

*Arise Single Moms Presents*  
**EMERGE**  
Volume II

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Life Lessons  
FOR SINGLE MOMS  
**STUDY GUIDE**

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For information:

Arise Ministries • PO Box 2973 • Edmond, OK 73083-2973  
(405) 359-7368 • Fax: (405) 715-9973  
[ariseministries.net](http://ariseministries.net)

# hello

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Single Mom,



Welcome to the single mom life lesson series – *Emerge*. We are so thrilled that you have joined the Arise team in bringing you hope in your single mother journey. You are in for a delightful treat over the next eight weeks. Are you ready to laugh? Learn? And let yourself go in taking hold of God's magnificent plan for your life?

Friend, the time is NOW. It is the time to take God at His Word and be filled to the brim with all you need as a single parent. In fact, that's what the word *emerge* means – to come forth from difficulty. God is calling you to arise from what was and step into what will be. There is no need to allow your God-given greatness to remain buried under the rocks of disappointment, guilt, exhaustion, and lack of purpose. God is urging you to trust Him in releasing His Holy Spirit power within you.


So get ready! You're on the verge of emerging into the Father's renewed sunlight of peace, divine insight, and full-powered joy.

Blessings to you and to God be all the glory!

Pam Kanaly + Shelley Pulliam


Arise Ministries

# table of contents

**SESSION 1**  **Living in Contentment** **Shelley Pulliam**  
page 7


disc 1

Many women struggle with contentment since life doesn't always turn out the way we planned. We compare our circumstances to others and feel ours falls short. Contentment is security in who we are and where God has us. It's a decision we make daily. If you've ever questioned, "How do I thrive in my status and situation?" then this session is perfect for you. You'll learn 5 key steps to help you live and rest in contentment.


**SESSION 2**  **Parenting is a Spiritual Act of Worship** **Kim Heinecke**  
page 15


disc 1

Being a mother is a full-time job with plenty of ups and downs. Sometimes the responsibility can be overwhelming as circumstances become challenging. In those times, we are called to keep our eyes on Jesus – dying to ourselves, focusing on the unseen, fighting in prayer, trusting God to change hearts. For the mother who follows Christ, parenting is often less about the behavior modification of children and more about the posture of our hearts before a holy God.


**SESSION 3**  **REAL Talk about Relationships** **Chiquita Miller**  
page 21

disc 1

The only part of a relationship  we can control is ourselves. In this REAL talk session on interactions with others, not only will you learn how to be real with yourself, but you will also learn how to be a magnet for healthy relationships, resist temptation, keep the faith, and allow God to keep you. A successful connection with others is an art that can only be mastered by God. This session reveals keys to having a God-ordered relationship with others.

**SESSION 4**  **Personalizing your Bible** **Pam Kanaly**  
page 27

disc 1

We all know that studying God's Word is a necessity for long-term spiritual health, but can it be FUN ? In this session you will discover ways to personalize the scriptures by making this activity a favored hobby. Because God is a creative God, He's given you an imaginative spirit in which to explore the wonder of His written Word. It's time to open its cover and document your life journey. Let your relationship with Christ leave a powerful legacy inscribed on the pages of your own Bible.

SESSION 5  
page 33

Your Home is Not Broken

Linda Ranson Jacobs

disc 2

The theme of this lesson will introduce the single mom to the master Potter – God Himself. You will realize through this study that God can remold the single-parent family into the family He wants it to be. You will discover ways you, too, can turn your home from a ‘broken one’ into a single-parent family.

SESSION 6  
page 39

Mom It Out

Stacey Johnson

disc 2

Ah, the many hats of single motherhood... embracing the art of multitasking, maintaining some sanity, and being "present" without exhaustion. We need practical ways to both share and receive quality presence in the day-to-day chaos. Living well in the present means setting healthy boundaries and pursuing whole health – mentally, emotionally, physically, relationally, and spiritually. Without balance, we are spent! But when we create a life lived well in the present, we can live and love with freedom, and MOM IT OUT with sanity.

SESSION 7  
page 45

Only the Lonely

Kris Swiatocho

disc 2

At times you may feel lonely when trying to handle all the responsibility of your home, kids, and finances by yourself. But God teaches that being lonely is saying you have no hope. As a believer, there is always a fresh pathway to endurance. This session shares ways to be encouraged when you “think you’re doing single motherhood alone.

SESSION 8  
page 51

A Woman’s Worth

Kenya Ulmer

disc 2

When we want to know the worth of something, we go to the maker. For example, if we want to know the worth of an iPhone, we go to Apple. Or if we’re curious about the worth of a Michael Kors bag, shouldn’t we ask Michael himself? Well, how about OUR significance? And who’s OUR maker? Shouldn’t we consult HIM? Join Kenya as she challenges us to eliminate the encumbrances that keep us in bondage, hindering us from embracing our truest identity and experiencing the fullness of God.



# session one

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## LIVING IN CONTENTMENT

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### SHELLEY PULLIAM

Shelley Pulliam, an accomplished speaker, author, and educator, is a certified behavior consultant and 20<sup>18</sup> practitioner of nonprofit leadership. Through her book *Keys to Unlocking the Cage*, Shelley shares her own struggles as she offers tips to breaking free from the captivity of low self-worth. As a speaker, she has partnered with *LifeWay* and *The Navigators* for regional conferences. Shelley's expertise as a middle school educator and her innovative teaching methods have been recognized with numerous awards including Teacher of the Year and national outstanding teacher in the area of Holocaust education. As a single, never married, Shelley devotes her time to *Arise Ministries*, a nonprofit ministry she co-founded to educate and encourage women to develop a relationship with Christ.

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# notes





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# LIVING IN CONTENTMENT

Shelley Pulliam

## GROUP DISCUSSION

1. We're all in the same place.  dreams didn't quite turn out the way we imagined or expected. There are "not yet lled" dreams, "adapted dreams," and "shattered dreams."  Discuss the different types of dreams.  share which one best describes your life.
2. What are some of the advantages of being single? What are several ways to overcome the disadvantages?

3. Contentment is being okay with something (or a lot of things) in which you're not okay. It's being satisfied with what you have. If you are currently unhappy, no worldly substitute will change your emotional health. How does this truth impact your thought process or the way you live daily? How do you learn to accept your circumstance?
  
4. Contentment is  security in who you are and where God has you. God will take you no further until you are content. How do these statements change your ideas of why you should be content? How do you embrace being satisfied with what you have and realize your blessings?
  
5. God desires to work in mighty ways in your life – through your ness – through your motherhood? Share with the group what impact you might be able to have at work, in your family, or with your children. How can you put a plan in motion?



# personal reflection

The video discussed ps to help you live and rest in contentment. Work through each one to aid in personal growth.


1. **Pursue God** – You need to set off on a mission to discover God and accept His desires for your life. When you're not filled with good things Christ came to bring, you will grasp at substitutes: relationships, sex, alcohol, food, vision of the perfect life, work, or your children. Nothing can fill the void but God.

List any substitutes you've been using to take the place of a relationship with Christ.

What steps can you implement to put Christ first above everything else?

2. **Avoid Comparison** – The worst enemy to contentment is comparison. If I only had what they have  play the "If only" game or live in the "I want t got" syndrome. We're always one step away from what will make us happy.


What ways have you played "if only"?

We all have looked at our d thought, "I wanted, but I got." How can you change your thinking to recognize the good things you've been given and express gratitude?

How have you compared yourself to others? How can you stop?

3. **Focus on Your Children** – After pursuing Christ, your #1 focus should be raising your children. You only have them for 18 years; that's only 940 Saturdays. How does this statistic change your perspective on the time spent with your children?

Make a plan of how to teach them, treat them, and equip them. What three ways will you focus on your children and make your season with them count?

4. **Work on You** – Successful singleness is found in creating such a great single life that only God's best for you can pry you away from it. If you sit by and wait for Mr. Right or the perfect job or until you own a home, then you're missing the biggest blessing of singleness  improving yourself. Concentrate on three areas of personal growth:

**HAVE** - Make a list of some things you'd like to have someday. How can you establish a plan to attain at least one of them?

**BE** – Make a list of who you'd like to be; the person you'd like to become; the attributes you'd like to display. Write a plan for how you will work on one area or characteristic.

**DO** – Make a wish list of things you'd like to do someday. Choose one to try and experience this next year.

5. **Let Go and Trust** – You need to entrust your future to God. He loves you and wants to work in your life if you'll allow Him. Write below any areas you are trying to control yourself but need to release into God's care.

Pray for God to show you how to release each area and trust Him.

How do the following scriptures encourage or challenge you to live in contentment and walk in faith?

1 Habakkuk 3:17-18

Matthew 6:33

2 Timothy 1:12b

Matthew 10:39

1 Corinthians 2:9



## session two

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# PARENTING IS A SPIRITUAL ACT OF WORSHIP

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### KIM HEINECKE

Kim Heinecke is a former single mother and uses her personal testimony of God's provision, healing and restoration to encourage others in their journey of raising children alone. She is passionate about bringing the Word of God into the lives of her children in easy, practical ways that connect God's truth to the reality of their world.

With humor and personal experience, Kim challenges her audience to be intentional in the spiritual development of children. She is on staff with Arise Ministries and teaches at the annual single mothers conference. She leads a Bible study for single mothers at her church and enjoys speaking to women's groups. Kim and her husband live in Edmond where they are raising four sons to be followers of Christ.

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# notes

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3. Romans 12:1-2 - *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind...*

Discuss practical ways to do the following. How will each of these impact your parenting?

- a. Offer your bodies as a living sacrifice, holy and pleasing to God.
  - b. Do not conform to the pattern of this world.
  - c. Be transformed by the renewing of your mind.
4. Discuss a specific time you experienced God in a difficult season of parenting. How did that serve to strengthen your faith in Him? How can your response to trials be a spiritual act of worship?
- 
5. Share with the group your desire to honor God in your parenting. When your children leave home someday, what do you want them to remember? What can you do today to make that a reality for *tomorrow*?


# personal reflection

**Consider a challenging parenting situation you are facing. Write it in this space and write a short prayer asking God to lead you through the four precepts discussed in the video.**


**Precept 1: Die to self.**

When we recognized our personal need for a Savior, our perspective toward all areas of life changes. Read John 3:30 and write it below. Consider the situation you listed above. How can you apply this scripture? What difference does it make as you navigate difficult circumstances?

**Precept 2: Keep your eyes on the unseen.**

It is tempting to focus only on what we can see in the tangible present. God calls us to look beyond what we can see and remain focused on those things we cannot see in eternity. Read  Corinthians 4:18 and write it below. How can this scripture guide you in responding to your current situation?

**Precept 3: Fight for it.**

The world offers no shortage of methods to combat adversity.  God instructs us to address our struggles in the heavenly realm. Read 2 Corinthians 10:4 and write it below. Circle the weapons God gives us to fight our battles. How do these compare with how you are handling difficulty?

**Precept 4: Trust God to change a heart.**

Mothers are wired to nurture and protect although we cannot always fix those things that are wrong. Only God can change a heart. Read Ezekiel 36:26 and write it below. What comfort does this give you? How does putting your faith in God reflect a heart of worship?

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SCRIPTURE RENEWAL

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How do these scriptures encourage or challenge you  
to honor God as you parent your children?

Colossians 3:23-24

Colossians 3:1-2

Hebrews 13:15

Proverbs 3:5-6

1 Peter 3:15

## session three

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### REAL TALK ABOUT RELATIONSHIPS

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#### DR. CHIQUITA MILLER

Dr. Chiquita Miller is living proof that God can heal a broken heart. After twenty-two years of marriage, six separations and two divorces (to the same man), Chiquita finally had the courage to leave a toxic relationship for good. She is a single mother of two daughters and one son, all married. She has a bonus grandson, two grand-dogs and a very spoiled Chihuahua named Peanut. Having received a PhD in Social Work Services, she became a best-selling author and launched both *God's Girl Ministries* and *Royal Touch Mentoring Academy*. She's the director of iLife Enrichment Ministry at IVVC and travels extensively around the world sharing the Gospel, using her multifaceted gifts, including comedy.

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# notes

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# REAL TALK ABOUT RELATIONSHIPS

Dr. Chiquita Miller

## GROUP DISCUSSION

1. **Embrace**  **Singleness:** What is your biggest challenge regarding embracing your singleness?
2. **Recalibrate**  **Magnet:** What is the BEST thing an individual can do in order to stop attracting the wrong types of people?
3. **Resist Temptation:** What are ways that we run from God instead of to Him? Give an example of how we can run to God when dealing with temptations.


1. **Don't Lose Faith:** What is the key to not losing faith?

2. **Allow God to Keep You:** What does the following statement mean to you? "Don't act like what is, ain't; and what ain't, is."




# personal reflection



## Embrace Singleness

Being honest with yourself  what areas do you need to be made whole?

## Recalibrate Magnet

Describe in detail what you want in a relationship. Now looking at yourself, are you doing the things that would attract that to your life? (For example: if you want someone who is financially stable, are you being financially responsible yourself  are you financially careless?)

## Resist Temptation

 your hidden desires that have led you into temptation. Pray and confess them to the Lord  then ask Him for help and praise Him for sustaining you.

## Don't Lose Faith

Take a moment and write down everything you thought you lost. Now count it as a seed and expect a greater return.

## **Allow God to Keep You**

Flags are important warnings that can save you from future heartache. What behaviors and actions would be a flag for you?

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### SCRIPTURE RENEWAL

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How do these scriptures encourage or challenge you to embrace a healthy relationship and rely on God to be your primary focus?

**Embrace your Singleness** – Isaiah 54:4-6, 13

**Recalibrate**  **Magnet** – Matthew 6:33

**Resist Temptation** – James 1:14-17

**Don't Lose Faith** – Hebrews 10:35-37

**Allow God to Keep You** – Jude 24 & 25

## session four

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# PERSONALIZING YOUR BIBLE

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### PAM KANALY

Pam Kanaly, National Mother of Achievement in Washington, D.C., and best-selling author of *The Single Mom and Her Rollercoaster Emotions*, is one of America's leading advocates for single mothers. Pam's been used in the lives of thousands of women in rebuilding a lifestyle foundation built upon the principles of God's Word. As co-founder of Arise Ministries, an international nonprofit reaching single mothers worldwide, Pam believes when we don't like what's happening outwardly, we change what's happening inwardly. Pam's outreach through national television, radio, and published articles always combines biblical insight and candid humor delivering a tale of hope.

About Pam's book: *The Single Mom and Her Rollercoaster Emotions*, Amazon bestseller in the single parent division Endorsed by Focus on the Family

*"Get this book into the hands of every single mom you know."*

— Debbie Stuart, church development director, Women of Faith

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# notes

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4. How do you think you might use this idea of personalizing your Bible with your children?

5. We personalize our Bibles for three reasons:

- Because of God's command to remember
- Because it makes Jesus real, relative, and radically fun to know
- Because it serves as a family heirloom

Which of these truths are new to you?

# personal reflection

1. How does it both change your view of God and your response to Him when you consider your Bible as His love letter?

2. What do you want your Bible to look like in 20 years?

3. What's keeping you  from reaching that goal?

4. Circle which personalizing tips you are willing to start.

value your tears

record your salvation  
experience

collect artifacts

document dates

review spiritual markers

honor tributes

seek catchy quotes

remember God-size  
encounters

plan family memoirs

draw stick figures

highlight years

Are there others not mentioned you would like to begin?

5. What steps can you take in leaving a powerful legacy concerning your passion for God's Word?

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SCRIPTURE RENEWAL

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How do these scriptures highlight the purpose of God's Word?

**God's Word, your compass and flashlight** – Psalm 119:105,130

**God's Word, your mirror** – James 1:22-25

**God's Word, your hiding place** – Psalm 18:30

**God's Word, your spiritual power** – John 6:63

**God's Word, your all in all** – 2 Timothy 3:16-17



## session five

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# YOUR HOME IS NOT BROKEN

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### LINDA RANSOM JACOBS

Linda Ransom Jacobs is one of the forefront leaders in the areas of children and divorce. Having been both divorced and widowed, Linda was a single mom who learned firsthand the emotional and support needs of single-parent homes. As a children's ministry director and program developer, speaker, author, trainer, and therapeutic child care center owner, Linda has assisted countless parents and their children. Linda created and developed the DivorceCare for Kids program designed to bring healing, comfort, and coping skills to children of divorce. Local churches use DC4K to launch a children's divorce recovery ministry in their community. For eight years she served as the DC4K Executive Director and is now the DC4K Ambassador. She teaches ministry leaders how to create a family-friendly church for single parents and their kids.

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# notes

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# YOUR HOME IS NOT BROKEN

Linda Ransom Jacobs

## GROUP DISCUSSION

1. What was God's original design for the family found in Genesis 2:22-24 and Genesis 4:1-2?

2. What are some traits of a spiritually and emotionally unhealthy home? Discuss if you have experienced any of these traits in your home.

Examples:

- Reacts in anger toward their child
- Puts own social life before needs of their children

3. When experiencing the many issues of parenting alone, it is not unusual to feel broken and adopt a victim mentality. What does the role of victim look like?

4. Compare what a healthy single-parent family looks like in contrast to a broken home.

Examples:

- Each person is a valued member of the family
- Family members are responsible



5. Discuss the following phrases and how they might or might not apply to your situation.



Broken homes do not honor the Lord.

Broken homes do not further the Kingdom.

Broken homes break people.

# personal reflection

Single-parent homes have their ups and downs  they stay connected and raise successful and happy children. Make a list of ways to stay connected to your children. After you have completed the list, choose one way you will connect with your child every  this next week.

Think through who is teaching your children the following: (  the person or venue where your child is learning  )

- \_\_\_\_\_ Value system
- \_\_\_\_\_ Manners
- \_\_\_\_\_ Morals
- \_\_\_\_\_ How to choose friends
- \_\_\_\_\_ How to make decisions
- \_\_\_\_\_ How to develop good work ethics
- \_\_\_\_\_ How to become a contributing member of society
- \_\_\_\_\_ How to have a relationship with God

God wants to be the other parent in your home. What are some ways you can rely on God to help you parent your children?

God didn't intend for any of us to live in broken homes. He didn't intend for us to be victims but wants us to be victorious in Him and for Him. How can you be victorious in Christ this week?

It's important for children and teens to enjoy living in your home. Make use of the many fun things you can do with your children over the next month. After you have devised this list, go to your children and ask for their ideas together incorporate a family plan to play and have fun together. At the end of each week, assess and reflect on your accomplishment of family fun time.

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## SCRIPTURE RENEWAL

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How do these scriptures encourage or challenge you concerning parenting in a single-parent family?

Jeremiah 18:1-6

Deuteronomy 11:18-21

Colossians 3:12-17

Psalms 27:14

Ephesians 3:20-21

## session six


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### MOM IT OUT

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#### STACEY JOHNSON

Stacey Johnson is a licensed professional counselor at her private practice, The Purple Couch, in Oklahoma City. Stacey works passionately with women and girls of all ages and seasons toward healing and personal growth, as well as with families, couples, and businesses working to empower goal setting and mindful living. Along with private, individual counseling, Stacey owns and teaches at a dance studio, and enjoys leading monthly workshops and quarterly retreats geared to refresh and inspire women to fulfill their greatest potential in life and relationships. Stacey is married and grateful to be a momma to dren and Gammy to one granddaughter. You can connect with Stacey at [www.thepurplecouchlpc.com](http://www.thepurplecouchlpc.com).

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# notes




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# MOM IT OUT

Stacey Johnson

## GROUP DISCUSSION

1. What sticks out as a main area of parenting where you would like to "Mom  Out" more intentionally?
2. What words of life were or weren't  spoken over you as a child  how did that affect you?
3. What is one thing you would like for your children to remember about you as a mom?

4. What parenting tip has been helpful to you that you can share with the group?

5. What is one of your special memories of quality time with your parents or significant caretaker?

## personal reflection

1. What goes in is what comes out. What foods, words, visuals, or behaviors going in to your family would you like to remove or add?
2. Words have the power of life and death. What words of life do you want to speak over your children? Write three statements of encouragement and affirmation that you can begin speaking to and over them daily.
3. Praying scripture is one of the most powerful things you can do for your child. What is one scripture you can begin praying for your child daily?
4. What is a fun game your family can begin playing together regularly? What night would be a great family game night? Remember to allow some play times to be completely correction free!
5. If your children are asked, "Tell me about your mom." What would you like for them to say and remember that will outlive you?

How can you use these verses to effectively pray scripture? How does this method encourage and challenge you?

Proverbs 18:21

Ephesians 4:1-3

2 Thessalonians 1:11

James 1:5

Proverbs 4:23

# session seven

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## ONLY THE LONELY

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### KRIS SWIATOCHO

Kris Swiatocho, director of FromHisHands.com and TheSinglesNetwork.org Ministries, is vivacious, knowledgeable, and passionate. She has served in ministry in various capacities for the last 25 years. An accomplished trainer/mentor/author, Kris has a heart to reach and grow people so they will in turn reach and grow others. Kris is a graduate of North Carolina State University with a bachelor's degree in Environmental Design/Visual Design. She has also received some graduate training at Southeastern Baptist Theological Seminary and been an affiliate staff member with Campus Crusade for Christ. Kris is a featured writer for Crosswalk.com and Pastors.com. Kris is the author of books/studies including: *Jesus, Single Like Me*, and *From the Manger to the Cross, The Women in Jesus*.

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# notes


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# ONLY THE LONELY

Kris Swiatocho

## GROUP DISCUSSION

1. When are the times you feel the most alone?
2. What are the circumstances when you are lonely?
3. Is there a difference?
4. What are the positives and negatives of being alone?

5. To say you are lonely, you are in fact saying you are without hope. As a believer or follower of Christ, you have hope and a future. But what you are really saying is you are alone ne, feeling the full weight of the responsibility of taking care of yourself and your kids; alone in that you have no one special in your life; alone in that you have to make all the decisions yourself. Read Jeremiah 29:11-13.


What does this scripture mean to you personally?


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## personal reflection

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1. The disciples would abandon Jesus many times in the Bible. Have you ever felt abandoned in your life? Read Deuteronomy 31:6 and then re-read again, but this time put your name in the lines indicated.

*Be strong and courageous \_\_\_\_\_ . Do not be afraid or terrified because of them, for the LORD your God goes with you \_\_\_\_\_ ; he will never leave you \_\_\_\_\_ nor forsake you \_\_\_\_\_ .* 

Break this scripture down and meditate on it. Do you believe it,  why or why not?



2. Jesus relied on God for all things. Are you relying on God for all your needs and circumstances?

What areas of your life are you having a hard time trusting and relying in God?

Stop and pray right now about these areas. Ask God for His help in trusting those things to Him.

3. Jesus in His last breaths made sure His mother, who is by now a widow, a single mother, would be taken care of by His best friend John. Read John 19:25-27. *Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother."* From that time on, this disciple took her into his home.

How does it make you feel to know Jesus cares this much about a single mother? How much do you know He cares about you and your future?

4. Read John 10:10 - *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

The enemy loves to make you feel alone, abandoned, and of no value. He lies to you about who you are in Christ, about your future, and about God's provision for your life. He wants to kill you and destroy all evidence you were on this earth. But Christ came to give you significance, to rescue you, and to empower you. Christ came to give life at its fullest.

Now that you know both the enemy's goal and God's goal, how does this truth change things? How do you feel? What must you do?

5. Read Matthew 11:28 - *Come to me, all you who are weary and burdened, and I will give you rest.*

Jesus understands there are days you are tired of the fight, but remember you are not alone. Come to Him all that are weary and burdened and He WILL give you rest. He loves you.

So what must you do to find rest in Him?

Find a community of friends who not only are believers and followers of Christ, but who understand your journey. Seek friends who can offer support as you grow in Christ.

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## SCRIPTURE RENEWAL

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How do these scriptures encourage or challenge you  
in living as a single and finding hope in Christ?

Psalms 18:2

Psalms 25:5

Phil 4:19

Isaiah 43:1-3

Isaiah 40:29-31

# session eight

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## A WOMAN'S WORTH

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### KENYA ULMER

Kenya Ulmer, certified life coach, author, teacher, speaker, experienced some ugly drama. Now drama-free, she teaches women how to ditch the drama and distractions to get on the road to their destiny. Nothing bothers Kenya more than seeing women not understand the power they possess and knowing their true worth. When she's not slaying drama, she's playing it. Draped in a gold lamé jacket, and pounding rock and roll on her piano, she won first place in a talent competition, singing her rendition of Jerry Lee Lewis' *Great Balls of Fire*. Kenya resides in the Washington, DC, metropolitan area with her daughter Sydney. You can connect with Kenya at [www.singlemamawithnodrama.com](http://www.singlemamawithnodrama.com).

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# notes

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# A WOMAN'S WORTH

Kenya Ulmer



## GROUP DISCUSSION

1. Do I fear that if I don't have sex with a man I will never find a husband?
2. How do I deal with temptation  what safeguards have I put in place to overcome them?
3. What has God told me about myself  how does that compare to how I see myself?

4. If the goal is to become a courageous parent, what can I do to get me closer to that goal?

5. Do I really trust God's plan for my life  from I constantly in the way?

# personal reflection


1. Have there ever been times where you settled for less than God's best in a relationship? If yes, where did that mindset come from?
2. What ungodly soul-ties are present in your life  what are the consequences for you and my children if I don't break free from them?
3. What hidden hurts and emotional wounds come up for you on a constant basis  what needs to heal?
4. What is your God-given purpose? If you don't know, pray right now and ask God to reveal it to you.
5. What does putting God first in your life look like?

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SCRIPTURE RENEWAL

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How do these scriptures encourage or challenge you to view yourself  
with a fresh perspective, the way God sees you?

Proverbs 3:  18

1 Corinthians 6:18-20

Proverbs 18:22

1 Corinthians 10:13

Jeremiah 1:5










# Arise

MINISTRIES

Arise Ministries, a global nonprofit organization founded by Pam Kanaly and Shelley Pulliam, brings revived hope and fresh faith to single mothers around the world. Their mission involves helping moms establish healthy homes through a personal relationship with Jesus Christ.

Arise Ministries reaches thousands of single mothers on their website through their online education center called EQUIP. The center offers tools for navigating daily life. Through videos, podcasts and articles, moms are gaining practical insight concerning every  challenges, such as stabilizing finances, building healthy relationships, finding emotional wholeness, deepening spiritual growth, prospering in home and career life, and MORE. Arise Ministries also offers encouragement through single-mom programming, books, radio, national television, and regional conferences across America. Arise leads the nation in equipping single moms to thrive in their most awesome roles!

Looking for a ministry to bless your single-mom life? Then search no more! You'll enjoy your partnership with ARISE MINISTRIES.

To learn more about Arise Ministries, visit:

**[ariseministries.net](http://ariseministries.net)**

or download our mobile app. Available on:

