



COPING AS A SINGLE PARENT

"Only I am left"

1 Kings 18:22

**Accompanied
loneliness**



FAMILY

Nuclear

"... Male and female he created them ..."
Genesis 5: 2

Extended

"... And they also lived with their relatives ..."
1 Chronicles 9:38

Single

"... if any widow has children ..."
1 Timothy 5: 3

Assembled

*"... Whoever does the will of my
Father,... He is my brother and my
sister and my mother "*
Matthew 12:50

*"... from whom every
family in heaven and on
earth is named"*
Ephesians 3:15



LONELINESS

Internal

*"... lost in the desert, for the loneliness
without a path " Psalm 107: 4*

Existential

*"And when they say to you: 'Where are we going?' you will
answer them: Thus says the LORD ... " Jeremiah 15: 2*

Conjugal

*"How beautiful you are,
my love, ... " Songs 1:15*

Introspective

"... Jesus prayed alone ... " Luke 9:18

*"Look at me, and have
mercy on me, because
I am alone and afflicted"
Psalm 25:16*



1.

Facing reality + Taking responsibility = **Initiative**

2.

Accept the past + Face the present = **Renewal**

3.

Situational adaptation + Situational activation =
Opening

4.

Socialization + Altruism = **Service**

5.

Values + Projects = **Proaction**

6.

Spirituality + Introspection =
Replenishment

7.

God + Identity = **Well-being**

*Who have I in heaven
but you? And besides
You, I desire nothing
on earth“*

Psalm 25:16

ASSERTIVE ATTITUDE

Family

Loneliness



**Abandonment,
Fulfillment and
Happiness**



“But Jeshurun grew fat, and kicked (You got fat, you covered yourself with fat); Then he forsook the God who made him, And he despised the Rock of his salvation.” Deuteronomy 32:15

Abandonment

Identity



Belonging

identification

Incorporation

Internalization

Introjection is the psychic function through which the person incorporates into his own mental and emotional structure the different elements of the family environment and the social environment in which he had to live.



“Then God said: Let us make man in our image, according to our likeness; and rule over the fish in the sea, over the birds of the sky, over the beasts, over all the earth, and over every animal that creeps on the earth. And God created man in the image of himself, in the image of God he created him; male and female he created them And God blessed them, and he said to them: Be fruitful and multiply, fill the Earth and subdue it ... “ Genesis 1:26,27

REALIZATION

Identity

*" Let us make man in our **image**"*

*" **according** to our **likeness**"*

*" and **rule** over ... all the earth "*

*" **fill** the Earth and **subdue** it "*



***“We love him,
because he
loved us first”***^{4.}

1 John 4:19

According to the Creator's model: *“In the image of God.”*

1. The image has to do with capacities such as reason, thought, personality and intellect.

With a heart after His: *“In the likeness of God.”*

2. The resemblance has to do with moral qualities.

We were created with a purpose: *“rule over ... all the earth ”.*

3. God created man to be an agent of His Kingdom, to rule and subdue the rest of creation. God made us participating partners in His government.

We were created with an ideal: *“Fill the Earth and subdue it.”*

4. God created man to fill the Earth with other beings similar to him, who had to reproduce with the same identity that God gave him.

HAPPINESS