



SINGLE PARENTING

Parenthood is one of life's greatest blessings, bringing joy and purpose. However, raising children alone can be one of life's most significant challenges. Whether you've been left a single parent due to the heartbreaking loss of a spouse or the devastation of divorce caused by infidelity, your journey is uniquely difficult. Dr. James Dobson describes single parenting as "the toughest job in the universe," acknowledging the loneliness, exhaustion, and emotional struggles it often entails. Despite these challenges, there is hope. With God's grace and wisdom, you can experience joy and success in your parenting.

PRIORITY ONE: KEEP YOUR CHILD'S BEST IN MIND

As a single parent, it is crucial to focus on your children's needs even when the pain of loss or betrayal feels overwhelming. Losing a spouse or enduring infidelity brings its own unique grief, but your children need stability and nurturing as they navigate these changes.

God calls parents to selflessly care for their children. This sacrificial love reflects the character of Christ, who "emptied himself, by taking the form of a servant" (Philippians 2:7). Although your sacrifices may go unnoticed at times, they are an act of worship to God and an investment in your children's future.

PRACTICAL APPLICATIONS

- If you've experienced loss: Help your children grieve by modeling faith and hope in God's promises. Balance moments of shared sorrow with opportunities to create joyful new memories.
- If you've endured infidelity: Avoid letting bitterness toward your ex-spouse overshadow your parenting. Focus on your children's emotional health and provide a safe, loving environment.



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- In shared custody situations, use your time to pour into your children's lives with love and positive influence, avoiding arguments or conflicts about parenting differences.

PRIORITY TWO: BUILD A SUPPORT NETWORK

Raising children alone is not something God intended you to do entirely on your own. In moments of grief or loneliness, it is tempting to keep your struggles private or try to handle everything yourself. However, God designed the church to be a family of believers who support one another.

One of the most practical ways to lighten your load is to connect with Christian couples in your church. These couples can provide mentoring, fellowship, and help to fill gaps in your children's lives where another parental influence may be missing. Being willing to ask for help is not a sign of weakness; it is an opportunity for others to be a blessing and to fulfill their calling to serve.

PRACTICAL APPLICATIONS

- Pray for God to guide you to trustworthy Christian couples or families who can offer friendship, guidance, and support.
- Invite a Christian family to join you for dinner, holiday celebrations, or other family moments to create a sense of community for your children.
- Be specific about your needs when asking for help, whether it is with babysitting, advice, or simply sharing life's burdens. Most people want to help but may not know how.

PRIORITY THREE: BECOME INTENTIONAL

Regardless of your circumstances, God has uniquely equipped you to parent your children. While raising children alone may be harder, the ultimate goal remains the same: to nurture their faith and instill Christian values.

To achieve this, it is essential to parent with intentionality. Do not let grief or betrayal define you or your role as a parent. Instead, focus on building a strong relationship with your children, modeling godly character, and creating opportunities to share life's most important truths. God will provide the grace and strength you need to succeed in this calling.

PRACTICAL APPLICATIONS

- Invest in quality time with your children, strengthening your bond and providing emotional security.

- Prioritize teaching and modeling forgiveness, grace, and hope in everyday situations.
- Remember that God can use your unique circumstances for His glory. He has a purpose for your life and your children's lives, and He will guide you through this season.

FINAL ENCOURAGEMENT

Being a single parent due to the death of a spouse or divorce caused by infidelity is never an easy road, but you are not walking it alone. God has given you the gift of the church, a community of believers who can support, mentor, and encourage you. By keeping your child's best interests in mind, building relationships with Christian couples and families, and parenting with intentionality, you can raise children who know the love of Christ and the strength of His grace.

Do not shy away from asking for help—it blesses you while giving others the chance to serve as part of Christ's body. God sees your dedication and will provide strength for every step. Keep Him at the center, and your child(ren) will be drawn to Him through your example.

GOING FURTHER: RESOURCES

Single Parenting That Works by Kevin Leman

Raising Godly Children in an Ungodly World by Ken Ham and Steve Ham

The Smart Stepfamily by Ron L. Deal

Parenting Solo: A Single Parent's Guide to Raising Healthy and Happy Kids by Diane Louise Jordan

Single Mom, You Are Not Alone by Pam Kanaly

When There's No Daddy by Larry Burkett

A Widow's Guide to Healing by Kristin Meekhof and James Windell

When the Vow Breaks by Joseph Warren Kniskern

Grace-Based Parenting by Tim Kimmel

When God and Grief Meet by Lynn Eib