temptation to remarry just as soon as possible. . . Thinking this will take away your brokenness and your loneliness. God has some good things for you.

Psalm 68:5 says, "He will be a Father to the fatherless, a defender of widows." God will be your children's father and will give attention to you because you are in a sense a widow.

Psalm 146:9 says, "The Lord watches over the alien and sustains the fatherless and the widow."

God told Isaiah to "defend the cause of the fatherless and to plead the case of the widow." Isaiah 1:17

I believe the local church must play an active role in helping the single mother. James 1:27 says that we, the church, are to look after the widows and orphans in their distress.

God knows your special need. He knows you are hurting. Don't ever compromise your convictions and turn your brokenness into a blessing.

Single Parenting

Parenting is never easy when there is only one of you. If the divorce rate in America continues at the pace it's going, one parent families will outnumber two-parent families 2 to 1.

Most single parents are mothers. Mom is left to raise and provide her children with usually little or no support from the father.

Mom has to be a father and mother and can not play either role at its best because of lack of time.

The single parent must be the child's #1 fan, praising and encouraging him from early childhood through those turbulent teenage years.

The single parent must have a plan of communication because of the very busy schedule of keeping house, buying the groceries, working outside the home, taking her children to one activity to another, fixing the meals, going to church, etc. The single parent just does not have the time to communicate

Can a single parent succeed with her children? With the proper help and guidance which can be often found through the support of the church, I believe a single parent can experience success.

Your Kids After a Weekend Visit ...

Tens of thousands of mothers across America are raising their children by themselves. Being a single parent is rapidly becoming the norm rather than the expectation.

Raising children alone can be such a difficult task, especially if you do not have help or belong to a support group.

I have scores of moms ask me what they should do after their children come back from a weekend visit with their father. I hear comments such as "He spoils them, teaches them bad language, he lets

them watch anything on T.V. and listen to any kind of music of which I don't approve. They are simply uncontrollable."

To put your children back on track and regain control after one of these visits, you need to do your homework. Set guidelines and let your children know what those boundaries are in your home. Teach biblical principles and keep communication open. It will pay off because guidelines offer security. Children gravitate to security.

Whatever you do, do not talk negatively about your ex-spouse. Your children know what things you don't okay. If you tear down your ex-spouse's character, you are simply causing a greater division in the family. Why not pray for with your children and let them hear you pray for their father? I want to emphasize: Don't tear down your ex-spouse.

Don't dwell on the negatives that your children are exposed to, but promote a positive, memorable lifestyle in your home. Listen to good music together, watch good T.V. programming. Make a memory with your children; take a winter hike, spontaneously go out for banana splits, or bake cookies as a family. Work together. . . Clean the garage together, visit someone sick . . .together.

While setting guidelines be positive in your approach to life, teach your children to be sensitive and loving. You will not only be building positive character in your children, but they will be able to evaluate different lifestyles and accept what is good for them.