

CONTENTS

Foreword by Vickie J Blair	
Introduction	1
1 – Why is singleness an issue?	8
2 – Towards a Biblical understanding of singleness in the Old Testament	19
3 – Towards a Biblical Understanding of singleness in the New Testament	34
4 – The gift of singleness?	47
5 – Unhelpful habits and how to break free from them	61
6 – Sex and sexuality	77
7 – Developing strategies for thriving (1)	95
8 – Developing strategies for thriving (2)	109
9 – Single again after bereavement	119
10 – Single again after divorce	132
11 – Whose life is it anyway?	144
Bibliography	153
Scripture Index	155
Subject and author Index	158