

The background of the entire cover is a solid teal color. Scattered throughout the background are several faint, light-teal icons of clothing items: short-sleeved button-down shirts with trousers, and sleeveless dresses with a thin belt. These icons are arranged in a grid-like pattern, with some appearing more prominently than others. The title text is positioned on the right side of the cover, partially overlapping the teal background and the faint clothing icons.

# Truth, Lies, AND THE Single Woman

DISPELLING 10  
COMMON MYTHS

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**ALLISON K. FLEXER**

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*Lie #1: Because no one has chosen me,  
I'm not valuable.*

Sweat rolled down my back as I stood against the hot, red brick wall. The sun blazed down on the small field. My classmates and I formed a line along the exterior wall of the elementary school gym. Squinting against the bright sun, I endured my least favorite part of the day. Why couldn't I be athletic like the other kids? The team captains began calling out names in an alternating rhythm: *Matt, Jennifer, Rob, Susie*. Fidgeting, I plastered a fake smile on my face while I waited. I made eye contact and silently begged the team captain to choose me next. Giving up, I stared down at my shoes. I knew the outcome before looking up. I was the last one against the wall. Again.

Back then, I excelled in the classroom and enjoyed all other aspects of school. However, when the hour came for gym class, I developed a case of what my sister and I deem "nervous stomach." That sick feeling of dread materialized deep in my gut when I lined up with my classmates as team captains chose their teams. As a skinny, uncoordinated girl who couldn't throw, kick, or dodge a ball, I dreaded being chosen last. Even next to last would ruin my day.

The nervous stomach feeling is a familiar one. It still sneaks up on me. I'm a thirty-six-year-old single woman. No one has chosen me. I'm still standing here against the brick wall—fidgeting, staring at my shoes, and hoping my name will be called next. Satan whispers a little lie, “You aren’t worthy to be chosen. You weren’t then and you aren’t now.”

Throughout my twenties, compatible mates chose each of my friends one by one. Now, in my thirties, the baby boom is here. Through it all, I continue to go on dates. It seems so childish compared to the big life changes my friends get to experience. Dating is now tiresome. My friends don’t have to date anymore. I do. They have someone to kiss goodnight. I don’t. At the end of a long day, they know who is going to be there.

No person gives us our value, not even our beloved spouse. In fact, when you’re married, you often have the magnifying glass on high and recognize your flaws and sins in an even greater way! God alone and our righteousness in Christ is all we can boast in.

—Renee, 31, married

They must be more worthy than me. What do they have that I don’t? Is there some big secret I missed? Maybe a secret only shared with the kids who *weren’t* chosen last in gym class?

Do you feel this way? Do you struggle with allowing a relationship—or lack thereof—to determine your value? I tend to let external circumstances de-

termine my value instead of turning to the only one who is able to make me feel complete: Jesus.

## Jill’s Story

My married friend Jill has the benefit of looking back on her single years with some perspective. As I sat on the window seat in her bright kitchen, she cooked dinner for her family and reminisced about those years. “When I was single, I always looked at marriage

and motherhood as the Promised Land,” she recalled. “I believed once I got there, everything would be perfect.”

As I processed Jill’s comment, her three-year-old daughter ran into the room, crying because her little sister hurt her arm and accidentally knocked the bowl of flour out of her mom’s hands. Flour-covered Jill turned to me and declared, “Well, obviously everything still isn’t perfect. We’re always dealing with one thing or the other.”

She wisely noted how marriage isn’t the solution for a perfect life. Jill admitted to me that she often gets distracted from God because of her duties as a wife and mother. She recalled her single years honestly. “I don’t think I was ever thankful for my single years and the good time I had with the Lord,” she said.

Jill’s outlook caught me off guard. My friend’s words made me realize I have ample time and opportunity to put God first now, but someday that may not always be the case. My friend’s parting advice that day still echoes in my head. “If you can move toward God and work on putting your identity in him as a single girl, you’ll have such an easier time in marriage and motherhood.”

Why is it hard for us to depend on God for our value? It’s obviously the right answer. For me, it becomes difficult when I’m lonely. Is he going to snuggle on the couch with me and watch a movie? Not in my experience. On those lonely days, I struggle to remember that my relationship with him is enough. Especially when years have passed and my desires are still here, but unmet.

*I may never get married. I may never have children.* Ouch. Those statements are painful because I truly desire to be married and have children. I avoid saying those words aloud because it makes me feel less validated, less worthy, and less of a person.

As single women, we often feel overlooked. We start believing the lies and asking difficult questions. Who am I if no one loves me? What if no one chooses to spend his life with me?

*Truth: You are chosen by  
the one who matters most—God.*

God chose you to be his daughter. In Isaiah 41:9b-10, God says, “I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Nothing surprises God. Since you belong to God, he knows exactly who you are and where you are. He understands when you feel lonely and when you feel left behind. He works all things together for good.

His ways are higher than my ways. When I start doubting my worth—when I start feeling like the kid in gym class who was chosen last—I read these excerpts from Psalm 139 and substitute my name for each personal pronoun in the passage:

You have searched *me*, LORD, and you know *me*. . . .

You perceive *my* thoughts from afar. . . .

You are familiar with all *my* ways. . . .

You lay your hand upon *me*. . . .

(Psalm 139:1-3, 5, emphasis mine)

Isn't that what we all truly desire? We want to be known completely and loved unconditionally. God fills that void in us. Actually, he is the *only* one who can fill it permanently. All other sources are substitutes, and they will fade with time.

Now that we know we're chosen by God and precious to him, what does that really mean? Most importantly, he desires for us to choose him back. He longs for us to seek a relationship with him as our first priority: “But seek first his kingdom and his righteousness, and all these things will be given to you as well” (Matthew 6:33).

In *My Utmost for His Highest*, Oswald Chambers writes, “Jesus is saying that the great care of the life is to put the relationship to God first, and everything else second.” Chambers points out we often argue, “But I must live; I must make so much money; I must be clothed; I must be fed.”<sup>1</sup>

I understand these arguments. It’s easy to let the physical concerns of this world take first place in our hearts. We get caught up living on this earth and not living for eternity. The things that matter in this world will matter little in the next. Yet we focus so much of our energy on making ourselves comfortable and attaining things in this world. What if we redirected that energy into our relationship with God?

It’s easy for me to shift God into second place. The things I most desire may be godly things—marriage, children, and family. Nothing is wrong with those desires. However, when I let those desires become primary, I shift God right out of first place.

I fall for the lie that tangible relationships here on earth will fill the void in my soul. They won’t. I hope a husband will make me feel complete. He won’t. God created us to crave relationship with him. No earthly relationship will be able to fill that part of us. We must look to him first and put everything else second.

To embrace our standing as daughters of God and believe that he is enough, we must first look at his character. “Who am I?” is a question best answered by asking, “Who is God?” The nature of God must be considered whenever Satan presents lies to us. In my life, the tough questions about loneliness and unmet desires are only fully answered when I understand the roles of God in my life.

## God as Companion

Recently, I attended a conference for writers and speakers. The organizers set up a prayer room for attendees. The room highlighted the various names of God. As I entered the room for the first time, the mood of the darkened space quickly took over. Listening

to the soft worship music play, I noticed pillows strategically placed on the floor and armchairs waiting to be claimed. Despite the number of women in the room, I heard no voices other than whispered prayers.

Curious about the names of God, I moved toward the tables at the end of the room. There were hundreds of personalized slips of paper, each printed with the name of a conference attendee, each one attached to a larger piece of paper that proclaimed a name of God from the Old Testament. I scanned hundreds of names looking for my own, hopeful that the conference team prayerfully linked up my name to just the right one.

I stopped and held my breath as I read:

Jehovah Shammah

The Lord Is There

The Lord My Companion

Even though I didn't realize it, my heart had been searching for this answer. I poured out my heart to God and confessed my loneliness. I admitted that even with all the great friends he provided me—even in the midst of six hundred amazing Christian women at the conference—I still wanted a companion. And the companion I wanted was a husband.

I think of God as my Rock, my Father, my Hiding Place, my Provider, and many other wonderful things. But God as my Companion? I never considered him in that role. But he knows exactly what I need at each moment.

A Scripture verse was noted on the paper:

“God is within her, she will not fall;

God will help her at break of day” (Psalm 46:5).

God knows and understands my needs deeply. He wants me to understand he is the only companion who will never fail. He is the one who is there—already within me—and the one who will love me without ceasing.

Even though he may not snuggle with me on the couch, God is the companion I'm truly seeking. All other solutions will fail to



fill the void in my heart. Only God can satisfy my deep need to be known and loved. He created me with a longing for him, and seeking satisfaction or significance anywhere else is futile.

But what about the unmet desires that linger in my soul? I still want to get married and have a family. And honestly, on some days the thought of God as a loving companion just isn't enough.

God put these desires in my heart, but he asks me to surrender my plans and my timing to him. I like to believe I'm in control of my own life. I go around making plans and deciding how things will turn out. Unfortunately, control is only an illusion. As Donald Miller says, "This whole following Jesus business is largely about giving him control, or more, realizing we don't have control to begin with."<sup>2</sup>

When our plans and timetables don't work, we shake our fists at God. Instead of submitting to him, we hold on to our plans. We must put our desires second to our standing with Jesus. We must learn to surrender to God.

## God as Provider

One of the most beautiful—yet difficult—pictures of surrender in the Bible is a story about Abraham and his son Isaac. Abraham waited a long time for a son. In the process of waiting, he learned to trust God. After years of waiting and praying, he finally held the fruit of God's promises—his son Isaac. It's a beautiful example of God answering prayer. But the story doesn't end with the birth of Isaac. In Genesis 22, God asked Abraham to give up his little boy. God told Abraham to sacrifice his only son as a burnt offering.

Can you imagine waiting all those years for your deep desire to be met? Once God answers your prayer, he immediately asks you to give up what he just gave you. By asking Abraham to give up Isaac, God was inquiring, "Do you trust me?"

When Abraham's son noticed they were headed to the mountain without an animal to sacrifice, he asked his father a difficult

question. “Where is the lamb for the burnt offering?” (Genesis 22:7b). Abraham answered his little boy—no doubt tormented by what God requested—by saying, “God himself will provide” (v. 8). Abraham was confident God’s plan was best, even though he didn’t understand it. He didn’t want to give up his son, but he trusted God to be his great and only provider.

What is the Isaac in your life? In my life, it’s the desire to be married and have children. I am holding it tightly. God asks me to surrender my plans and timetables, placing them on the altar. He wants me to let go and turn it over to him. I want to be like Abra-

ham. When God asks me to sacrifice my plans in exchange for him, I want to trust that he will provide. He always keeps his promises.

I know God is big enough to forgive all my sins. I trust him with my eternal salvation. I believe God accepts me with open arms and extends his grace and mercy to me again and again. But sometimes, I still have trouble letting go and trusting him with the details. Trust him with

Isaiah 30:15 has been my rock: “In repentance and rest is your salvation, in quietness and trust is your strength.” You don’t have to be your own source or rock holding it all together and forging the way. You can sit still, be quiet with God, and trust God. Give yourself a break. Slow down and breathe. Smile. God will give you strength!

—Alexis, 29, single

my eternity? Sure. Trust him with tomorrow? Not so fast.

But trust is exactly what God asked Abraham to do. Even though Abraham doubted God in the past and made some big mistakes (which we’ll see in the next chapter), God gave him this opportunity to trust. Admitting I have questions is not wrong—it’s honest. We can be honest with God. But when we ask God difficult questions, we should also know his response will probably be, “Do you trust me?”

My first priority is not always the same as God’s first priority. I imagine God’s main concern is for me to become more like him—

not for me to get married before age thirty-five and have children before time runs out. Surrendering means giving up my priorities and asking God to align my plans with his divine priorities.

Like Abraham, I don't get it right every time. It's a journey of faith and a daily battle. Here is the prayer I often pray:

Lord, make my priorities match your priorities. Change my heart so that I desire what you desire. You know my needs better than I do. Meet my needs according to your will. Teach me to trust you more each day. Amen.

## God as Hope

While in a hopeless place a few years ago, I started a journal of blessings on my computer. Each day, I typed one thing for which I was grateful. Even though I felt miserable and the days seemed dark, I forced myself to find one blessing in each day. I knew I needed to praise God, especially because I couldn't feel any hope.

The book of Proverbs declares truth in 13:12: "Hope deferred makes the heart sick." I have experienced the truth of this verse firsthand. After struggling with the true meaning of this verse, I came to a new realization. What is hope? The definition of hope is Jesus. God sent Jesus as our only hope (see 1 Peter 1:3, 13; Titus 2:13; and 1 Timothy 1:1). When I defer Jesus in favor of circumstances, temporary happiness, or my own dreams, it makes my heart sick. When I put God in second place, it makes my heart sick. God designed us with a longing that can only be met by him. He wants to be our true Companion and Provider. Nothing else we use to fill that void will work.

When the lies start their daily march through my mind and when I believe I'm not worthy to be chosen, I immediately pause

The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD.

(Lamentations 3:25-26)

and remember the character of God. He is my Companion. He is my Provider. He is my Hope. I am chosen by him.

Remember those tough questions I raised earlier? “Who am I if no one loves me? What if no one chooses to spend his life with me?”

The truth is clear. I am a child of the King, the one who makes no mistakes, the one who created me in his image. Standing alone with nothing to offer, I am enough for him. I must surrender. I must cling to Jesus—my true source of hope.

• • •

I say to myself, “The LORD is my portion;  
therefore I will wait for him.”  
(Lamentations 3:24)

## The Lie

Because no one has chosen me, I'm not valuable.

Women who believe this lie often say:

- No one has chosen me.
- Once I get married, everything will be okay.
- After someone chooses me, I will be complete.
- When I'm married, I will finally feel loved and valuable.
- Getting married will cure my loneliness.

## The Truth

You are chosen by the one who matters most—God.

God says:

- **I choose you.**  
*For we know, brothers and sisters loved by God, that he has chosen you. (1 Thessalonians 1:4)*
- **I am your Companion.**  
*God is our refuge and strength, an ever-present help in trouble. (Psalm 46:1)*
- **I am your Provider.**  
*So Abraham called that place The LORD Will Provide. And to this day it is said, "On the mountain of the LORD it will be provided." (Genesis 22:14)*
- **I am your Hope.**  
*Yes, my soul, find rest in God; my hope comes from him. (Psalm 62:5)*
- **I always keep my promises.**  
*For he remembered his holy promise given to his servant Abraham. He brought out his people with rejoicing, his chosen ones with shouts of joy. (Psalm 105:42-43)*

*Lies I Believe:*

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*Truth I Want to Remember:*

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“Allison K. Flexer seamlessly blends her tender stories with fresh insights from timeless biblical accounts. You may laugh, you may cry, but I guarantee you will highly benefit from the wisdom of one who has been there.”

—Judy Gordon Morrow, author  
*The Listening Heart*

## *Single Women Are Neither Unloved Nor Forgotten*

*Truth, Lies, and the Single Woman: Dispelling 10 Common Myths* combats the lies that destroy the joy and confidence of unmarried women.

In her groundbreaking book, Allison K. Flexer dispels myths surrounding single women, including:

“Because no one has chosen me, I’m not valuable.”

“Why am I still single? There must be something wrong with me.”

“I’m not beautiful.”

“God has forgotten about me.”

“My past can’t be forgiven.”

The battle of replacing lies with truth is one that’s common to all Christians, regardless of marital status. Allison shares her experiences from decades as a single woman and addresses 10 specific lies unmarried women may encounter. To offset lies, we can turn to God and believe his Word for truth.

You’ll learn why Allison says the question, “Who am I?” is best answered by asking, “Who is God?” Through Scripture, advice from other women, and even a survey of single men, you will be challenged to reject lies, embrace your value, and gain a deeper understanding of the character of God.



ALLISON K. FLEXER was a contributing author for *Fulfilled: The NIV Devotional Bible for the Single Woman* (Zondervan, March 2014), and a contributing writer for *Devotional Ventures* (Regal Books, 2006). Her articles can be seen in *VISTA: Journal for Holy Living* and on Crosswalk.com. Single until the age of 38, Allison fought many lies and learned to replace them with God’s truth. She blogs about seeking God’s grace in everyday moments at [www.AnointedWithGrace.com](http://www.AnointedWithGrace.com).

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