



# *Fruitful*



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A YEAR-LONG GUIDE TO  
AN ABUNDANT SINGLE SEASON

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# FRUITFUL

A Year-Long Guide to an Abundant Single  
Season

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# INTRODUCTION

Dear girl,

Whether you are facing singleness in the wake of loss, or looking down the barrel of another single year post-college, or in the midst of the engagement announcements so many twenty-somethings face today – I wrote this book for you. It is not a “quick fix” for your single season. There is no promise you’ll meet Mr. Right at the end of this year. Rather, this book is designed to help you make the most of the months ahead. At the conclusion of these twelve chapters, I hope you can look back on one year of singleness lived effectively, beautifully – and fruitfully.

The book itself is not long. I did this on purpose! Rather than be your primary source of information, I want you to use this study to push you further into God’s Word. Use it as a companion to your study of the Bible each month. I suggest following each month’s theme into Scripture, studying passages, verses, words and books that pertain to that month’s focus.

Things you will need to get the most out of *Fruitful*:

- **A journal.** At the end of each chapter are four questions to consider. Write down your answers to these in your journal. Though I provide a place to record prayer requests, these can be articulated in more detail in your journal as well.
- **Your Bible.** As you read and re-read each chapter of *Fruitful*, be intentional about what you’re studying in Scripture alongside it. **Your single season will not be a season of transformation if you do not expose yourself regularly to the power of God through His Word.**
- **Books.** At the end of each chapter I include a list of books you can read to supplement this study. I highly recommend reading a few of these throughout the month! This way you will get other authors’ perspectives on these topics and be challenged to think outside the box.
- **A study partner.** By no means essential, but still a great asset to your experience! Studying *Fruitful* with a few friends will help facilitate discussion and cultivate growth.

I am thrilled to offer this resource to my readers and hope it inspires you to a deeper walk with God, a stronger state of contentment, and a thriving harvest of joy in this season.

I would love to hear how *Fruitful* impacts you! Share your thoughts on social media with the hashtag **#fruitfulthebook** or email me at [phyliciadeltablog@gmail.com](mailto:phyliciadeltablog@gmail.com).

In Him.

*Phyllicia*

*Plant the Seed*  
**YOUR FAITH**

# Plant the Seed

## *Your Faith*

Your singleness matters.

You might not feel like it does. In this moment, your singleness may be your least favorite part of life. But I'm here to tell you that these years matter in a profound, impactful way. These days are the ground where faith is planted.

Fruitful singleness doesn't happen by accident. The life of abundance must be traced back to its beginnings. Like any harvest, abundant life doesn't start with the fruit that's borne; it starts with a single seed.

Jesus described faith in these terms. "The kingdom of heaven is like a mustard seed," he said. "Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree." (Matt. 13:31-32) To be a member of God's kingdom is to be part of something great and eternal. When we plant our faith firmly in the person of Jesus Christ, our lives grow far beyond anything we ever imagined.

That's why fruitful singleness can't be achieved by focusing on fruit. It has to start with the planting, the seed, the soil - the tending of growth. If these are not done well and consistently, the harvest will not be plentiful. It will be weak and sparse.

Many young women live their single years haphazardly. Their days are saturated with romantic media, outings with friends, and the duties of work or school. God is there, and they try to seek Him – but He's not central to their lives. Because they do not tend the growth of faith, they continually battle discontent and sin. Singleness becomes a burden to bear - not an opportunity to live fully and fulfilled. The more miserable they become, the more they look to a man or relationship to "fix" the problem.

One day, they get married. They have kids. The "dream" comes true, but discontent remains. Because these girls did not cultivate a fruitful single season, they don't know

how to cultivate fruitful marriages. They struggle to be fulfilled in their roles as wife, mother, employee, and especially as disciples of Christ.

Do you see why your singleness matters?

Fruitfulness should characterize our Christian lives no matter what stage we're in. By learning to plant ourselves in faith, tend to our spiritual growth, and bear fruit abundantly as single women, we prepare ourselves for *any* call God has for the future. The pursuit of fruitful living is not about finding contentment and joy, though those are definite side effects. This pursuit should define us as followers of Christ.

One of the best passages about growth and faith is Psalm 1. This psalm teaches us what a thriving spiritual life looks like, and gives us a model to look toward as we plant our own faith seeds:

“Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
<sup>2</sup> but whose delight is in the law of the LORD,  
and who meditates on his law day and night.  
<sup>3</sup> That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.” (Psalm 1:1-3)

There are three components to this passage. The first shows us what *not* to do in order to become pillars of faith:

- Don't try to keep up with those in opposition to God
- Don't spend time or energy pursuing habits contrary to God's will
- Don't take your regular company among those who mock your faith.

Instead, we're given the recipe to growth:

- Delight yourself in God's law: His whole inspired Word
- Think about God's Word morning and evening; saturate your life with it
- Plant yourself in God's presence.

When we reject the patterns of the world and follow the Gardener's instructions, our seeds of faith can't *help* but grow! A tree planted by water has everything it needs for abundant fruit. It will never run dry. When we plant ourselves in the sufficiency of Christ through His Word, we naturally yield a great harvest. What's more, the trials we face cannot “wither” us, and everything we do by the Spirit is a worthwhile endeavor.

**Rejecting the Lies of Singleness**



Your single season is a pivotal part of your life story. How you live *now* has a major impact on your future career, marriage, family life and ministry. Because this is such a season of impact for the kingdom of God, Satan targets it with his lies:

- *You're undesirable – that's why you're single!*
- *If you had a relationship, everything would be easier.*
- *God doesn't love you. If He did, He'd give you a boyfriend like everyone else.*
- *Singleness is a waste of time. The sooner this is over, the better.*

The more you listen to and accept these lies, the more ineffective your singleness becomes. And the more ineffective you become, the more your heart roots itself in discontent.

See, Satan has a strategy. If he can shift your eyes from your ultimate purpose – to know God and make Him known – and absorb you in your singleness, he can divert your energies away from Christ. As we drift further into purposeless singleness, we become discontent, depressed, and miserable. But singleness is not the problem – the problem started when we took our eyes off Christ!

You can beat Satan at his game. You can train your mind to recognize a lie when it pops into your head. You can reject that lie and preach truth to yourself:

- *I'm single because I have a powerful purpose in this place and season. It has nothing to do with how desirable I am. I trust God for my value and purpose.*
- *Life isn't made easier by having a relationship; often, life is made more difficult with a relationship! I'm going to be grateful for where I am and let it prepare me for what's ahead.*
- *God loves me enough to equip me through my singleness for whatever boyfriend or husband lies ahead.*
- *Singleness is not a waste of time because NO part of my life for God is wasted!*

Each time you choose Christ's truth over Satan's lie, you're planting another seed of faith in your heart – the beginnings of a very fruitful single season.

### **Trust and Obey**

There's an old hymn called "Trust and Obey" I learned to play on the piano as a teen. It's a little cheesy and very simple, but the concepts are often forgotten in today's Christian culture:

*"When we walk with the Lord in the light of His Word,  
What a glory He sheds on our way!  
While we do His good will, He abides with us still,  
And with all who will trust and obey.  
Trust and obey, for there's no other way  
To be happy in Jesus, but to trust and obey."*

I particularly love the fourth stanza, which says:

*“But we never can prove the delights of His love  
Until all on the altar we lay;  
For the favor He shows, for the joy He bestows,  
Are for them who will trust and obey.”*

What does it mean to “prove” the delights of Jesus’ love? It means we can never *fully* know how great Jesus’ love is until we lay everything we have on the altar. Until we surrender our dearest dreams and desires into His hands – with no promise of their return – trust is not complete. And if we don’t fully trust Him, we’ll never fully obey Him.

Thus “the favor He shows and the joy He bestows” are for those who HAVE realized the importance of trust and obedience. The believers who fully invest their hearts, laying everything in Jesus’ hands, come to know the joy Jesus promised.

### **Let Go of Control**

This surrender is not easy. Jesus didn’t say it would be. When he met the rich young ruler in Mark 10:17-27, He pointed out just how hard this sacrifice can be.

“As He was setting out on a journey, a man ran up to Him and knelt before Him, and asked Him, “Good Teacher, what shall I do to inherit eternal life?... Looking at him, Jesus felt a love for him and said to him, “One thing you lack: go and sell all you possess and give to the poor, and you will have treasure in heaven; and come, follow Me.”<sup>22</sup> But at these words he was saddened, and he went away grieving, for he was one who owned much property.” (Mark 10:17, 21-22)

Is a relationship your “property”? Do you grieve giving it up because it seems like such a loss? The rich young ruler forfeited the joy of Christ to keep his earthly treasure. Jesus mourned his decision:

“Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.” They were even more astonished and said to Him, “Then who can be saved?” Looking at them, Jesus said, “With people it is impossible, but not with God; for all things are possible with God.” (Mark 10:24-27)

We don’t have to be like the rich young man. We don’t need to be more concerned with our comfortable future than with our eternal impact. That may seem impossible, but when you *trust* and *obey* Christ, ALL things are possible (Mark 10:27).

The call to discipleship is a call to surrender. If you claim the name of Christ over your life and accept His salvation, surrender becomes your lifestyle. You can cling to earthly treasures and hope they’ll fulfill you, or you can lay your dreams in Jesus’ nail scarred hands and TRUST that He is enough.

### **Am I Called to Singleness?**

A recurring theme in the emails I receive is the unanswered question, “How do I know if I’m called to singleness?” This persistent query plagues many Christian women. The fear of long-term singleness is a real issue. It’s what limits our dreams, drags us into discontent, and burdens our relationship with God.

I’m not going to deny the validity of the question. We certainly aren’t guaranteed a future spouse, just as we aren’t guaranteed a dream job or children or any other mortal, material thing. But this question has only one source: *Fear*.

When we worry about whether or not we’re called to singleness, we’re missing two major points. First, calling of *any* kind isn’t something revealed suddenly, but slowly. Typically, our life calling plays out over the course of our years on earth – and it starts with the Great Commission.

Secondly, most singles ask this question because they want to know whether they should alter their life plan. They want to set themselves up to “prepare” for marriage, but don’t want to waste that time if it’s not in the cards. This is not trust-based living! Our walk with God is a walk of faith: stepping into an unknown future *without* fear, not because of our circumstances – but because of who He is.

We were created with a purpose: to have a relationship with God. The greatest commandment Jesus ever spoke to us was to “love the Lord your God with all your heart, soul, mind and strength”. That is our first responsibility.

Our second responsibility is to prove our love for God by reflecting that love to others. Our relationship with God inspires us to “do justice, love kindness” and “let our light shine before others”. The purpose, once again, is to point back to the grace of God and that primary relationship we have with Him.

This is your purpose whether you are single or married, now or later.

I lived several of my single years hedging my bets; making short-term plans “just in case” the right guy came along. I lived as if God were powerless. I limited Him. I lived as if God **couldn’t** bring the right person into my life as I followed the path right in front of me – as if He was neither good enough nor sovereign enough to transcend my current commitments. Don’t make the same mistake.

Choose trust. Let go of control. And watch God care for the seeds of faith planted in your heart.

### **Monthly Memory Verse**

“And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.” (Heb. 11:6)

## Questions

1. Are you holding anything back from the Lord in your season of singleness? Really think about this question throughout the month. What do you need to surrender to the Lord?
2. Similarly, are you trying to control your singleness – the timeframe, the people, the direction of it? Ask the Lord what areas you have sought control, and surrender them one by one to Him.
3. Do you fear being “called to singleness”? How has this chapter reframed your view of this? Face the discomfort of an uncertain future: what could long term singleness look like for you? Surrender those fears to the Lord along with the need to control your future.
4. What aspects of God’s character are you struggling to trust? Faith is only as good as the Person you’re trusting! Think about where you need your faith strengthened and begin praying over those areas this month.

## Additional Resources

- *None Like Him* by Jen Wilkin
- *Risky Faith* by Susan Yates
- *Crazy Love* by Francis Chan
- “What Does It Mean to Believe?” // Desiring God

# MONTHLY GOAL PLANNING

WORD OF  
THE  
MONTH

DATE

Prayer Requests This Month:

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Answered Prayers This Month:

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What I'm Reading This Month:

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How I'll Connect With Community This Month:

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