

“I wish you all the best; thank you for everything”. Does this trigger any memories? This takes me back to a time in my life where God began opening my eyes to the things I had to let go of if I truly wanted to walk in my purpose. It’s funny how almost 2 years on it’s now so easy to write about, why? Well at that time I was: jobless, decided to end a relationship I had once firmly believed would lead to marriage (lol), no car, comfort eating and other “lovely” things. Ahhh Lord this was interesting! Just the year before I had all these things and months later here I was stripped of what once made me feel “complete” and “happy”, well so I thought anyway.

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YES, I was definitely hurt and annoyed because this was the first time, I was no longer in control of anything, at home not doing anything at all, apart from completing so many job applications they were coming out of my ears.

I was on an extended holiday, instead of 2 months I was away for 6! Completely unplanned but did I care? Not one bit. What was the rush in coming back to London and what was I actually coming back to? I preferred to stay around my loved ones and resssttttt! I slept so much I became tired of sleeping and resting; my body was not used to this lifestyle, but I knew that soon I would be deep into work some day and needed all the rest I could get. Rumors walked around, back in London, and reached me where I was. Apparently, I went on holiday to get married! This I laughed at so hard, I mean people really do have time on their hands when it comes to spreading lies. I laughed because little did they know I no longer had a relationship to call my own talk less of getting married! There I was thinking about future prospects and people were busy cooking up lies concerning. My future career plans were my main concern and at this point I was in limbo.



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I was sick of not being happy, I was sick of the “what ifs” and all the rest of it. Once I took the decision to end my relationship, I can tell you, a weight had been lifted, one heavier than I thought. It wasn’t a hard decision because I had made up my mind months before but I kept trying to make excuses and was ready to “give the other party the benefit of the doubt”.

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I. Was. Relieved.



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Yes, this guy was everything and more (so I believed at the time) and ticked most of the boxes on my list but the Holy Spirit had other plans... I was relieved that I no longer needed to look for answers that were already there, relieved that I could sleep peacefully without overthinking anything and relieved that I could finally have my life back; my own time and my own space to become the Roxanne Ba God called me to be. I mean do not get me wrong, he was not a horrible person neither was he toxic but he was not the one for me.

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From a young age there had always been someone in the picture to the point where I did not know what it really meant to be alone such as: enjoying my own company, going out more and doing the things I love more. When I would start trying to do these things a phone call would come through and before you know it, I would be on the phone for HOURS spending minutes of my life pointlessly.

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Each season in your life teaches you different lessons and I will never stop saying how grateful I am for these experiences, it may not have ended how I imagined but it surely taught me so much and pushed me into the direction Yaweh destined for me. It had to come to an end in order for me to walk into the next chapter God had written for me.



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What are the first things that come to mind when you hear the word single?

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I have come to understand how precious of a time it is to be single and I praise God I came to realise this now rather than live to regret it later. I believe it's the only time where you'll have your own space: mentally, emotionally, physically, spiritually, and so on. I see it also as more time for growth. It's a time that enables you to take time to work on you; "what am I struggling with? How can I turn my weaknesses into strengths? Is this bad habit worth keeping?" The more time you spend in someone's company the more you get to know about them right? Well, the same applies to spending time with yourself. When you intentionally begin to work on yourself certain things will start to pop up about: your character, the things you dislike and the type of things you prefer i.e. you prefer not talking so much in the

morning because you are not exactly a morning person. This could be something you decide to work on because you notice that positivity in the morning goes a long way, not just for yourself but it also has a positive impact on those around you.

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**1 Corinthians 7:34** tells us that: “The unmarried woman or virgin is concerned about the work of the Lord, how she can be holy in both body and spirit.



But the married woman is concerned about the affairs of this world, how she can please her husband”. Here we see that our concerns shift depending on the stage of life that we are in. What the scripture says about the unmarried woman is 100% true (of course, it’s the word of God!); when you are alone you can spend as much time as you want seeking God’s face and in His presence however, once married it will change. For example if you once had a habit of starting your prayers at 11:00pm, as a single woman this may be easier, but once you become a wife and a mother routines and schedules need to be shuffled around to correspond with your duties.



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These days the pressure we feel is real and many struggle to cope with it. “Oh! You’re in your 20s and not even in a relationship whilst your mates are on their 2<sup>nd</sup> or 3<sup>rd</sup> child and happily married”. Dear aunties, uncles, cousins and so forth, please let us breathhheeee. Having babies and being married, permit me to say, is not solely what life is about, there is *so much more to life* than these. It is time we encourage the current and future generations to make the *MOST* of the time they have being themselves and learning more about how they can make the most out of everything life has to offer. We should not ever allow what the world expects of us to be what we limit ourselves to. “I’m 24 and single! There must be a problem there. Is it the way I dress, or am I not out there enough?” Listen... it’s suffocating trying to keep up with everyone around you, you know why? Because you stop being yourself the moment you start to compare your life to others. These are the type of things that

can easily lead to depression without even realising it.



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One thing I have noticed is that people who have never really been alone avoid it as much as they can; the silence becomes too loud so they find ways of “filling the gaps”. Don’t you know that those moments of silence are your life’s power moments? When an author is working on a new book he/she seeks a place of peace, a place of tranquillity from which they will be able to draw their inspiration? Those who do not know what to do with this time prefer to distract themselves with what they know best and what they are used to.

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There was a young lady who had been in many relationships since she was an adolescent, once she breaks up with one not long after she’s with another. She had been advised to take a step back and take a break from dating as she had mentioned one time too many “she was tired of dating horrible guys”. Her response was “I can’t not have a boyfriend, I would be too lonely”. This right here is something many can relate to. Why do these things happen? Well, these things tend to happen when a person lacks satisfaction as a single person so they seek fulfilment in another person and rely heavily on that person to fill the void. They find

themselves pouring into the other person and quite often not even get anything back. They spend their time, invest their emotions, energy and love into something that is of no benefit.



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Depending on another being to be everything you have ever wanted I can tell you now, will leave you ALWAYS dissatisfied. No man or woman can fill you like God can, no man or woman can love you like God can, and no man or woman can hold you like God can – the list is endless. Looking for fulfilment in another person equates to you actually setting yourself up for failure and this we know because the word of God states that we should not put all our trust in man (Isaiah 2:22). Your identity as a single person is essential and you have to be satisfied with it.

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The Corinthian church had written to Paul earlier about their church's problem with fornication. There were Jewish rules that all men must marry. But some of the Christians had

come to believe that marriage was a sinful state which ought to be avoided all-together. Due to the prevalent lack of moral restraint in their zeal they wanted to abstain from everything.

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In Paul's first response, he indeed certifies their desire to remain single by saying "It is good for a man not to touch a woman." In other translations, "It is good for a man not to marry."

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In 1 Cor 7 Paul says, it is okay to be single! In actual fact, it's more than okay. It's good! For any of you who are wondering why God has not "blessed" you with your own soul mate. If you have started to believe that your lack of being romantically attached to anyone makes you less of a human being, consider the counsel of Paul. In 1 Cor7:7 Paul addresses the unmarried and widows and says, "I wish everyone could get along without marrying, just as I do. But we are not all the same. God gives some the **gift** of a *husband or wife*, and others he gives the **gift** of being able to stay *happily unmarried*."



I remember one day one of my close friends was having a discussion with someone and all I heard was “singleness is a gift” please believe I came flying down the stairs in disagreement (no one called me but I felt concerned haha) I thought she was crazy, what was she talking about and how could it be a blessing to be single? Two years later, I totally understand what she meant but as I was in the midst of a storm, in my own life, I had failed to grasp the meaning of something so vital.



To be married is a gift. To be happily unmarried is a gift. Both of these things are gifts and do not let anyone tell you or make you think otherwise. The word of God is unchangeable. The God I serve only gives “good and perfect” gifts (James 1:17). Paul does not say that “singleness is in fact awful so here are 5 steps to finding your future spouse” nor does he say “singleness is so great and fulfilling to the point where you do not need to be married”. Paul says that it’s a gift, whether it’s for a season or a lifetime.

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What has *my* single season taught me?

- The importance of having a deeper relationship with God and spending more and more time in His presence
  - Finally using my time to do the things that God has put in my heart and the things I love!
  - The significance of *me* time; enjoying my own company but also finding a healthy balance
  - The freedom to travel the world
  - The importance of investing
  - Embrace family time no matter how busy life gets
  - How to live in the peace promised by God. As the word says “The LORD gives strength to his people; the LORD blesses his people with peace” **Psalm 29:11**
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Enjoy.

Your.

Life.

I want to share this joy with you and help those who are struggling, to snap out of feeling unworthy and overlooked and look ahead to all you could accomplish if only you decide to wipe those tears, step out of your comfort zone and conquer your obstacles. Live your life fearlessly.

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Whether single or married, ENJOY all that God has blessed you with!

That book, write it. That blog, start it. That choir, join it. That country, travel to it! There is nothing stopping you except yourself. Let this year be your year of change, and new beginnings. Dare to start.