

# Single friendly Church

A CAMPAIGN HELPING CHURCHES TO INCLUDE SINGLE ADULTS

## SINGLE ON VALENTINE'S DAY TOP TIPS

### 01. REMEMBER YOUR RELATIONSHIP WITH GOD THIS VALENTINE'S DAY

Treat this as a day to celebrate your relationship with God. Make yourself a coffee or go on a walk and spend some time in prayer. Ask God what things God loves about you - this could be character traits, gifts you have. Celebrate that you're loved by your Creator and remind yourself of the reasons you're grateful for that relationship. You may also find it helpful to read an encouraging Christian book or meditate some Bible verses about God's love for you. Allow yourself to revel in God's love, and ask God to help you feel that love every day.



### 02. SHARE THE LOVE

As Christians we're taught to actively love and care for others. And we often find that as we make an effort to love and serve others we will feel better in ourself too. It can remind us that we have love to give and are worthy of love ourselves

Think of small ways you can show love to others today - as well as big ones. You could buy a coffee for someone, make an intentional effort to be kind to a shop worker or bus driver, say good morning to people you see in the street.

You could reach out to someone in your community who is going through a difficult time, or send anonymous chocolates in the post to someone who's struggling with loneliness. You could write a note or card to a friend saying why they are important to you.



## 03. BE KIND TO YOURSELF

How you might need to show yourself some kindness? Think about what you're saying to yourself about yourself - are there any negative thought patterns that you need to work on breaking out of? Do you need to allow yourself more moments to rest and switch off from the pressures of daily life?

You might want to actively treat yourself today - just because you don't have a romantic partner to treat you on Valentine's Day, doesn't mean you should miss out! Buy yourself some chocolates or flowers, a book you've been wanting, or a nice bottle of wine. Take yourself out for coffee and cake or for a long walk. You deserve it!



## 04. MAKE IT A FAMILY EVENT



Valentine's doesn't have to be about romantic love – it can be a celebration of all love.

If you have children, you could plan a fun night with them around the theme of love. You could make cards for each other, bake cupcakes or heart-shaped cookies, or draw pictures of the people you love and write a prayer for them. You could write notes saying what you love about each other, and put them in a jar to open later.

## 05. SPEND TIME WITH FRIENDS

Turn Valentine's Day into Palentine's Day and celebrate your friendships! Invite some friends round for dinner, watch a film, play some games. You could even book to go away together and give yourself a well-earned break. This could be with other single friends, or married friends who aren't keen on celebrating Valentine's Day.



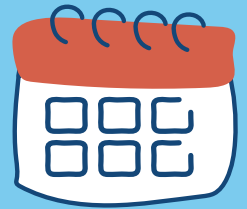


## 06. AVOID SOCIAL MEDIA

If you tend to find Valentine's Day difficult, if you've just come out of a relationship or you're struggling with being single right now, you might want to make a conscious effort to avoid social media for the day. Seeing photos and posts of happy smiling couples can make it harder to be content. There is no shame in switching off your phone and avoiding it for the day - and may be the wisest thing to do.

## 07. MAKE PLANS FOR THE YEAR

It's still early in the year, so why not make some exciting plans! You don't have to make a radical change or plan anything big. Perhaps there's a new hobby or passion you want to explore, a class you'd like to take, somewhere you'd like to go, or an old friend you haven't seen in a while who you'd like to visit.



## HOW TO PRAY FOR SINGLE FRIENDS ON VALENTINE'S DAY

Maybe you're not bothered about Valentine's Day, or perhaps you're reading this as a married person wanting to know how to support your single friends. Here are some ways to pray for others on this day:

- Pray for those who find Valentine's Day a difficult time.
- Pray for those who have recently gone through a break up.
- Pray for people who have asked someone out and faced rejection, or those who recently went on a bad date and may be feeling discouraged.
- Pray for single people who don't want a romantic relationship but feel pressure or lack of understanding from those around them.
- Pray for people who've lost their spouse and it's their first year on their own.
- Pray for people whose ex partner has started a new relationship.
- Pray for new opportunities for your friends who want to meet someone.
- Thank God for your single friends and friendship, ask God how you can encourage each one of them.