

# The Single Heart Valentine's Day Issue

Cast your Cares Upon Him and Celebrate Love!

Okay. It's Valentine's Day. For the past month or so, store shelves have been filled with pink and white teddy bears, roses, heart-shaped boxes of chocolate, balloons -all in preparation for this wonderful day. Today, men all across the country may be running out to try and find that perfect, last minute, Valentine's Day gift. Yesterday, as I was out and about, I overheard one brotha tell another, "Tomorrow's Valentine's Day? Aw dawg, I gotta get a gift!" and I heard the other say, in response, "Yeah, man, you gotta get the flowers, candy, balloons -you gotta come correct!"

Traditionally, this day symbolizes a day of celebrating love between two people. For some it may symbolize a night of guaranteed sex (can I just make it plain?) For others it may symbolize a romantic night out with a candlelight dinner for two. But what does this day mean for those of us who don't have a spouse, or what society calls, "a significant other?" What does this day mean for us, Christians, who are still single? Do we just mope around the house, feeling sad, mad, and disgusted? Do we send *ourselves* flowers? Do we scroll through the numbers on our cell phones and figure out which person of the opposite sex we should call to "hang out with" on Valentine's Day, just so we don't feel lonely? Do we just sit around and cry, wondering why we don't have a mate, or at least someone we're consistently dating (or what I like to call, 'a prospect'), or do we wonder where we went wrong in the relationship department?

What's a single man or woman of God to do?

Well, one thing you DON'T want to do is feel sorry for yourself. There is nothing wrong with having a desire to be married. God placed that desire in you, as the first institution He created was the family when He created Adam, then Eve. However, you don't want your sincere desire to turn into a *care*. Once it becomes a care, or a worry, then the enemy can use that against you. The devil can get you so worried, fearful, or anxious that you do things out of your character, such as settle for less (in other words, you call up that old boyfriend who you *know* was no good for you in the first place!), or the enemy may attack your mind so much that you end up having a pity party and feel bad about yourself and your present situation. *Philippians 4:6* tells us to: *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.* The word, "careful" in this passage of Scripture, translated from the original Greek means, *to be anxious about, have care, or take thought.* And what does God tell us to do with cares or concerns? He tells us to take *no* thought. *Matthew 6:31* states, *Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? Then verse 34a reads, "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself."* God doesn't want you to be worried about tomorrow -worried about whether or not you'll be married by a certain age, or have kids by a certain age, or get the house of your dreams by a certain age. There is no time limit with God. He is more concerned about your total peace. Once we obey God by doing what *Philippians 4:6* suggests, which is to be careful for *NOTHING*, but instead pray, supplicate, and give God thanks and praise in advance, then He promises us total peace. *Philippians 4:7* states, *And the peace of God, which passeth all*

***understanding, shall keep your hearts and minds through Christ Jesus.***

**Jesus is a keeper. Allow Him to keep, or guard and protect your heart and mind. Allow Him to keep you sound, and stable in your relationship with Him. Don't let all the hype of one day cause you to stumble in your relationship with God.**

**Since Valentine's Day is about love, use this day to celebrate God's love, self-love, the love of family and friends, and the love of those who have affected your life in a positive way (which may include, but is not limited to, mentors, teachers, or spiritual leaders).**

**Celebrate God's love. Set aside some time and have a 'date' with your Heavenly Father. Spend some time praying and meditating, or thinking about His Goodness. Sit in His presence and just love on Him, not because you want something from Him, or because you want Him to bless you with something, but simply seek His face just because of who He is. Think about all He's done for you. How He's brought you out, over and over again. Think about those wrong relationships He's delivered you from. Think about how He is a mender of the brokenhearted. Think about His grace and mercy, and how His mercies are new every morning. Tell Him you love Him, and mean it with all your heart. Praise and worship is like sweet smelling incense to God, when it is done with a pure heart with pure motives. Tell Him how you really feel. He'll listen. He's just glad you decided to show up in His presence today. Sit still and listen to what He has to say to your spirit man. Write it down in a journal or notebook and record His promises to you.**

**Celebrate self-love. Self-love comes from knowing who you are in Christ. God loves you so much that He sent His very best, His only Son, Jesus, to die for you, just so you can be saved, delivered, preserved, and made whole (Romans 10:8-10). Now how many men do you know would love their woman so much that they would give up their own lives just to *prove* their love? I don't know of a single one. So that means, if God loves you so much that He did *that* for you, then you must be pretty special to Him. You're worth more than the finest pearl found in the deepest ocean; you're worth the blood of Jesus! Think about and jot down what you love about yourself. Read what God's Word says about you: how you are fearfully and wonderfully made (Psalm 139:14), how you are God's chosen (John 15:16), His royal priesthood (1 Peter 2:9), and how you are His workmanship, or specially made product or fabric, created unto good works (Ephesians 2:10).**

**Celebrate the love of family, friends, and other positive people in your life. Send them a special gift, note, E-card, or email of appreciation today. Make dinner for your family, or show hospitality by inviting friends over for a night of food, fun, and fellowship. Enjoy a night on the town with those you truly care about, and with those God has blessed you with in order to celebrate and enjoy this journey called life.**

**And if you still feel sad, mad, and disgusted because you think no one loves you, take comfort in knowing this -God loves you, and I love you, too!**