



February 22, 2026

1 Corinthians 7:8 (NIV) - *Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I do.*

Learning #1: Contentment is a choice, not a condition.

Philippians 4:11-12 (NIV) - *I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*

Learning #2: Live by God's standards, not the world's shortcuts.

1 Thessalonians 4:3 (NLT) - *God's will is for you to be holy, so stay away from sexual sin.*

Genesis 2:24-25 (NLT) - *A man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.*

1 Thessalonians 4:4-5 (NLT) - *Then each of you will control his own body and live in holiness and honor— not in lustful passion like the pagans who do not know God and his ways.*

Learning #3: Use this season to grow, not to wait.

1 Corinthians 7:32-35 (NLT) - *I want you to be free from the concerns of this life. An unmarried man can spend his time doing the Lord's work and thinking how to please him. But a married man has to think about his earthly responsibilities and how to please his wife. His interests are divided. In the same way, a woman who is no longer married or has never been*

married can be devoted to the Lord and holy in body and in spirit. But a married woman has to think about her earthly responsibilities and how to please her husband. I am saying this for your benefit, not to place restrictions on you. I want you to do whatever will help you serve the Lord best, with as few distractions as possible.

Learning #4: Healing takes time. Don't rush what God is rebuilding.

Psalm 34:18 (NLT) - *The Lord is close to the brokenhearted and saves those who are crushed in spirit.*

Psalm 142:1-3 (NLT) - *I cry out to the LORD; I plead for the LORD's mercy. I pour out my complaints before him and tell him all my troubles. When I am overwhelmed, you alone know the way I should turn.*