

GOING FURTHER: RESOURCES

Recommended Book:

Successful Single Parenting (by Gary Richmond, a single-parent pastor) provides practical help and biblical principles for balancing your needs with those of your children.

GOING FURTHER: SUPPORT

LifeGroups

LifeGroups are small group environments where people seek to become more like Jesus for the purpose of being Jesus to the overwhelmed, under resourced, and far away. You may browse a listing of LifeGroups at rushcreek.org and click on “Connect” or contact the LifeGroup office at lifegroups@rushcreek.org.

Divorce Care & DC4Kids

Most people will tell you that separation and divorce are the most painful and stressful experiences they’ve ever faced. It’s a confusing time when you feel isolated and have lots of questions about issues you’ve never faced before. Divorce Care meets weekly to help you face these challenges and move toward rebuilding your life. DC4Kids is a complimentary program for children in the 1st-6th grade and meets at the same time each week. For more information, please email divorcecare@rushcreek.org.

Single & Parenting

If you’re a single parent, you’re probably tired, overwhelmed and feeling a bit underappreciated. That’s why we have Single & Parenting—to share tips and parenting wisdom that will help you find rest, hope and encouragement. Plus, you’ll develop meaningful friendships with other single parents, who, like you, are tired of hectic mornings and chaotic evenings, the kids fighting, and a never-ending to-do list. Take the guesswork out of parenting alone. For additional information, please email us at singleparenting@rushcreek.org.

Single Parent Raising Children Alone



AT HOME
..... MAPS

RAISING CHILDREN ALONE

One of life's greatest blessings and sources of joy is being called somebody's parent. But if you find yourself raising children alone, you know better than anyone else that parenting is a job meant for two. That's why Dr. James Dobson calls single parenting "the toughest job in the universe." Few understand the loneliness and emotional hurt many single parents carry or how exhausting the role can be. So, how can you be hopeful and experience joyful success as a parent despite more challenging circumstances?

PRIORITY ONE: Keep your child's best in mind

Every parent is called to lay aside his or her own interests for their children. That calling takes extra commitment when you're going it alone. You may still be working through the painful circumstances that led to becoming a solo parent, or deal with an ex-spouse who is a negative influence on the children, or who tries to turn them against you to cause even more pain.

Regardless of the emotions your specific circumstances may be causing, you are called to place your child's needs above your own. Give them as much stability and nurturing as possible within your limitations—even when they don't seem to appreciate the sacrifice you're making. Be assured, the Lord receives your selfless caring as an act of worship to Him because it reflects the spirit of Christ who "made himself nothing, taking the very nature of a servant" (Philippians 2).

Being a servant includes doing your best to maintain a Christ-like attitude when you go through the headaches of court appointments, seeing your ex with a new romantic interest, juggling financial challenges, maintaining a home, or having people ask awkward questions about your family.

Putting your children first is also a priority if you don't have custody—if you are limited to small windows of time together. Those times are your opportunity to show love and influence and not to get caught up in disagreements over parenting differences. In your visitation, in your support, and all other connections, your first priority is serving the needs of your children.

PRIORITY TWO: Choose good relationships

Few people understand the load you carry. You're likely to be under stress with extra work and the constant demands of parenting. You know how your loneliness and desire to be loved can lead you toward relationships with the opposite sex that may be harmful, only adding to the uncertainty and anxiety. If you are not ready to marry, be very cautious about dating

during this season of life. You want healthy Christian friendships that can help you face this emotional maze and make wise decisions through it all. You need to be a part of a community of believers committed to forgiveness, redemption, and growth. Your children also need the support and modeling of other Christians. God can make your next chapter better than the last.

PRIORITY THREE: Become intentional

Be careful not to see yourself as a "second class" parent. Raising children alone is harder, but the goal is the same for you as it is for two parent families - to nurture Christian faith and values in your children. That means becoming intentional about building a strong relationship, modeling Godly character, and creating occasions for meaningful interaction about life's most important truths. Remember, it is no accident that God gave you the blessing of children. He also is eager to give you the grace to be the parent they need.