



# SINGLE & LOVING IT!

"I AM SO ASHAMED"

by Moji Adesanya

We make choices in our lives. Some are very minor or perhaps insignificant, while others determine the course of our lives. Did you ever make a choice that you wish you could take back? I'm with you on that one.

When I sit amongst my friends, we discuss some wrong choices we made in the past (trust me you don't want to hear some of them.). An older friend of mine made one choice that almost finished her. She knew it was wrong but when she opened the door to one, the others quickly followed. The shame that came from her choices caused her to rush to other choices – like a divorce.

After bad choices comes – **FEELINGS!** The emotions kick in big time and command to be followed. When emotions become the primary force behind the choices Christian singles make, you will find that bad choices are followed with more bad choices, and pain with more pain

Shame is an emotion that many Christian singles find in their path after poor choices of the past. Shame is

like a gater that does not open to allow us move to a place of safety and restoration. It is always easier for us to allow the emotion of shame with his cousin guilt to imprison us. We become stuck to the past and this can go on for years or the rest of our lives.

## ***What can we as singles do in such situations?***

We need to remember that God has forgiven us. We should accept the forgiveness with thanksgiving and let Him take control of our emotions. A choice that overrides emotions and puts God first is essential for us as singles to begin the process towards health and total freedom. The forces of evil want to keep us under the control of shame and guilt. Such a condition will create inner voices that speak negativity, depression, and self pity to us continually; we must never trust our emotions at a time like this.

God wants us to move from the neighbourhood of shame back home to His peace, freedom and wholesome love. Remember the story of the prodigal son? Why is that story in the Bible? I suggest it is because God knew that you and I would make such