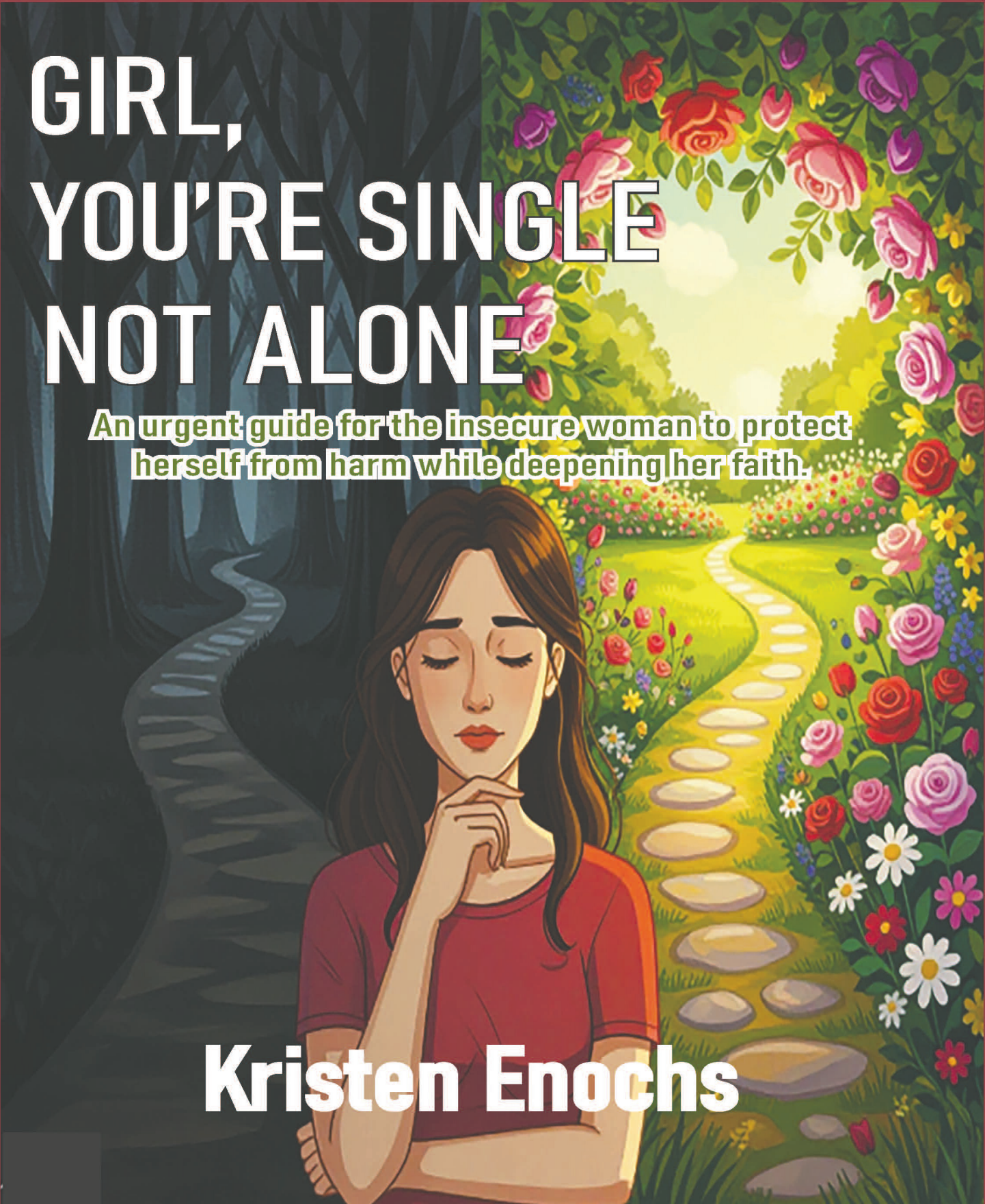


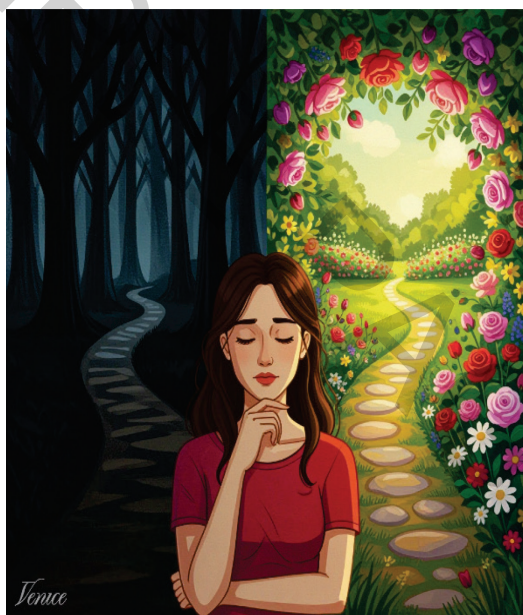
GIRL, YOU'RE SINGLE NOT ALONE

**An urgent guide for the insecure woman to protect
herself from harm while deepening her faith.**



Kristen Enochs

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DEDICATION



To my daughter...

Who God used to pull me
out of darkness, change me, and
eventually write to our fellow sisters
in humanity around the world.

Kristen Enochs
October 2025

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INTRODUCTION



Sisters, we live in a society full of women suffering from insecurity, anxiety and loneliness.

We're connected via social media, yet feel alone. We have more stuff than we need, yet we're less content than ever. Selfies depict a happy culture, yet our dependency on antidepressants and anxiety medication is at an all-time high.

Clearly, the antidotes we're looking to aren't working. Thank God the true antidote is available and it's Him! We *simply* need to rend our hearts to our Creator, Jesus who has good for us.

He'll be there if you wait to come to Him in brokenness or trauma; but He's also here for you now.

CHAPTER 1



WARNING

At any stage — whether in high school, college, or later in life — navigating singleness without thoughtful consideration can lead to lasting difficulties. Potential consequences include unintended pregnancy, sexually transmitted diseases, reduced self-esteem, personal struggles with addiction and the loss of valuable time.

I often think, “If only I had someone with me at all times, yelling at me to stop before I acted on impulses driven by insecurity which led to so many problems.” Let me be that for you.



*Commit thy works unto the LORD, and
thy thoughts shall be established.*

Proverbs 16:3

INSECURITY

These suggestions are based on my experiences with **insecurity** from childhood into adulthood. I've come to realize that finding peace through Jesus was possible throughout this journey.

SEXUAL TEMPTATION

It's important to reflect on your current motivations and intentions.

Consider whether your focus is directed towards personal desires or aligned with Jesus's instruction. Many times, choosing to follow immediate impulses leads to negative outcomes; while on the flipside, pursuing the path grounded in Jesus's guidance results in positive outcomes regardless of how it feels.

*This I say then, Walk in the Spirit, and ye
shall not fulfil the lust of the flesh.*

Galatians 5:16

*Commit thy works unto the LORD, and thy
thoughts shall be established.*

Proverbs 16:3

Our loving God never leaves you to deal with a problem or decision on your own. He wants to be first in your life so that you heed His protective guidance. Be excited & confident in the positive outcomes that will result from your obedience to Him.

Turning to God during times of loneliness, temptation, or insecurity can help you avoid actions that result in regret and shame. Instead, you are strengthened, comforted and protected. What a positive difference!!

DESIRING ATTENTION FROM MEN

It's natural to desire attention from men; but looking to men to fill a void is unhealthy & can be destructive. Satan will try to bring you to that destructive place.

LONELINESS

When experiencing loneliness, you may be inclined to seek immediate companionship to alleviate those feelings. Additionally, there can be a temptation to pursue relationships with men who

may not be suitable in the long term. Reject that impulse!

It is important to focus on the individual entrusted with your salvation, who provides you with dedicated attention- Jesus.

As for God, his way is perfect: the word of the LORD is tried: he is a buckler to all those that trust in him.

Psalm 18:30

Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.

Psalm 32:7

Thou art my hiding place and my shield: I hope in thy word.

Psalm 119:114

Don't move forward with a guy unless you know he values your body & soul the way Jesus does: Jesus wants to see you prosper, not bring you down. Jesus wants to bring you comfort; not make you feel uneasy.

Jesus wants to protect you, not harm you.