

# The SINGLE MOTHER and Her Children

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## Introduction

Welcome to this study on THE SINGLE MOTHER AND HER CHILDREN. This booklet is a supplement to the NYM *Family Studies* series.

In the past few years, many church leaders and Christian missionaries have been very concerned about the breakdown in families. They have seen a great need for Bible teaching in this area. A number of pastors, church leaders and missionaries started specific teaching on this subject. In 1977 they began putting their teaching together in a set of lessons that everyone could use.

Since *Family Studies* deals primarily with two-parent families, THE SINGLE MOTHER AND HER CHILDREN was written to address the needs of single parents and their children. This booklet can be used by single mothers for personal help and by pastors or other leaders involved in ministry to single mothers.

## THE SINGLE MOTHER AND HER CHILDREN

*“The Lord...takes care of the children who have no father and the woman whose husband has died” (Psalm 146:9).*

**HELP!** I’m a single mother!

*So are millions of other women. You have lots of company.*

But you don’t understand. I’m lonely!

*You have your children. That’s more than some lonely women have.*

But my children have no father to provide for them and protect them.

*They have a mother. That’s more than some children have.*

But I can’t care for them by myself!

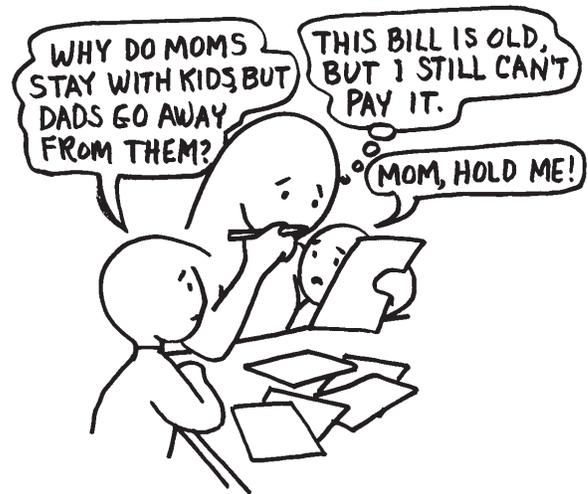
*Who said you had to?*

But who is there to help me?

*Have you forgotten about God?*

God! What can HE do?

*I’m glad you asked. Please keep reading.*



## GOD OUR FATHER

That’s what the Bible says. He’s not like your father, or like mine, or like anybody else’s. Our fathers all made mistakes. Sometimes they hurt us.

But not God! Although He allows us to have hard times in life, God is still the Perfect Heavenly Father. He never makes mistakes. The Bible says that He is gentle, patient, strong, trustworthy, wise, good, just, forgiving and understanding. He is always this way because He never changes.

Best of all, God loves a very special group of people, the fatherless. There are more than forty places in the Bible where God tells how he feels about fatherless children. Here are some of them.

*“Do not bring trouble to any woman whose husband has died or any child whose parents have died. If you bring them trouble, and they cry out to Me, for sure I will bear their cry”* (Exodus 22:22–23).

*“God in His holy house is a father to those who have no father”* (Psalm 68:5).

*“Learn to do good...Stand up for the rights of those who have no parents”* (Isaiah 1:17).

*“Religion that is pure and good before God the Father is to help children who have no parents and to care for women whose husbands have died”* (James 1:27).

When the Bible was written, most single mothers were widows, women whose husbands had died. That is why the Bible talks so much about widows.

Today many single mothers are not widows.



Many are divorced, separated or never married. Maybe you are one of these. Never fear! God loves you and your children too.

God gives these promises to those who have been forsaken.

*“For my father and my mother have left me. But the Lord will take care of me”* (Psalm 27:10).

*“God has said, ‘I will never leave you or let you alone.’ So we can say for sure, ‘The Lord is my Helper. I am not afraid of anything man can do to me’ ”* (Hebrews 13:5–6).

## GOD’S PLAN FOR THE HOME

In the beginning, God had a Perfect Plan for the home. He created the first home according to this plan. He made a man, Adam, and a woman, Eve. He told them to have children.

This is still God’s Perfect Plan for the home. A home with a loving father, a loyal mother and obedient children, all serving God, is a complete home.

But because there is sin, sickness and death in the

world, many homes must get along without a father, a mother or children. Are these homes doomed to be incomplete?

No! Because God is kind and merciful, He also has a Providential Plan whereby any home can be happy. It works this way.

Mother + Children + God = A Happy Home  
Father + Children + God = A Happy Home  
Husband + Wife + God = A Happy Home

Bringing God into your home is much like getting married. When two people get married they make a **confession** (that they are unmarried); they make a **commitment** (to each other for life); they make **promises** (to love and care for each other); and they make a **change of life style**.

For God to complete your life and home, you must make a confession.

*“...if you will confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved”* (Romans 10:9 NKJV).

You must also make a commitment, and promises.

*“Commit your way to the Lord. Trust also in Him, and He shall bring it to pass”* (Psalm 37:5 NKJV).

Be prepared to change your life style and put away wrong things from the past.

*“But you must be sorry for your sins and turn from them. You must turn to God and have your sins taken away. Then...your soul will receive new strength from the Lord”* (Acts 3:20).



## STOP AND THINK

Take a few moments to talk to God about your life. Is He asking you for a confession, a commitment or a change of life style?

## WHERE ARE YOU NOW?

*Right now me and my children are alone. My husband left*

*me for another but he is caught in the middle. He wants to come back to us, but he wants to stay with the other woman too. I am hurting, confused and angry. If I did not have the Lord Jesus, I know I would be more than hurting. God and the prayers of Christian friends are holding me up. I am just listening right now and waiting.*

This mother is caught in a situation that she didn't want and didn't plan for, even though she might be partly responsible for it. Life has dealt her a painful blow. She could give up. But she realizes that God has given her a powerful choice, a choice of attitude. Here are four attitudes that single mothers can choose.

### **ATTITUDE 1: I CAN'T DO ANYTHING**

I am not a capable person. I have been abandoned, so I am worthless. Life is unfair, so why try? I cannot cope. I am a failure. I have no control over my life.

### **ATTITUDE 2: I'LL DO IT OR DIE**

I have to be a good parent. I must do everything by myself. I dare not fail. I must keep control of everyone and everything. No one must know that I sometimes get scared and feel like giving up. If even one thing goes wrong, it is a disaster.

### **ATTITUDE 3: I'M SURVIVING**

I think there's hope, if I can just hang in there. I just take one day at a time, because I can't face any more than that. Just when I think that things are on an even keel, I can expect them to fall apart. Things will settle down some day, I hope. Surely one day I will be repaid for surviving and have peace and quiet and the whole house to myself.

### **ATTITUDE 4: I'M DOING OK!**

My children are a gift from God. No child is a mistake. God has promised to help children without fathers and mothers without husbands. God is in control even when I'm not. In the end, children will make their own choices. I can receive help from other people. Nobody's perfect.

I'VE ALWAYS DONE WHAT I WANTED TO DO... AND WHAT A MESS I'M IN! IT SAYS HERE PEOPLE FALL WITHOUT COUNSEL. I NEED ADVICE FROM SOMEONE.



## **STOP AND THINK**

Sometimes single mothers go through Attitudes 1, 2, and 3 before they are ready for Attitude 4. What about you? Where are you in this process? Get together with a group of single mothers and talk about your attitudes.

My name is Hagar. You can find my story in Genesis 16 and 21.

When I was very young, I was taken away from my parents and sold as a slave. I was bought by a man named Abram to serve his wife Sarai. They treated me well, for the most part.

But Sarai was unhappy because she couldn't have children. One day she told Abram, "Why don't you sleep with Hagar and have a child by her. Then I will raise the child as my own."

Well, I didn't really want to, but because I was a slave, I had to do what my mistress said. And sure enough I got pregnant.

When Sarai saw that I was pregnant, she became jealous and mean to me. One day things got so bad that I ran away into the desert. There an angel from God met me. He told me to go back to Abram and Sarai and submit to them. He also promised that I would have a son.

I obeyed the angel. My son was born and I named him Ishmael. Several years later, Sarai also had a son, Isaac. My son got jealous at all the attention Isaac was getting and started making fun of him. This made Sarai so angry that she told Abram to send us both away into the desert.

We wandered in the desert until our food and water were almost gone. I didn't know what to do. Finally I put my son under a bush and went away so that I wouldn't have to watch him die. But God heard our weeping and had mercy on us. He opened up a well of water there in the desert. My son lived and became the head of a great nation.

## **DEALING WITH FEELINGS**

A group of single mothers were sitting around a table, talking about their feelings. The divorced mother said, "I feel like a butterfly. If you touch it the wrong way, you destroy the beauty. It's never the same again, but there is always hope."

The separated mother said, "I feel guilty about my situation, that I have been avoiding the issue of going back to God fully."

The mother who had never been married said, "As leaves change in the fall, so are my moods in life."

The widow said, "I would like to have peace of mind all the time."



At the bottom of every attitude there are feelings. Good attitudes like Attitude 4 come from feelings of hope, peace, love and trust. But bad feelings of anger, guilt and fear keep trying to take control. These feelings can be there even after you have invited God into your life. Understanding what causes these feelings makes it easier to deal with them.

## GUILT

True guilt comes from your own wrong-doing. If you willingly took part in sex sins, then you are guilty. If you divorced your husband, you are guilty. If you rebelled against your parents, you are guilty. If you rejected your children, you are guilty.

But guilt **feelings** can trouble you, even if you are not truly guilty. If you were raped or sexually abused, you may **feel** guilty even if you are not. If your husband divorced you, or if your parents divorced each other or abandoned you, you may **feel** that you were the cause of the trouble even if you were not. Not having a male authority in the home can cause guilt feelings.

This calls for careful thought. Reading God's Word will help you to know where you are truly guilty. Then you can confess your sins to God and turn away from them. But God also invites you to bring your guilty feelings to Him in prayer. You can give them to Him, ask Him to take them away and replace them with His peace and joy.

For your children's sake you must get rid of both guilt and guilt feelings. If you don't, these feelings will infect the children. Here is one way that can happen. If

you chose to get pregnant and have a child outside of marriage, that was a mistake, a sin. God can forgive that sin. But now you may have the feeling that the child was a mistake. Every time you see the child you are reminded of your sin.

What does God think of your child. Does He see the child as a mistake? No, He doesn't. The Bible says that God sees every child in the womb before it is born and makes a plan for that child's life (Psalm 139:15-16). If you think of your child as a mistake, you will cause him to think the same way about himself. He will start to feel rejected and will reject others. So don't treat your child as a mistake. God doesn't.

## ANGER

Be honest with yourself. What kind of feelings do you have when you think of:

- your father or step-father?
- your mother or step-mother?
- your grandparents?
- your husband (or the man who fathered your children)?

Do you (or did you) have a warm, loving relationship with these people? Or is it (was it) a broken relationship?

The most common result (and cause!) of a broken relationship is anger. Anger that grows in the heart bears bitter fruit.

- Some girls get involved sexually because they are angry at their parents.
- Some girls want to get away from home because of anger.
- Some wives can't get along with their husbands because they have never forgiven their father for things that he did.
- Anger with past family members can cause difficulties with children.
- Anger can lead to depression and suicide.
- Anger can lead to addictions.

Examine those strong feelings that you have, the feelings that tie your stomach in knots and make your heart pound. If you decide that these feelings are anger, here is what you can do.

1. Admit that you are angry. Decide that you want to get rid of anger.
2. Examine the cause. Is something really wrong? Or are your expectations just too high?
3. Confess the anger to God. Confess any wrong words or actions or unrealistic expectations. Call them

sin. Ask God's forgiveness. If possible, confess the same things to the person at whom you are angry.

4. Pray about it. Give up the anger to God.

5. If possible, do something to correct the wrong. If your expectations were too high, try to make them more realistic.



Here is a letter from sixteen-year-old Joyce, written to her pastor.

I'm feeling awful. I don't know how to go on living. Why was I ever born if I'm not loved? I'm always alone, so alone. You really have no idea what that means.

I have a mother, a brother and a sister. They like me, I think. But why has my father never shown me any love? I love him but he hates me. It sounds crazy to have everything, a room of my own, good clothes, good food, and yet to be so lonesome. It's awful when there is no love. I feel so dead inside!

My parents broke up eight years ago. My brother and I live with my mother. My sister is married. I remember when my sister first told me that our dad was moving out. We were down by the lake playing. I ran home and went into my room. I cried for hours. My whole world seemed to have broken down.

Then I began to understand that I was going to lose my father forever. It was so hard for me even though I hardly knew him. As long as I can remember I probably only met him ten times. He was cold to me, very cold, and it was him that I loved the most.

I've kept asking myself, "What does God want from you, Joyce?" Why does God let me suffer so much? He must see how much I hurt. All I know is that I can't stand it much longer. I'm going to get sick. I can feel it already. Last year it was terrible. Again and again I broke down at

school and had to vomit. The nurse couldn't find anything wrong with me.

But I knew what was wrong. I wanted to be loved, and I wanted to love. I've tried so hard. I try to love everybody, and I've succeeded a little bit, I think. A lot of boys and girls come to me with their problems and cry their hearts out on my shoulder, just like I'm doing on your shoulder.

Not long ago I became sixteen and I asked myself, "Doesn't God see you? Doesn't He look down upon you?" I can't remember what else I thought, but I know one thing: God doesn't love me any more, and He never will love me. He has forsaken me. I cried and cried. I often ask myself, "Why didn't God let my suicide attempt a year ago succeed?"

I'm so mixed up. Please excuse me. All this feeling boiling up inside wipes everything right out. My youth is gone, and I never will be happy. I blame God. Yes, I do, even though my heart is broken, and I'm ashamed of my words. What I really would like to do is ask for forgiveness; forgiveness from God the Almighty, whom I love so much. But He is cold, just like my father when I told him, "I love you." I don't know what God wants me to do. A deep wound will remain in my heart all my life. It comes from all those years when I was alone, as I still am.

I don't know whether you will answer me or not. From the depth of my heart, I wish you and your house God's blessing.

## HELP FOR YOUR FAMILY'S NEEDS

Now that you have made your peace with God and found forgiveness for your anger and guilt, what about the needs of your family? You have discovered what these needs are, haven't you?

- Spiritual authority and protection
- Food, clothing and other physical needs
- A male role model for your children
- An outlet for your sexual desires
- Money management
- Male friendships and associations for you

*"And my God will give you everything you need because of His great riches in Christ Jesus" (Philippians 4:19).*

God could do this by dropping the things you need right out of the sky. But mostly He chooses to work through people—you and others working together—to meet those needs.



Probably the first people you will turn to for help will be your family. It used to be among the Aboriginal people of Canada that if a father died, another male relative took the responsibility for the family left fatherless. Often it was the dead man's brother or close cousin. But this was not so when a baby was born outside of marriage. No one wanted to take the role of the "uncle-father" of a child born to an unmarried mother. It is still that way today.

This is one reason why grandparents often end up looking after grandchildren from broken homes or from a daughter who had a child outside of marriage. In some communities this is seen as a good thing. Some people believe that if you were raised by your grandmother, you are lucky and will turn out well. Sometimes this arrangement really does work well. Other times it is full of hardship, both for the grandparents and the grandchild.

If you have close relatives who are willing to help, you are very fortunate. These are the first people to go to for help. But often there are problems even with close relatives.

- The uncles may be alcoholic or known child abusers.
- The grandparents may feel guilty or resentful toward your children because of broken relationships that have not healed.
- The relatives may live too far away to be of help.
- The grandparents may be too old to have the full responsibility of raising children.

When your natural family fails you or your husband dies, God has provided another source of help in His spiritual family, the church. Christian brothers and sisters who love Jesus also care for each other. If you can become part of a Bible-believing church fellowship, you will probably find help for the needs of your family.

Government and social agencies can also provide much help. But it is well to reach out for help to your

extended family and church. Also, don't forget the best helper, the Holy Spirit, whom God has given to you, his child.



## SPIRITUAL LEADERSHIP AND PROTECTION

In God's Perfect Plan, women receive spiritual leadership and protection from the men. In the Bible, Numbers 30 shows a pattern of leadership that God told His people the Jews to use.

- A young, unmarried woman living with her father was to be under his leadership (Numbers 30:3–5).
- A married woman was to be under the leadership of her husband (30:6–8).
- A widow or divorced woman was "on her own," at least in the matters discussed in this chapter (30:9–14).

If you find yourself without this spiritual leadership and protection, here are some steps that can put you back into a place where God can meet your need.

1. Make sure you do not neglect your personal communion with God. Do not let work interfere with your daily devotions.
2. Make sure that your relationship with God is clear, that there is no sin standing between you and God.
3. Face your situation realistically. Don't try to hide it. Forgive yourself. Accept God's forgiveness through the blood of Jesus Christ. Study God's Word to find His plan. Discuss it with your children.
4. Clear up your relationship with all people around you. Don't blame your troubles on your former husband or partner. Don't speak evil of your children's father, but build a good mental image of him. Keep the lines of communication open with him, if possible.
5. Practice forgiveness in your own heart for any wrongs done to you.
6. Prayerfully and purposefully put yourself under God's leadership and protection each day.

7. Look for a man who will provide practical direction, leadership and authority. Look first among the men closest to you: your father or father-in-law, your uncle, your brother or brother-in-law. Then look within your spiritual family for an older married man: your pastor, an elder, a “big brother.” Even your former husband can sometimes provide leadership, if the laws permit. A man can become the “uncle-father” figure, a male role model for your children (see 1 Peter 5:5). Within the church fellowship you can also find counsel and advice for personal needs such as money management, finding a place to live, finding a job, caring for the children while you work and schooling for the children.

8. If you are separated or divorced, consider ways of rebuilding a relationship with your husband. (See *Rebuilding a Marriage: An Alternative to Divorce* from NYM Ministries).

9. If you have not been married before, consider marriage. If you are a widow, consider remarriage. But don’t rush into marriage.

10. Believe that God can conquer your fears (see Hebrews 13:5, Isaiah 41:10, 2 Timothy 1:7).

Mary knew she was in trouble. Any unmarried Jewish girl who got pregnant was in BIG trouble. According to the law, she could be stoned to death. Even if they didn’t carry out the full weight of the law, she was facing a life of loneliness. Her dear boyfriend Joseph was already planning to break their engagement.

She couldn’t really blame him. He was a good man, respected in his community. It just wouldn’t do to hurt his reputation by marrying him to a girl who everybody thought had sinned. How could they— how could he— understand that the child she was carrying had been conceived by the Holy Spirit, that it was a miracle child?

It had been her decision to be the mother of that child, the Savior of the world. God had chosen her and sent his angel to tell her about it. It had been her decision to say “Yes” to God and obey Him. But now she was in trouble with her people. It would be best to go away for a while.

Where could she go? She remembered that the angel had told her that her relative Elizabeth was also pregnant. She knew that would also have to be a miracle, since Elizabeth was too old to have children. Elizabeth lived up in the hills. That would be a good place to go.

When Mary arrived at Elizabeth’s house, Elizabeth

greeted her as “the mother of my Lord.” How did Elizabeth know! Mary realized that the Holy Spirit had told her. Mary was so thrilled that she burst into song.

*“My heart sings with thanks for my Lord. And my spirit is happy in God, the One Who saves from the punishment of sin. The Lord has looked on me, the one He owns and the one who is not important. But from now on all people will honour me. He Who is powerful has done great things for me. His name is Holy”* (Luke 1:46–49).

Mary stayed with Elizabeth about three months. When she went home, she found that Joseph had also received a visit from the angel. God had told him to go ahead with plans to get married to Mary. She would not be a single mother after all!

## CONTROLLING SEXUAL DESIRES

As a mother you have had sexual desires awakened within you. It is not wrong to have these desires, but it is wrong to satisfy them in sinful ways. Here are some ways of keeping these desires under control.

1. Meditate on God’s Word regularly. Memorize it, pray it, sing it.
2. Seek fellowship with God’s people. Develop at least one close friendship (see Hebrews 10:25).
3. Get physical exercise: long walks, sports, other recreation.
4. Keep busy. Do not let yourself become bored or lonely.



5. Keep away from situations that you know can cause sexual temptation.
6. Read and listen only to those things that are good and wholesome.
7. Talk to your pastor or his wife about your needs in this area. The pastor and their members of the church can give a listening ear, pray with you and provide you with encouragement and support. The church fellowship can be a place where you can form wholesome friendships with

men, listen to them talk and receive counsel and advice.

8. If you are considering marriage, do not let your feelings take control of your decision. Seek counsel from others and from God.
9. Do not try to be a man. Even though you are leader of your home, you are still a woman. Do not deny the feminine qualities that you have.

## HELP FOR YOUR CHILDREN

One of the most common emotional needs in children from single parent families is a sense of rejection. This is especially true when the father is divorced, legally separated or has abandoned the family. Feelings of rejection are not as common in families where the father has died.

Feelings of rejection often bring feelings of guilt. The child may feel responsible for causing the father to leave home. As you deal with your own feelings of rejection and guilt, you can help your children conquer theirs.

I woke up one morning to find my mother and dad sitting there. I looked at each of them and wondered why Mom was crying. The night before, they had argued about something which I couldn't understand. I saw my dad's face full of anger and disappointment.

Mom said, "Don't go, please! What about the children?" Dad never did say anything about that, but spoke gently to me, saying, "Son, you're a big boy now. I'm leaving. Take good care of your mother."

I was ten when all of this began. I never knew what was really going on. But before this, Dad would go to town, about a three-hour drive away, to visit and pray with a lady whose husband had left her. Dad thought he was doing a good thing for the lady by praying with her, until he saw he was in love with her. It is strange that a Christian would love another woman and leave his wife.

I can still hear Dad's words today, "Son, you're a big boy now. I'm leaving. Take good care of your mother."

Those words stuck in my mind. With tears in my eyes, I asked when he was coming back. He said that he'd be back every weekend. Finally I stopped crying for a while. Then Mom broke in and spoke with a plea, "Don't go." As he went out the door, I ran to him and hugged him, telling him that I wanted to go along. He repeated the words in a different way, saying, "I'll be back every month. I'll send you money so that you can buy sweets." Obviously he thought that was good enough to satisfy a boy who wanted to go shopping all

the time.

I don't actually recall my dad leaving the house, but I often wonder how he felt when he was leaving. As for me, I know what it feels like to be left behind.

Today I'm married and have a child. It's not easy for a boy whose parents have been separated and later divorced. It's not easy at times when you know that your father is alive and doesn't write to you. But there is Someone to whom I can turn, and that is Jesus Christ. Even though it is not quite the same as having a physical father, I have found Someone to help me.

Through this experience, I've found Christ's healing for my wounds. Serving Christ and trying to help others who are in the same situation also helps heal my hurts.

For those who read this and are separated, remember: it is hard for a child to live a normal life as if nothing is wrong. I wish that my parents had never separated and divorced. I encourage parents and children and teenagers to think often about what effect it would have on all your family. It not only affects your family but also your friends and neighbours.

The needs of children seem endless: food, clothing, attention and friendship, discipline, training, physical care. Most of these needs are spelled M-O-N-E-Y. If raising children is a full-time job for two parents, how can you possibly hope to do it by yourself!

We have already spoken of the help you can get from a "big brother" or an "uncle-father." This man can do special things with the children. If he talks with them and shows that he is friendly, then they will know they can talk with him. It is good for a child to talk with an adult other than his mother. Children need to hear a man's viewpoint on life. He can be a role model for boys and a source of emotional and moral strength for girls. He can also help with major discipline problems.

The attention the man gives takes a lot of pressure away from the mother. It might not be necessary for the man to see the children every day. If they know that he is available when there is a need, that is a big help.

You can also receive help from the children themselves. Set up a partnership system with them in which they help with the work of running the household. Help them to see that everybody must work together for the family to survive. Teach them to be self-reliant. Don't be a "smother-mother." Teach them to manage money. Let them do some of your shopping. Encourage friendships with other children. Respect each child for who he is, and do not compare the child with others.

Reach out to others who are in need. This will help take your mind off your own troubles. Get involved in church and community work, visitation, writing letters of encouragement and prayer.

Finally, do not underestimate the influence that you can have as a mother. In the Bible, the Apostle Paul gave Timothy's grandmother Lois and mother Eunice



the credit for raising Timothy to be a man of God (2 Timothy 1:5). Think of your children as a gift from God, special to Him. Show interest in the things they are interested in. Spend time with them. Even if the only time you have to spend is when you do chores or work together, you can make it a time of teaching and attention. Discipline the children firmly but lovingly for their good. Let your children know at all times that they are loved.

## A FINAL WORD

There is help and hope for the single mother. God says in His Word,

*So put away all pride from yourselves. You are standing under the powerful hand of God. At the right time He will lift you up. Give all your worries to Him because He cares for you... Remember, other Christians over all the world are suffering the same as you are. After you have suffered for awhile, God Himself will make you perfect. He will keep you in the right way. He will give you strength. He is the God of all loving-favor and has called you through Christ Jesus to share His shining greatness forever. God has power over all things forever (1 Peter 5:6-7, 9-11).*

God wants to help you. He wants to lift you up and give you strength. He wants to lift up your children and take care of them.

God's help and blessings come through your obedience. When you and your children obey God, He can lift you up and give you true happiness, joy and strength for life.



## FOR MORE HELP AND ENCOURAGEMENT...

*Family Life in Pictures.* Simple lessons for children, with large pictures and scripture verses.

*Family Studies.* A manual for family life seminars. Discusses marriage, parenting, money management and emotional issues such as anger and jealousy.

*Accepting Myself in the Image of God.* A book for young people dealing with anger, shame and fear from childhood wounds. Includes written exercises.

*Youth Studies.* Counsel for young people preparing for marriage or single life. Includes self-tests and other written exercises.

*Hope for the Hurting.* Dealing with the effects of sexual abuse.

*God's Road to Recovery.* Set of three audio tapes dealing with emotional pain, shame, repentance and forgiveness.

*Anger, Guilt and Fear.* Set of three audio tapes.

*Mothers' Studies.* Fifty-two short Bible lessons dealing with a mother's personal life, marital relationships and family responsibilities.

*Fathers' Studies.* Similar to Mothers' Studies, but designed for men.

*Today's Native Father.* Free newsletter which also includes inspiration and help for mothers.

*Rebuilding a Marriage: An Alternative to Divorce.* A free booklet that explains what the Bible says about divorce.

Audio tapes and CD's...

*A Mother Sings* (a cappella hymns)  
*My Christian Home* (family singing)  
*Songs of Inspiration and Comfort*  
*Northern Children's Hour* (stories for children)

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