

# Single friendly Church

A CAMPAIGN HELPING CHURCHES TO INCLUDE SINGLE ADULTS

## SINGLE ON VALENTINE'S DAY TOP TIPS

### 01. ACKNOWLEDGE YOUR FEELINGS AND COUNT YOUR BLESSINGS



If you feel sadness or grief at your lack of a relationship, it's okay to acknowledge that. For many people, not being married can lead to a kind of long-term bereavement. Or you may be mourning the end of the relationship, or the loss of a partner.

**Allow yourself time to feel your deepest emotions and bring them to God in prayer.**

Then make a list of the positives you have in your life – including things you may not have if you were married and/or had children.

**Give thanks for them one by one.**

### 02. HAVE A VIRTUAL "VALENTINE'S" WITH FRIENDS

If you're already feeling isolated in lockdown, Valentine's Day might be a good opportunity to get together virtually with some single friends or colleagues who are in the same position. It'll give you something to look forward during the day, and time with friends is the best antidote to feeling lonely. You could also do a shout-out at church for anyone who'd like to join.

There are lots of online games you can play, or services that allow you to watch a movie together over Netflix, Disney Plus or Amazon Prime.



## 03. TREAT YOURSELF

If you don't have someone to spoil you – spoil yourself!

Buy yourself some flowers or chocolates, a book you've been wanting, or a nice bottle of wine. Go for a walk to a local cafe that's doing takeaway coffee and cake.

Buying yourself a little gift will give you a feel-good lift. So treat yourself! You deserve it.



## 04. MAKE IT A FAMILY EVENT



If you have children, you could plan a fun night with them around the theme of love. For instance, 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. A nice idea is to write notes saying what you love about each other, and put them in a jar to open later.

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

## 05. TAKE STEPS TO FIND LOVE (IF IT'S WHAT YOU WANT)

Online dating is still happening during lockdown, and there's a spike in activity around Valentine's Day. If you're keen to find a partner it's a great time to take the first step.

You could use the evening to think and pray about what would be important to you in a future spouse. Then sign up, craft a great profile, and dive in. If you're already online dating but not getting the results you want, this is a good time to update your profile and send some positive messages to other members.

You can search for other Christians on a website such as [www.christianconnection.com](http://www.christianconnection.com)



## 06. ATTEND AN ONLINE CHRISTIAN SINGLES EVENT



Christian Connection are running some online Valentine's parties and events, which are a lot of fun. Some are organised ticketed events, some are free member-run meet ups. It can be a great way to do something different and meet some new people from the comfort of your own sofa.

Check out [www.eventsforchristians.co.uk](http://www.eventsforchristians.co.uk)

## 07. HAVE A MOVIE NIGHT OR A PAMPER EVENING

If you're alone for the evening, make it a night of self-care. Treat yourself to some pamper treatments or a bath. Or perhaps a takeaway and a boxset is more your style. Whatever is relaxing and enjoyable for you, give yourself permission to indulge yourself for a night.



## 08. SPREAD SOME LOVE



One of the best ways to feel happy is to do something for someone else!

If you know someone who is housebound, ill or lonely, or going through a hard time, you could leave a treat on their doorstep like a box of cookies, or send them a card. This is a great way of showing them that they are loved and valued.

## 09. SPEND TIME WITH GOD

Even when we feel lonely, we're never truly alone – God is with us, and we are significant to him. You may find it helpful to spend the evening praying, praising God, reading an encouraging Christian book, or meditating on some Bible verses about God's love for you.