



Resource List: Purposeful Single Living

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

Books
Broadcasts
Websites, Q&As, and Resource Lists
Referrals

Books

The 5 Love Languages, Singles Edition by Gary Chapman (2014) • 9780802411402 •

Chapman discusses how singles can effectively and appropriately give and receive love as they interact with dating partners, roommates, classmates, co-workers, and others.

The 21-Day Financial Fast: Your Path to Financial Peace and Freedom by Michelle Singletary (2013) • 9780310338338 •

Over 21 days, you can learn to break bad spending habits, become debt-free, save, and other essential skills.

And She Lived Happily Ever After: Finding Fulfillment As a Single Woman by Skip McDonald (2005) • 9780830832651 •

Be encouraged to trust Christ for purpose and joy. Find practical tips on issues of faith, church life, homemaking, sexuality, friendships, and more.

Just Do Something by Kevin DeYoung (2014) • 9780802411594 •

It's tempting to worry that we're missing out on God's perfect will for our lives. But DeYoung reminds readers that the Lord has already revealed His plan for us: to love Him, to obey His Word, and beyond that, to "just do something!"

Living Single by Tony Evans (2013) • 9780802410108 •

Evans encourages singles to embrace the opportunities God specifically has for them – whether called to singleness, never married, divorced, separated, or widowed.

Radical Womanhood by Carolyn McCulley (2008) • 9780802450845 •

A former feminist, McCulley uses Scripture and personal stories to help women from diverse backgrounds understand God's design for the true beauty and strength found in biblical womanhood.

Redeeming Singleness by Barry Danylak (2010) • 9781433505881 •

Exploring both Old and New Testaments, Danylak discusses the biblically sound calling to singleness and points to the sufficiency of Christ in all circumstances.

Sacred Sex: Embracing Your Sexuality As God Designed It by Tony Evans (2014) • 9780802411556 •

For singles or those married, Evans takes a scriptural and scientific look at our God-given sexuality, the value of purity, and the importance of holding sex in a sacred light.

Sex, God, & the Single Life by Hafeez Baoku (2014) • 9781619581661 •

"An Honest Journey to Satisfying Intimacy"

Single Servings: 90 Devotions to Feed Your Soul by Lee Warren (2005) • 9780800759476 •

Warren takes an honest look at the struggles and benefits of singleness—never minimizing the realities of being single but always pushing readers to find ultimate satisfaction in Christ.

Singleness Redefined: Living Life to the Fullest by Carolyn Leutwiler (2008) • 9781596381117 •

Leutwiler reminds readers of God's sovereignty in each stage of life. She offers practical suggestions to single women about how to grow spiritually, personally, and relationally.

They Were Single Too: 8 Biblical Role Models by David Hoffeditz (2005) • 9780825427763 •

The Bible holds many examples of adult singles who lived godly lives. Hoffeditz uses their examples to examine Scripture and encourage spiritual freedom for those in the midst of singleness.

What's Really Holding You Back? by Valorie Burton (2005) • 9781578568215 •

"Closing the Gap Between Where You Are and Where You Want to Be"

Who Has Your Heart? by Emily Ryan (2015) • 9781572931893 • (not currently available through Focus on the Family)

"The Single Woman's Pursuit of Godliness"

Broadcasts

Answering Questions Single Adults Ask (Lisa Anderson) • 9781624716706 •

Anderson, Director of Focus' Boundless ministry, provides hope and encouragement for singles in the 30+ crowd. She shares her story of singleness and how she's learned to trust God in her circumstance. She addresses questions dealing with disappointment, loneliness, how to meet other godly singles, and how churches can better come alongside singles.

Encouragement for the Single Life (Cheryl Martin) • 9781624715839 •

Martin offers encouragement and hope for singles. Although God made us relational beings, we should *enjoy*—not simply *endure*—our season of singleness as we trust God with the future.

Fasting for a Financially Fit Future (Michelle Singletary) • 9781624718991 •

Singletary, a financial columnist, describes her experiences with poverty and the fears she had to overcome regarding money. Whether you're rich, poor, or somewhere in between, you can begin to make better choices for your financial future.

Finding Joy in Life (Valorie Burton) • 9781624718410 •

Burton identifies "happiness triggers." She explores how it's possible to find authentic happiness when we live by God's definition of who we are in Him.

Love Languages: Equipping Single Adults (Dr. Gary Chapman, Lisa Anderson) • 9781624715631 •

Chapman and Anderson talk about five love languages for single adults—and how singles can effectively receive and give love to family, friends, co-workers, and people at church.

The Path of Endurance (Elisabeth Elliot) • 9781624719189 •

In a pre-recorded message given to a student convention, Elisabeth describes her courtship with Jim, their willingness to surrender their futures to God, their marriage five-and-a-half years later, their call to the mission field, and Jim's death in Ecuador in 1956. She stresses that the Christian life is a path of endurance, and she urges listeners to submit their longings to God and wait for His best, reserving intimacy for marriage.

Understanding God's Sacred Design for Sex (Dr. Tony Evans) • 9781624716546 •

Evans explains God's design for sex within marriage and addresses the cultural distortion of His plan for us. He lifts up the sacredness of physical intimacy between a husband and wife, referencing God's Word as our guide.

**Focus on the Family
Websites, Q&As, and Resource Lists**

Boundless

- boundless.org

This site offers a [podcast](#) and other resources on topics related to purposeful single living, including matters of faith, career, and relationships.

Christian Singles

- focusonthefamily.com/faith/christian-singles

This area of our site provides information and resources related to Christian singles.

Q&As

- focusonthefamily.com/family-q-and-a

Browse our Q&As for advice and encouragement.

Resource Lists

- focusonthefamily.com/family-q-and-a/resources-and-referrals

Find recommended resources and referrals listed by topic, including the following:

- [Christian Growth for Adults](#) • RL022 •
- [Materials for Men](#) • RL024 •
- [Materials for Women](#) • RL011 •
- [Premarital Materials](#) • RL033 •

Referrals

Focus on the Family Counseling Consultation Line

If you're struggling and need someone to talk to, [Focus on the Family offers a free phone counseling consultation with a licensed counselor](#). Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

The Singles Network Ministries

2664 Timber Drive, Suite 307

Garner, NC 27529

919/434-3611

thesinglesnetwork.org

- Through consulting, speaking, conferences, seminars, leadership development activities and a website, this ministry helps churches, pastors, and single adult leaders develop and support their single adult ministries.