

# B y Y o u r s e l f

Encouragement for those who are alone



By Yourself  
Encouragement for those who are alone

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Cover photograph by Lynn Tramel: Grandview Drive in Peoria, Illinois

Published by Redemption Press, PO Box 427, Enumclaw, WA 98022.

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ISBN 13: 978-1-63232-388-0

Library of Congress Catalog Card Number: 2006903415

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## DAY 1

# By Yourself: Becoming All You Were Meant to Be

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**T**he world bombards us with images and messages that help mold our behavior, thoughts and perceptions of ourselves. Television shows, movies, magazines, songs and advertisements often convey a common theme: true fulfillment can only be achieved by couples. Hand-in-hand at the beach, smiling in restaurants, sharing popcorn at the movies—couples are shown to be vibrant, happy people. Conversely, unmarried people are more likely to be characterized as lonely, in a desperate quest for companionship. People who choose to be alone are frequently portrayed as anti-social eccentrics. Due to the pervasiveness of these signals, many singles understandably internalize and believe the continual suggestion that the key to happiness is to be chosen by someone and become part of a pair. Consequently, those who are alone often feel rejected and alienated from the mainstream of society.

However, some singles have discovered a wonderful fact that enables them to live joyfully. Regardless of if they are divorced, widowed or have never been married, they are undaunted by the many voices that could discourage them. Like them, you have been

blessed with the opportunity to live as you choose and to experience fulfillment beyond your dreams!

## The Purpose of a Lifetime

*“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”*

—Romans 8:28

This verse from the Bible can be particularly inspirational for people who are alone. God gives the clear indication that the very fact that you are alone is in your best interest, or “*for the good*”. You are also told that you have been “*called according to His purpose*”. You have been chosen by God himself for a mission he has planned for you! A life of profound happiness and meaning, a life that will radiate such noticeable joy that others will want to know your secret . . . you can have this life now!

## God’s Gifts to You

God guarantees that, as one who is alone, you are:

- **Unique**—God created you as the only person on the planet with your particular combination of strengths, characteristics and potential
- **Specially Chosen**—God has selected you for a distinctive mission that will address an important need in the world
- **Free to Fly**—God has blessed you with the perfect circumstances to live a life of exceptional purpose and satisfaction.

*By Yourself* focuses on six factors, presented in a 31-day format, to encourage you throughout the month. These elements are:

1. **Your Mission**—identifying your purpose and planning your special work
2. **The Strategy of Undaunted Positivity**—maintaining a tenaciously upbeat attitude
3. **The Power to Choose**—standing in the face of challenges
4. **The Single Advantage**—capitalizing on the benefits of being by yourself
5. **Interaction with Others**—practicing a transformational perspective toward people
6. **Sources of Joy**—developing an awareness of what God has created to enrich your life.

## **Keys for Daily Encouragement**

This book incorporates a combination of three inspirational keys that are intended to enhance every aspect of your life: the Bible, prayer and music. Ideas are offered for how to enjoy and apply them.

### **Inspirational Key #1: The Bible**

The Bible has withstood centuries of scrutiny, skepticism and historical testing to prevail as testimony of how much God cares about us. The reality that the Creator has given us an invaluable handbook for our lives is almost too big to fathom, yet to believe this premise is to accept a gift of infinite importance. *By Yourself* is based on this belief.

The following verses indicate that the Bible serves as a map to show you how to traverse life's peaks and valleys:

*“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that (you) may be thoroughly equipped for every good work.”*

—2 Timothy 3:16,17

*“Your word is a lamp to my feet, and a light for my path.”*

—Psalm 119:105

Since evidence shows that the intellectual and spiritual assimilation of Scripture is crucial to a life of optimal fulfillment, Bible references (from the New International Version) provide the foundation of the daily topics in this book. Reading the selected verses can help enable you to embrace each day with confidence and positive expectations.

### **Inspirational Key #2: Prayer**

In addition to having unlimited access to the Bible for inspiration and guidance, God has given you the incredible gift of always being able to communicate with Him directly any time of the day or night through prayer. This book will concentrate on four truths related to prayer.

First, you can be comforted knowing that God always hears and answers all of your prayers. The Bible contains many references to God’s desire to listen and respond to your prayers:

*“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

—Philippians 4:6,7

*“You do not have, because you do not ask God.”*

—James 4:2

God also promises that, if you ask for His direction, He will guide you in all aspects of your life. For example, as you plan how to live each day to the utmost, you can be assured that:

*“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.”*

—James 1:5

There are Biblical implications that God is very receptive to individual, private prayer, as indicated by Jesus' statement:

*“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”*

—Matthew 6:6

The disciples noted that Jesus also practiced solitary prayer:

*“. . . he went up on a mountainside by himself to pray.”*

—Matthew 14:23

*“. . . Jesus often withdrew to lonely places and prayed.”*

—Luke 5:16

Finally, as noted in 1 Thessalonians 5:17, God asks that you “*pray continually*”. Being alone affords you an especially strong opportunity to devote significant time to prayer. You can thank and praise Him for everything from air and water to safe travel conditions to salvation and eternal life. You can intercede for others who are suffering, or pray about world conditions. The possibilities for you to do important work through prayer are infinite! To facilitate your own efforts, “Today’s Prayer” will be offered after each day’s topic in this book.

### **Inspirational Key #3: Music**

Various translations of the Bible include approximately forty-six verses instructing us to “*sing and make music*”. In ancient times, singing or playing an instrument were often demonstrations of happiness and thankfulness for God’s goodness:

*“Worship the Lord with gladness; come before him with joyful songs.”*

—Psalm 100:2

King David believed such praise was so important that he made the following assignment:

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*“ . . . four thousand are to praise the Lord with the musical instruments I have provided for that purpose.”*

—1 Chronicles 23:5b

When the apostle Paul was inspired to write to the Ephesians, he told them to:

*“. . . be filled with the Spirit. Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”*

—Ephesians 5:18b-20

Later to the people of Colosse, Paul re-emphasized the importance of expressing praise musically:

*“Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.”*

—Colossians 3:16

Music has even been utilized by God as a method of military defense. An amazing story of God's protection of His people is reported in 2 Chronicles 20:20-30. God's people and their king at that time, Jehoshaphat, were targeted for destruction by the Ammonites and Moabites. Guided by God, Jehoshaphat told the people of Judah to sing praises to the Lord. As they sang, the enemies of Judah became disoriented, killing each other rather than attacking God's people. After that, all other countries feared Judah, and *“the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side.”* Singing had been clear testimony to God's power to deliver all who trust, obey and praise Him.

What does all this mean for those who are alone? Many of us have experienced the dilemma of being unable to rid our minds of song lyrics that remind us of painful situations and relationships from the past. Plus, it often seems like every song playing on the radio dial has some kind of romantic or suggestive connotation. In

contrast, the spiritual songs mentioned in the Bible were provided as a way to help God's children to focus on living with joy and moral purpose.

The songs on the CD associated with this book have been composed:

- to energize the happiness within you,
- to be positive affirmations of your mission and, like for the people of Judah,
- to strengthen you as you face life's battles.

Each day's "Suggested Helps" section will note songs on the *By Yourself* music CD that relate to that day's topic.

## **My Prayer for You**

My earnest prayer is that this book and the associated songs will serve as encouragement for you. I pray that every morning when you awaken, you will be filled with happy anticipation for the day ahead . . . a day of rich, rewarding experiences. I pray that, from this moment on, you will know that you have great value, your life matters, and you have been empowered by God to be all you were meant to be . . . by yourself.