



Preface

Some years ago, two of my closest friends became single moms, not by their own choice. However, these remarkable women of faith constantly made their own choices in the weeks, months, and years after their marriages ended. As their friend, I watched them choose

- *Life instead of defeat.*
- *Forgiveness instead of bitterness.*
- *Courage instead of fear.*
- *Faith-driven confidence instead of paralyzing worry.*
- *Joy instead of sorrow.*
- *Contentment instead of envy.*
- *Thankfulness instead of grumbling.*
- *Love instead of hate.*

As these women made their choices to live their new lives under the shelter and protection of Christ, everyone around them was blessed and encouraged. This was especially true for me.

This book, *Still Going It Alone: Parenting With Faith and Finesse When the Children Have Grown*, is the next chapter, so to speak,

in my own attempt to address issues that are commonly faced by newly divorced moms and their families, an attempt that began with my first book, *Going It Alone: Meeting the Challenges of Being a Single Mom*.

In the same way that my dear friends learned to successfully parent solo throughout those early parenting years, they have also learned how to wisely observe the changes around them and within their families, and make appropriate changes and adjustments as their children grew up. I've watched them learn important lessons that I believe can be of great benefit to other women who struggle with the same issues. This book contains my reflections on the lessons my friends have learned as well as personal lessons I myself have learned through seeking to apply biblical wisdom to the day-to-day struggles we all face as we grow older.

In this book, you will learn more about how to adjust to the empty nest as your children move out of the home; how to impart vision and goal-setting directives to your young adult children; how to help your kids make wise relationship and marriage decisions; how to prepare yourself for a second career as well as make sound financial preparations. You'll gain helpful advice on how to joyously embrace grandparenting while simultaneously caring for your own aging parents. I'll address the complex topic of remarriage and the inevitable adjustments that go along with it. Finally, I'll share some practical advice on how to discover and maintain the precious gift of inner rest no matter what the future holds.

As my friends learned so long ago and passed on to me, none of us is meant to live life on our own. Every person, as designed by God, has a need and an innate longing for intimate community. It is my hope and prayer that this book offers single moms a safe place—a community—where they find rest and renewed hope, strength, and shelter as they travel alongside other moms on this parenting journey.