

CompletelySingle:

**Learning How to Become the Right
One Before Meeting the Right One**

By Damien K. H. Nash

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To

From

Date

CompletelySingle

:

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This book is dedicated to my Fusion Church Family.

– *Damien*

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Foreword

Two words: *Completely Single*. Wow ... I will start out by saying this: my good friend Damien Nash has hit this one over the fence and to the upper deck! Honestly. At first, I thought there was nothing more to know about relationships and being single. I thought everything had been made public already through magazine articles and other self-help books. But that was until Jesus got a hold of a young man and gave him a fresh, God-inspired word. Not only are Damien and I good friends, but for years now we have also been each other's accountability partner, privileged to speak correction and encouragement into one another's life.

So much is touched on throughout this incredibly authentic book. By hitting the delete button on those nagging single-life issues, an individual can make for a blessed married-life. Speaking from personal experience, being married for only a few years now myself (to a beautiful, wonderful, godly woman), I can see in my own marriage numerous stumbling blocks that Damien speaks of. Even though I deleted many of the same issues I knew would be detrimental, several have exposed themselves in my marriage. This brings up the question: How completely single was I? Only God knows that answer ... and only God knows that answer concerning you. While you are developing your purpose, identity, and direction in Christ, analyze your life through prayer and see what needs to **go** so that you can **grow**. Erasing what the world has taught you is one key. Establishing the powerful points made in this book is the other.

Do yourself this favor: Die to the things that are killing you and keeping you from wholeness. Secondly, live for the things that are reviving you and making you whole. "Live by faith and walk with wisdom" is my favorite line. Damien and I are walking this dirt road of life with you. Never forget it.

My inspiration and my motivation is this: Die so that you may live!
Live so that others may know you are truly alive! Become
#CompletelySingle!

– *Justin Hart*

It is not just an opinion, but also a fact that Damien is a good friend to my husband. His spiritual walk shines through in many aspects, whether it be in his daily conversations or in his written work. This book, *#CompletelySingle*, is something bigger than himself. I see Damien striving to become whole in Christ, and as he is doing so, he is bringing others with him. That is probably one of his best qualities: unselfish boldness. He shares with others what God teaches him and does not keep it locked within himself. The topics discussed in this book are candid and refreshing. His personal stories hit home. His insight is coming from an angle that most male and female believers have never read before. The world will learn countless things about our friend in this unique relationship book; but perhaps, more than that, they will learn even more about themselves and their relationship with Christ. Without God, we **all** are incomplete while single. Yet with Him, we all can be complete and whole, lacking nothing. Enjoy the book...

– *Jasmine Hart*

Introduction

Tackling Loneliness

One night at work I was meditating on the word *relationships*. I work the midnight shift in the corporate office of one of the most prestigious airline companies in the world. You see, so many young adults in my church community were struggling with this subject of relationships. If you knew me, you would know I love to solve problems and come up with solutions to help people struggling in any area of their life. I am finding out that every area in which we struggle with has a biblical answer to it. So I decided to listen to God to help me apply this wisdom to my own life first and then share it with those around me.

I asked the Spirit of God to direct me in this search, to give me something that was uncanny and transforming—something I personally had never heard before that would not just be a word to itch the ears of the listeners, but would also transform lives for generations.

Then I felt the Spirit say, “If you want to know about relationships, look at the first relationship.” I thought about it some more and I said, “Well, the first relationship was with You and Adam.” Man, so I pulled up the Bible electronically at work, and I started seeing where God was going with this. After receiving five of the six principles found in Genesis 2—which form the basis for this book—I literally had to contain myself from turning over my computer screens. Those who know me know that I am so serious about that.

I then started messaging my close friends over the next couple of days, showing them what God had given me about relationships. Their excitement made me more excited! The sixth principle came when I was going over it again with my sis’ Jasmine Hart—as she pointed out a verse that I had overlooked.

I know you are wondering why I am writing a book like this. What was my inspiration for this work? Well, as I served as a prayer team leader at my current church, I continued to hear some of the same prayers being prayed over and over again. Most of the time my team members prayed about what they were currently going through—until I taught them biblical principles on how to be less defensive and more assertive in praying. We would have prayers like “Lord, help me get over this guy” or “Help me let go of this girl.”

Also, what I continued to see is that relationships were the major topics of prayers, but these same people still were not successful in relationships after they prayed. Where was the disconnect? We sometimes think that just letting the person go will make us single again so we can find Mr./Mrs. right. What you will learn in this book is that this is the furthest from the truth. There might be remnants of past relationships that affect your perspective in a future relationship if you don’t address those soul-ties, which are strongholds you need to overcome.

So before I go any further in this book, I want to make a foundational statement: **The most important relationship is man’s relationship with God.** The success or destruction of humanity hinges on our relationship with God. Once our relationship with God is back in order, we will start seeing real and lasting changes in our human relationships.

I truly believe that this principle, when applied, will radically change your life and your views to focus on being completely single as you enter into relationships. Now, I know this does not sound attractive at this time; however, bear with me as I take you through what I believe God intended in establishing our first healthy relationship, which should be with Him.

That said, God intends us to cultivate relationships with other people as well. I love Ecclesiastes 4:9–12:

*Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm **alone**. Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. (NIV)*

This is not a book that invokes the modern-day terminology floating around, like “the gift of singleness.” As I have studied the word, I don’t see singleness so much as a gift but a choice. What I can say is that God knows what is best for each of us. He says in Genesis 2:18, “*It is not good for the man to be alone...*” (NIV).

In the Hebrew, *alone* takes on a couple of meanings like “All-one” or “All-in-One.” God’s plan was not to keep man “all-in-one”. We read in Genesis 2:21 that He created a female and actually pulled her out of man by opening him up. Man left by himself will self-destruct—and the enemy wants us to self-destruct. We sometimes isolate ourselves, detached and cut off from friends, brothers and sisters, and our families. We play right into the enemies’ plan for our lives.

However, God wanted to create a system that would fight against the enemy’s future schemes of isolation: reproduction. God didn’t want to continue to pull humans out of man, so he created “Womb-man,” known to us as *woman*.

So to those who may think their current situation as single is a death sentence, let me tell you: the enemy wants to deceive your mind, saying that you are alone or all-in-one. You see, God has a plan for that. Yes, you might not have a courtship partner or spouse in your life currently, but that does not mean you are alone. Deuteronomy 31:6 says, “*Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you*” (NIV).

That's right. No matter what fight you are in, whether the fight against the enemy or the internal fights in your mind, you have to remember He will never leave you nor forsake you. God is with you, and He loves you!

Let me tell you a brief story. One day at a family meeting, my older brother David said something that changed my life. You see, I was struggling with a bout of loneliness again as I was trying to realize God's purpose for my life. I say "again" because my struggle with this almost cost me my life in college. My brother saw that I lacked true friendship even though my life was filled with people. He said, "If you want friends, be friendly." This is such a simple phrase, but it is also profound.

I'm an introvert; however, I had to learn that I was making choices to stay introverted. As followers of Christ, we have to recognize that we can't blame our personality traits for our loneliness. We can seek God's guidance to help us be a light for Him. It's our choice! He gave us free will. One thing I have found in my journey was that even though I was single, I was never alone—because God was there. As I mentioned before, I made a decision to surround myself with people who hold me accountable. These are people who sharpen me to be the person God has called me to be while helping me to vanquish loneliness and isolation.

There are several ways I approached this study on reasons for loneliness. I wanted this introduction to help give you a process to tackle loneliness whenever you might have these feelings. Dr. David Jeremiah contributed to the concepts behind these four steps through his teachings entitled *Slaying the Giant of Loneliness*:

- 1. First you must accept or admit that you are lonely. Consider the causes of your loneliness.** Let's be honest, we all have had this feeling at some point in our lives. So what things are out there that may cause our loneliness? For starters: sickness, big dreams or visions, death, unrealistic expectations, phobias, sin, depression, moving from place to place, social media, and

relationships or the lack thereof. I encourage you to talk to someone about your feelings and acknowledge that these feelings are real!

2. The second step we should take is to accept our provision for loneliness. Jesus knew that it was better for Him to leave so He could send help that would be accessible to each of us simultaneously. In John 14:16 Jesus tells us exactly where that help is coming from: *“And I will ask the Father, and he will give you another advocate to help you and be with you forever”* (NIV). He has given us His Holy Spirit, who is known as “the Comforter” and “our Help.” We just need to stand on these promises in Scripture when moments of loneliness start rising inside of us, and believe that He will be there for us forever.

3. C. S. Lewis’s wife Joy Davidman died in 1960, and Lewis was very distraught. Yes, it was sad that she died, but it was recorded that he was more upset at himself because every day after her death, he was losing her image in his mind. I believe the reason why so many people are lonely is because they continue to lose the very image of Christ. They sometimes lack the discipline to spend time with Him by reading His word or even praying often. **Spend time often in reading the Word of God so you can regain the image of Christ upon your heart.** In the Bible you may run across Hebrews 13:5: *“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you’”* (NIV).

One of the things I also learned during my study is that Jesus became lonely on a cross so we would never be lonely. We read about His loneliness in the prophecy of Isaiah 53:3a, which says, *“He was despised and rejected by mankind, a man of suffering, and familiar with pain”* (NIV). You see, even His Father rejected Jesus on the cross. Matthew 27:46 tells us, *“And about the ninth hour Jesus cried out with a loud voice, saying, ‘Eli, Eli, lama sabachthani?’ that is, ‘My God, My God, why have You forsaken Me?’”*(ESV) God left Him alone because 2 Corinthians 5:21 says, *“For He made Him who knew*

no sin to be sin for us...” (ESV). Jesus was alone to save us from Hell, and because of His choice to stay on the cross, rejected, we believers will be in the company of God forever. What a mighty God we serve.

4. Lastly, be intentional. As my brother taught me, as a disciple of Jesus Christ it's tough to be in a state of loneliness. If we are truly seeking biblical community and have the physical and mental capability, we should not remain lonely for a very long time.

Currently, at the time I am writing this book, I am single, meaning I'm currently not courting anyone. Guess what? I am okay with that. Why am I okay with that? Because I have developed friendships to help me live my life wholly devoted to Christ as I prepare myself for a spouse. Guys, we need people to help us walk through this life. My Facebook relationship status may or may not change when this book is finished; however, my hope is steadfast in the Lord.

Being *#CompletelySingle* is a great place to be as you will read and allow the Holy Spirit to speak to you through every flip of the page. You will read about some real-life stories of the struggle and how these principles are applied to my life. As I told a recent audience, I was raised in the church but I never heard this subject preached the way God has laid it out to me so plainly. I believe I had to go through it myself so I could show people that with God, nothing is impossible. Yielded to His Spirit, you also have access to supernatural strength.

This book was written from a male perspective, for males, because all humanity started with one person—a man. Now, I do believe and suggest that women read this book as well. This will help them to see what a biblically single man looks like before he asks to court or even marry. You can also give this book to teenagers so they can start learning what God's principles are for becoming wholly devoted to Him, and can begin living this lifestyle as well.

As I said, I do not believe that singleness is strictly a gift, but rather is a choice. I do provide you dating and courtship tips toward the back of the book. I gathered these from my personal life and my studies,

from those around me who did it the right way, and from those who made mistakes and now provide boundary tips. However, the true gift is building a strong relationship with the Trinity while you are single, as you will discover in the pages ahead!

This book is jam-packed with information and godly principles. When they are applied, I believe they will change your life and the lives around you. So take some notes and leave remarks at the end of each chapter. Reflect on what's being said and how it is affecting your emotions and your soul. I'm excited to start this journey with you. For those like myself, who might have made mistakes in the past, my journey may seem to be impossible—and surprisingly, you are right. We each have our own stories and journeys in life. I can only walk my path, and you yours. You are wonderfully and uniquely made. You shouldn't strive to be anyone other than who God created you to be.

Andy Stanley said it best when he was talking to a crowd of young singles here in Atlanta in 2011: “Become the person you are looking for is looking for.” I personally believe that, biblically, you can become the person you are looking for. And we have provided principles in this book to help you become that person.

Now the next step is to turn the page and start a new journey. It will be tough, and you may experience some setbacks as I do sometimes; but if you put your full trust and hope in the Lord, I promise you will start seeing fruit from your labor.

This book is more than dating advice or relationship advice, which can be found on the Internet. These are biblical principles that, when applied, will help you in your quest to become a whole person before entering into your next relationship.

So I want to thank you for picking up this book. I am truly pumped about what the Lord is going to do in your life! Let's get started on the journey to becoming *#CompletelySingle*.

Part One:
Becoming the Right One

*“Become the person you are
looking for is looking for.”*

—Andy Stanley

Chapter 1

How to Die

And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.

— Genesis 2:7 (NKJV)

The Beginning

“Now, I’m just waiting on my rib,” I exclaimed. This is how I ended my response on being obedient to God as a single. This statement was followed by gut-busting laughs from the audience. While I even chuckled a bit with the audience, I was very serious about what I was saying. Let me explain.

You see, I was invited to speak at a conference series called “Kingdom Relationships: Made In His Image,” which three small-group leaders at my church, Victory World Church, put together. The topic for the night was how to be a godly man or woman. I was invited along with the praise and worship pastor from the young adult ministry, called Fusion, where I was the current prayer team leader.

Rebecca, the worship leader, had the floor first to give her answer on how to be obedient to God. However, after a few seconds, she turned to me and said, “I believe Damien has something to say about this.” And so the baton was passed, and I didn’t look back.

This whole scene was kind of surreal. Almost two weeks before the conference, God gave me a revelation at work that changed my life and made me realize this was the path He literally had placed me on for more than twenty years. I had simply asked God a question about relationships, and He had given me a profound response. Now fast forward to the conference, where I proclaimed before everyone,

“What I am about to tell you will change your life, and I believe I need to write a book about it.”

I know you will want to know what God showed me in Scripture about relationships and about how to become #CompletelySingle. So keep on reading!

Learning How to Die

When you look at this phrase, be honest: It’s intimidating, isn’t it? Who wants to die? I surely don’t. Research studies have said that death is the second-most-feared thing behind public speaking. So why do we have to die to be completely single and wholly devoted to God?

“Because Adam, too, was dead—in the beginning.” The first part of Genesis 2:7 reads, “*And the LORD God formed man of the dust of the ground...*” (NKJV). I think sometimes I read so quickly that I do not think about what is happening to different characters in the Bible. I personally had to mature in this area, learning how to slow down and allow the Holy Spirit to speak to me. When I slowed down, I started to see the multiple angles of a particular scripture, which is what happened with this study.

The Spirit asked me a simple question when I was studying this passage: “What was the state of man in the first half of this verse?” As I looked closely, I was shocked to see that man was already formed. My understanding of where the man was expanded because I slowed down. Why was this revelation so important? Because we see here that although he was formed, he had no life! He was known to be only flesh and bones. He was lifeless—or, we would say, he was dead.

The man did not have any recollection of who he was, what he was going to do, or what his purpose was. He also did not know who God was yet. You see, in this verse we see that the supreme eternal being—Jehovah (Elohim)—formed, framed, made, and molded man out of dust of the ground. However, man still did not have any sense of purpose. I believe this is a great place for us to start this journey to being #CompletelySingle.

We have to come to the realization and receive the revelation that, apart from God our Creator, we are nothing. No, really. Some scientists have found that we humans contain the same chemicals found in the ground. The total chemicals found in both the ground and human beings come to a whopping fifteen or sixteen components. That’s it. And to purchase these chemicals in the 1980s would cost about \$2.98.

In John 5:19, “*Jesus gave them this answer: ‘Very truly I tell you, **the Son can do nothing by himself**; he can do **only** what he sees his Father doing, because whatever the Father does the Son also does.’” He goes on in John 5:30 to say, “**By myself I can do nothing**; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me.” (NIV)*

If Jesus Himself recognized He was nothing and could do nothing without the Father, I believe this is a great place for us to begin as well. My friends, we can do nothing without God Himself giving us the ability to do so. If you want to start this healthy life devoted to God, a life of purpose and meaning like Christ’s, you have to surrender your will, your plans, and your flesh to God.

To start this journey you have to recognize God alone as your Adonai! **Adonai** is an Old Testament Hebrew word meaning “Lord, Master, or Owner.” I know these words are not popular in our society today. However, as we see in the life of Christ, He recognized that going lower actually elevated Him to His rightful place (Philippians 2:5–11). As followers of Christ, we must surrender as well in order to follow in His footsteps and advance His kingdom.

So How Do We Make Christ Our Lord?

The first thing we must do to make Jesus Christ our Lord is to become **completely** humble. This is done by confessing Him to be our Lord. Romans 10:9 says “*that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved*” (NKJV).

I was blessed at an early age to accept Christ for myself. It actually happened after a traumatic event. When I was about seven or eight, I was playing kickball with my brothers and a couple neighborhood friends. One of the boys kicked the ball across the street, and I volunteered to go fetch it. After looking both ways, I jetted across the street like a star football wide-receiver. However, I must have not

looked close enough because there was a car barreling down the road and then BAM! The car hit me. Later I was told that the impact of the accident caused me to do a backward somersault. SPLAT! I hit the pavement hard.

I didn't know where I was, and I was a little dazed and confused. I could not feel my right foot, so I got up and hopped across the street to finish retrieving the ball. Yep, I had to "complete the task." This is a phrase my natural father continues to preach to this day. The driver and my brothers rushed to see if I was okay. And I was! No injuries at all.

God spared my life. That night when my dad came home, he asked me, "If you had died today, where would you have gone?" I told him, "I don't know." Well, he then proceeded to walk me through the prayer of salvation, and I was saved.

Now, it took a lot of work to figure out what that meant as I grew in my faith; I had to learn this throughout my life. However, that day I surrendered my life to God and told Him, "The most important relationship is with You!" This means all our mess needs to be given to God. The unforgiveness, bitterness, and ungodly soul-ties should be exposed and surrendered to God as well.

You see, I confessed, and I was saved. Also, Jesus gave me a gift: **the Holy Spirit!** This is a promise given not only to me but also to all man. God desires for not one of us to be lost or perish (2 Peter 3:9). We will be saved from death if we confess and surrender our lives to Christ. He has to become the captain of the ship and the Lord over our bodies. When we confess, we allow His Spirit, the same spirit that performed all His miracles and even raised Jesus from the dead, to live inside of us.

With God taking full control, we give up all our rights. We even have to let Him in as Lord over our finances, our professional lives, our goals, our relationships, and our health. Take some time and ask yourself, "Have I surrendered my all to God?" It doesn't matter if you

are not saved or if you've been saved for thirty minutes or for thirty years—we **all** will have to humble ourselves and bow down to Christ one day. So what I am saying is this: What better day than today to surrender? Once we truly say "Yes!" to Him, He is then our Master—He becomes our Lord.

Secondly, we must do what He says. So many believers struggle with this one because they try to do this thing called life by themselves. They lean on their own understanding and then can't understand why they have so many problems and have not found their purpose in life yet. Shoot, I struggled with this one for a long time!

Solomon was the wisest man on earth, even though he didn't always follow this wisdom. Toward the end of his life, he started realizing some of his faults and jotted a lot of his thoughts down in the book of Ecclesiastes. Funny thing is, Solomon rarely practiced what he preached. This begs the question: Do we?

Now, in the book of Ecclesiastes we see a recurring theme throughout where everything is "meaningless," but toward the end we see Solomon came to his senses and provided an astounding revelation. Ecclesiastes 12:13 reads, *"Now all has been heard; here is the conclusion of the matter: fear God and keep his commandments, for this is the duty of all mankind"* (NIV).

Do we strive to keep His commandments? It's one thing to say, "I trust You God," but it goes to a whole new level when we say, "I will obey your commandments." I mean, if I look over my life and go back to those times when I was down or struggling in my walk with Christ, God shows me that my troubles appeared mostly because of my disobedience.

Now, don't get me wrong, I know that we live in a fallen world. We have an enemy, and people can be evil. Yet we can choose to follow His commandments any day of the week. That's our choice. This can sound burdensome to most of us since we tend to look through the same lens as the Pharisees did.

However, I really want you to get this revelation. God's laws given to Moses for the children of Israel were not meant to be just a list of commands. No, God's laws are good. They are not meant to harm us, but rather to help us stay in line. Jesus Himself said, *"Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them."* He goes on to say that *"therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven"* (Matthew 5:17, 19 NIV).

In the Old Testament there were 613 laws, also known as commandments. That is a lot. How can anyone follow all these laws on a daily basis? It would be extremely hard, and you would have to isolate yourself from people as well. Yet the Bible has an answer for us: Jesus said in John 14:15, *"If you love Me, keep My commandments"* (NIV). Our focus has to be on Jesus. We see in the following verse that when you do this, Jesus will pray that the Holy Spirit will help us.

We can't do this by ourselves, guys, even though so many of us try so hard. I had to learn this the tough way. Put your focus on Jesus and ask the Helper, the Holy Spirit, if you should do this or that. When you feel that "check" or nudge in your spirit, you know it is the Holy Spirit talking to you. This has saved me from a lot of pain, and it will save you likewise. It's our choice to live moral lives, but the Holy Spirit is there to help as well.

Jesus offers this stark reality in Matthew 16: a true follower is someone who has given up his or her right to lead. Jesus has to become your Shepherd during this process—He has to become your Lord. As we journey together, discovering the next five principles of being completely single in God's kingdom, I believe we must keep Matthew 16:25 at the forefront of our minds: *"For whoever wants to save their life will lose it, but whoever loses their life for me will find it"* (NIV). Losing your life, as we just learned, means dying to self and surrendering your own will to Jesus Christ, as He did to His Father.

But the story doesn't stop there. Jesus brought a kingdom, and when we accept Him, our identity changes. We are no longer slaves or indentured servants; we are free. Galatians 5:1 tells us, *"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery"* (NIV).

So, what then shall we be called? John 1:12 says we shall be called *"sons of God"* (KJV). If the Holy Spirit is in us, we are now heirs to a greater kingdom in heaven and on earth. 1 Timothy 6:15 calls Christ the *"King of Kings and Lord of Lords"* (KJV). If Jesus Christ is our King, then we are now considered kings. If Jesus Christ is our Lord, then we are now considered lords.

What I am sharing is Good News and the message of a kingdom—a kingdom waiting for its sons and daughters to awake and claim what's rightfully theirs. When we are growing up, we learn how to serve because we are part of a family. However, our parents don't expect us to wear the chains of a slave while doing our chores. Why? Because we are their sons and daughters.

The enemy does not want you to gain this revelation. He wants you to stay with a slavery mindset and try to work your way to be accepted by the King. But I am here to tell you that you **are** a king. So walk in that revelation. We are the ones to learn first the culture of the kingdom of heaven, and then walk it out and reflect it here on earth. So what are we waiting for? Let's walk it out and rule!

Prayer for Surrender

Father, our prayer as we start this journey is this: "Not my will, but Yours be done." Give me the strength to surrender all to You, whether it's in my finances, my work, or my health. Father God, it's all Yours. God, I repent for all of my sins and for not putting You and Your kingdom first. Thank You for forgiving me. Show me the areas that are distracting me from giving myself completely to You and establishing Your kingdom on earth. I confess You as Lord of my life

and I accept the gift of the Holy Spirit. Thank You for making me an heir to Your kingdom. It's in Jesus' name I pray. Amen.

Congratulations on surrendering your life to Christ. You are now born-again! We do encourage you to seek to show the world externally what just happen internally by being baptized by water. Please ask your local church for information on this process, taking the next step in your walk with Christ.

Reflection Section
