

FOREWORD BY HEIDI BAKER

What happens when you let God  
write your love story?

# Supernaturally *Single*

• Thriving while waiting •

**FREE EBOOK OF ONE OF THE CHAPTERS**

Daniella Lima Dos Santos

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*Hi, I'm Daniella!*

WELCOME TO MY FIRST EBOOK EVER

Daniella made a decision to be single until God showed her the right person. She waited eighteen years before God 'Supernaturally' arranged a husband for her. The man God provided was exactly what she had been praying for. Daniella has been a missionary for many years, working in a number of countries. Most recently she worked with a missionary organisation in Brazil where she helped in the mission school and ministered in the red light district. She currently lives in England with her husband Eliuedo where they are beginning a new adventure. Their heart is for revival; they long to share Jesus with people who have never heard of Him and to see people set free through inner healing. They have burning hearts for the nations to come to know Jesus and to release missionaries all over the earth. If you want to encourage Daniella by sharing testimonies of how God has changed you through this book, please e-mail her here: - [info@daniellalimadossantos.com](mailto:info@daniellalimadossantos.com)



MY RELATIONSHIP STATUS  
DOES NOT DEFINE MY  
WORTH-  
GOD DOES.



## MY UNMET NEEDS EBOOK

IF YOU ARE SINGLE AND WAITING FOR A HUSBAND, THEN I WROTE THIS EBOOK FOR YOU. WHATEVER AGE YOU ARE AND HOWEVER LONG YOU HAVE BEEN WAITING, GOD IS THE GOD OF THE IMPOSSIBLE, AND I STAND WITH YOU IN JOY AND EXPECTATION.

HE DID IT FOR ME AND I BELIEVE HE CAN DO IT FOR YOU TOO.

### NOTE FROM THE AUTHOR

I know what it feels like to wait a really long time for something. I started waiting for a husband when I was 22 years old. What I didn't know was this would take 18 years for this dream to be fulfilled. I was totally clueless why this part of my life was taking so long to start.

For years and years I felt rejected, and wandered around and around these feelings again and again. Why is there no one to love me? What am I doing wrong? Will I be single for my whole life? But, God was saying different things to me, words of love and acceptance and hope. I want to inspire you to dream and believe God again for a husband. God set me up, and he did it good. God told me to travel halfway across the world with a promise that I would meet my husband there. The whole story I will reveal in my book "Supernaturally single- thriving while waiting", but for now I want to help you with your love story. I believe that this is a sacred time of waiting for you. I really want to help you, so I have given you chapter 2 of my book to work through in this time. I hope you enjoy it.

Daniella

# Assessing the situation

The reason I am writing this book is to share my own personal experiences. My prayer is that my journey from despair to hope will encourage you wherever you are at. Some of my experiences will be completely different to yours, while others might correlate exactly with what you are feeling or living out. To begin with, please note:



**IF YOU ARE  
SINGLE,**  
there is nothing  
wrong with you.

Many times, people are single because they have made the right decision. For example, they have decided to wait for the right man. Even in this decision, there is often hurt and disappointment about why it is taking so long. Other people are single because they are divorced, widowed, or have experienced adultery, rejection and abuse. These experiences can leave us with a lot of pain and disappointment.

There is wisdom in letting God heal your heart before rushing into another relationship unhealed. If we form a new relationship still carrying the pain and hurt from the last one, it is possible we will carry the same patterns and baggage into it. So, whatever the reason you are single, this is a judgement free zone. I have been very honest with you, so I would appreciate it if you don't judge me either.

However secure or mature we feel we are, there is wisdom in developing ourselves further. Let us shift our perspective so that we can maximise our 'waiting time' to develop relationship tools that will best prepare us for our husbands. I will be giving you a number of tools and ideas in this book to help you assess your situation and inspire you to change your situation.

### **Recognising God's Voice**

Have you ever watched a film and had God speak to you through it? It's as if you are watching part of your own life play out on screen. I was watching the film 'The Holiday' and I sensed God was challenging me in the same way that Arthur challenges the main character Iris. Here's a brief synopsis of the film in case you haven't seen it.

A grieving English woman called Iris is so heart broken over her ex-boyfriend, that she decides to do a house swap for Christmas with a lady who lives in L.A. Right next door to the house she is staying in, lives an old film producer called Arthur. Arthur befriends Iris and the two enjoy a special friendship. Arthur asks Iris questions to find out why this beautiful woman is alone for Christmas. When he hears her story, he makes an assessment of her life.

He uses an example from the movies saying that in films you have the main character and the best friend. He was suggesting that Iris was being the best friend who helps the main character live their life well but never gives her life the importance and value that it deserves.

When I heard these words, they hit me to my core and I knew the Holy Spirit was speaking to me. I am meant to be the leading lady in my own life. I wasn't.

*I am meant to be the leading lady in my own life!*

I was doing what everyone wanted me to do. I would drop my life at the drop of a hat if anyone needed help.

As I began to assess my life, I realised that I had to start paying ME more attention. (Now hear me, I am not talking about suddenly ceasing to look after people or serving the poor – this is and will always be God's heart and is certainly what He has called me to.)

What am I talking about then? I realised I simply needed to take looking after myself seriously. Aware of this need to change I made an agreement that I would start looking after myself a bit better - not for anyone else, for me.

I have value, my life is important.  
God thinks I am lovely.

In the film 'The Holiday', Iris is spent. She has given out so much and yet has unmet needs, which need attention. The unmet needs are making her feel lonely and depressed.

# Unmet needs

Having unmet needs for me made me very vulnerable. I wasn't aware I felt sad and sometimes depressed because of my unmet needs. I thought I was sad and depressed because I was single.

I HAD LUMPED ALL MY NEGATIVE EMOTIONS IN ONE CATEGORY- SINGLE.

INSTEAD, I NEEDED TO LEARN HOW TO LOOK AT EACH UNMET NEED TO SEE WHAT CHANGES WERE NECESSARY TO MAKE.

Unmet needs are essentially needs we have as human beings that are not being cared for. There is no shame in having emotional needs, we are human. Our needs matter because we matter. When my emotional needs were not being met, I felt tempted to try to meet these by myself in a negative or unhealthy way.



For example, if someone is lacking emotional intimacy and acceptance, they may turn to drugs, alcohol or sex outside marriage as a means of meeting their unmet needs. This may satisfy in the short-term, but it wouldn't meet the deep need they have – it will simply mask the real desire for a time.

Other ways we may try to fill our unmet needs is through social media, shopping, fame, controlling others, comfort eating, pornography, masturbation etc. – all which can become addictions and have a negative effect on our well-being.

Many people want a romantic relationship to meet these unmet needs, but this is not always the answer. We cannot rely on one person to meet our needs and, in many cases if the needs are not met outside the relationship, neither will they be met inside it. If there is an expectation for a husband to meet these needs, it can put overwhelming pressure on that person. No one person can be everything for someone. It is also true that a number of these needs would be met by a husband, but remember, he also will only be human and will have limits.

## JESUS FACED UNMET NEEDS

When Jesus was tempted three times by Satan in the desert (Luke 4:1-13), he faced unmet human needs. He was hungry because he hadn't eaten for 40 days. Satan then tempted Jesus to use his God powers to turn the rocks into bread, to meet by himself his physical need. This was testing whether Jesus trusted God to sustain Him.

In the second temptation, Satan showed Jesus all the kingdoms of the world and offered Him all authority over them if He would bow down and worship him. Jesus knew that He had to go to the cross and Satan was tempting him with both a counterfeit and a way out.

## PLAN A OR PLAN B

This is an example of how Satan tempts us with other options, other than Plan A (God's plan for our life). Many people have been tempted to leave the church to find a husband because waiting for one is taking too long. Others choose what they believe are less painful paths to their destiny; trying to meet their own emotional needs to be loved through paths other than God. I recommend God's plan- it is the best. When Jesus was tempted, his response was to point to the word of God, which says, "Worship the Lord your God and serve him only" (LUKE 4:8). God is reliable, and we will live and thrive if we trust in His promises.



Finally, in the last temptation satan takes Jesus to the top of the temple and tells him to throw himself down, quoting the scripture that “God will send angels to rescue Him.” Jesus answered, “It is said, ‘do not put the Lord your God to the test’ (Luke 4:12). These temptations all tested Jesus’s security and identity. When satan says, “If you are the Son of God.” Jesus is secure in His identity, therefore He doesn’t need to prove His status, He already knows He is loved and accepted and He knows God is going to provide for Him.



Do we know that?

Jesus was a single man and I believe He was totally fulfilled and felt loved.

Therefore, He was able to give love powerfully. He did this through the power of the Holy Spirit, not through His own power. You can meet all your needs through God and in community.

## ME TRYING TO MEET MY EMOTIONAL NEEDS ALONE

I remember once getting home from work after a bad day. I am someone who generally needs a lot of physical touch and when things are difficult hugs usually solve a lot. I didn’t have anyone to meet that need in me, so I tried to meet that need through my biscuit tin. It didn’t work. The biscuits gave me moments of pleasure and comfort, but I still had the same needs after having eaten the biscuits. After repeating this pattern for three days in a row, I realised that I needed to take this lack to God and ask Him to fill it.

When we try to meet our needs through unhealthy or unsustainable habits, it often leads to feelings of stress, frustration, anxiety or even depression. Our needs, if we let them, can become the driving force behind our negative behaviour.





I fell into a pattern of comfort eating chocolate and watching romantic comedies. This is how I tried to meet my unmet needs of connection, intimacy and wanting a husband.

Watching romantic comedies would make me feel better initially, but afterwards I would feel sad and lonely. What I began to understand over time was that I (like many women) was hungry for love. For a short while these fairy tale, often completely unrealistic pictures of love, fed the deep longing I had for intimacy. Afterwards, I would often fall into depression because the film would ultimately only serve to heighten what I felt I didn't have. The problem is in many ways these films present a counterfeit to real love, not a true picture. It is another example of how unless we go to Father God to meet our unmet needs, our substitutes will not serve to comfort us and fill our desires.

If anything, they only cause more harm. The only true comfort comes from the only One who can comfort us – Father God.

According to Maslow's theory, if you are experiencing depression, addiction or anxiety, it is because a fundamental need is not being met. This is a ground breaking discovery. With our God given authority we need to take back our happiness and freedom.

Our road to healing begins by asking the Holy Spirit to reveal to us what unmet needs do we have and how do we meet them?

As you read through this list on the following pages, ask Holy Spirit to show you needs that you are struggling to meet by yourself.

# EMOTIONAL NEEDS



IT IS NORMAL AND HEALTHY FOR US TO HAVE EMOTIONAL NEEDS AND IMPORTANT THAT WE ARE AWARE OF THEM. MANY EMOTIONAL NEEDS CAN BE SUMMED UP IN THE FOLLOWING FOUR AREAS:

- 1) BEING SAFE,
- 2) KNOWING AND BELIEVING YOU ARE LOVED AND ACCEPTED.
- 3) KNOWING AND BELIEVING YOU ARE SIGNIFICANT
- 4) REACHING YOUR POTENTIAL.

## 1) BEING SAFE/ EMOTIONAL SAFETY

We all have a need for comfort, security, support, protection and freedom from fear. If we are surrounded by abuse, violence, poor health and financial insecurities, we can often feel unsafe.

If we have physical needs like food, water or clothing then it is difficult to meet the next level of emotional needs.

How about you?  
Do you feel safe physically and emotionally?

## 2) KNOWING AND BELIEVING YOU ARE LOVED AND ACCEPTED.

Every human being needs to feel they are loved, accepted, that they belong and are connected. We need to feel appreciated, encouraged and affirmed. When someone has been neglected, it can affect their ability to be intimate and to form emotionally significant relationships within friendship and in family.

Many times, these precious people cannot feel or receive the love that is being shown them because of past neglect in their life. If this resonates with you, can I suggest you get some further help in the form of inner healing or Christian counselling to help you connect with your emotions and needs again in a healthy way. There is more in this book which will help with this later.

**YOU ARE LOVED BY GOD  
AND YOU AND YOUR NEEDS  
MATTER.**

# EMOTIONAL NEEDS CONTINUE...



## 3) KNOWING AND BELIEVING YOU ARE SIGNIFICANT

We all need to be known and celebrated for our uniqueness and individuality. It is a natural, human need to want attention, feel special, approved of and respected. But it is an equally vital human need to have self-esteem and self-respect. Do I love me? The bible presumes that everyone loves themselves because it says, love your neighbour as yourself (Mark 12:31). Loving ourselves includes looking after ourselves, getting enough sleep, respecting ourselves and having self-worth. God made you in His image; therefore, you are beautiful, significant, and full of love- whether you feel it or not.

## 4) REACHING YOUR POTENTIAL

**In Jeremiah 29:11, God says, "For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future."**

Your life has a purpose. God has invested incredible potential in you, enabling you to prosper in every area of your life.

### Meeting our unmet needs with God

When I was in my thirties, I was in a period of life where I didn't have a home because I was living as a full-time missionary. There was very little structure to my life and it was impossible for me to see how a boyfriend could fit into my nomadic life.

On top of that, I wasn't seeing much fruit from my work on the mission field. This could have led to feelings of inadequacy, anxiety, frustration and depression, but instead I chose to meditate on how God saw me.

Every time I have prayed for somewhere to live, God has always been faithful and provided just what I needed. Time after time I have seen and received the miraculous provision of money, with money turning up in my suitcase or bank account. Even as I write this book, I am sitting in a beautiful house near the sea, provided by someone who has let us live here, rent free for a few months.

Our need for love can be met very powerfully through our friends, communities and families. Sometimes however, I have personally felt that there is still something missing. In these times, I ask God for the tangible presence of His love. As I have made time and space simply to wait on God and encounter Him, He comes and shows me just how much He loves me.

God's love doesn't compare to a human's love. God's love changes us, breaks us and compels us. In God's love, we start to become the person that we have always wanted to be - the best version of ourselves.

There have been times in my life when I have had no community around me. During these periods, I asked God to give me spiritual parents, friends that were full of God's love and an organisation to send me to the nations. God answered those prayers by sending me to the place in the world I least wanted to go to – Mozambique! But He knew my needs! Now I am part of a global mission family who love Jesus and are committed to co-working with God to spread His love across the world.

# Assessment of your own emotional needs.

ARE YOU READY TO GET TO KNOW YOURSELF MORE THAN YOU EVER HAVE BEFORE?

## 1) BEING SAFE

Feeling unsafe can result from abuse, neglect, violence, verbal abuse, poor health and financial insecurities

Do you feel safe emotionally and physically?

Do you feel secure in all the major areas of your life?

Do you have all your physical needs (housing, water, food, clothing) met?

To assess your own needs, X the boxes below, if you don't have that need met, think how you can meet it.

Please don't be judgemental to yourself or give yourself a hard time, we all have things to work on.

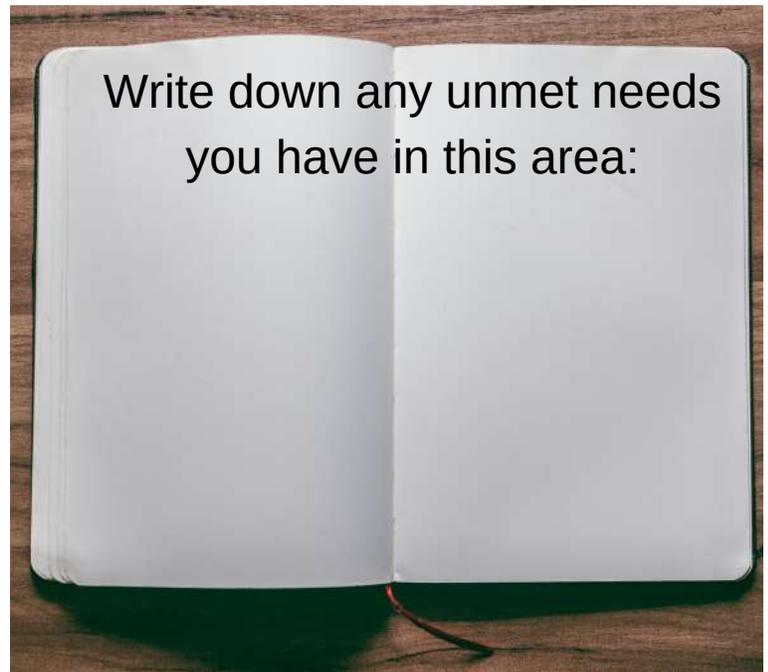
BEING SAFE				
	NEEDS	HOW IS IT MET?	UNMET	IDEAS HOW TO MEET THAT NEED. Agencies that could help.
1	<b>Comfort</b> E.g. when feeling alone, sad, or inadequate is there anyone to give me comfort?			Call a friend.
2	<b>Feeling physically safe.</b> Protected. Secure.  Am I safe at home? Am I free from violence?			Organisations that can help in the UK: Domestic violence helpline 0808 2000 247 Modern slavery helpline 0800 0121700
3	<b>Feeling emotionally safe</b> How does your body feel when you don't feel safe, worried, or scared? Early warning signs: - heart pounding, shaking, sweating, wobbly knees.			Talk to a trusted friend.  UK Organisation to help. info@mind.org.uk MIND Infoline: 0300 123 3393
4	<b>Freedom from fear/control</b>  Am I in control of my life? Can I say no when I want?			See chapter 4. The National Domestic Abuse Helpline UK Telephone: 0808 2000 247
5	<b>Physical needs like food, water or clothing.</b>  Am I financially stable?			CAP- Christians against poverty; help with debt.UK Food Banks- can give you food.
6	<b>Privacy</b>  Do you have your own space? Is there an hour in the week where you can be alone?			Go for a walk alone to get personal space.
7	<b>Supported</b> Do I have opportunities to talk about things that matter to me with friends or family?			Pray God will give you a good friend.
8	<b>Treated fairly</b>			For work- if not treated right- citizen's advice bureau could help.

## IF YOU HAVE TICKED BOXES IN THIS SECTION DON'T BE OVERWHELMED.

If you are feeling unsafe in your home situation then, anyone of the organisations on the previous page could help. Sometimes we are totally unaware of danger that we are in until it gets spelt out for us. God loves you too much for you to stay in this situation, you are valuable. Please get someone to help you get safe again. God is with you in this, He will not leave you.

## CREATING CHANGE

If you don't have a safe or private place to retreat to, what could you do to change this?  
Can you ask God to provide one?  
Do you feel you need to take power back in your own life to make decisions?  
Is someone trying to control you?  
Pray and think about how you might be able to overcome that control?  
(I have written a section on boundaries in my book to help you with this).



# 2) Knowing and believing that you are loved and accepted

I believe that this section is an inside job, build it inside of you with God and people will start responding to it.

How do you receive love from others best? (eg. nice things they say, nice things they do, gifts they give, physical affection, spending quality time with them.)

Are you good at receiving love from people?

Do you receive it?

Do you brush it off?

Do you reject acts of love from people?

Are you ready to let go of old stories?

Forgive and try to forget.

KNOWING & BELIEVING THAT YOU ARE LOVED AND ACCEPTED				
	NEEDS	HOW IS IT MET?	UNMET	IDEAS HOW TO MEET THAT NEED.
1	<b>Accepted</b> (by self and others)			Accept every part of yourself. Be happy in your own skin. Receive God's acceptance.
2	<b>Able to receive and give affection</b>			Affection is shown by listening, hold hands, making eye contact, hugs, making time for people.
3	<b>Affirmed/Appreciated</b>			Being thankful for the people in your life, appreciating their value. If you do, they often reciprocate.
4	<b>Connection-</b> is feeling in touch with someone that cares about us.			Connection is a choice. Connect to God first. And then choose to connect to somebody
5	<b>Communication</b> (ability to communicate clearly with others, manage others communication to you)			Read books on communication skills.  Listen, eye contact etc
6	<b>Community/ Sense of belonging</b>			Join a sports team, a hobby group, or a small group at church. Volunteer to do something you are passionate about.
7	<b>Encouragement</b> Is anyone in your life cheering you on? Are you cheering anyone else on?			Write some letters to encourage people. Tell them what you value in them. People return encouragement when they feel encouraged.
8	<b>Helped</b> Do people help you when you ask?			Be vulnerable and ask for help when you need it.
9	<b>Honesty</b>			Choose friends that speak the truth.
10	<b>Included</b>			To help people feel more included- Listen well, ask good questions, focus on them (put your phone away).  To be more included have welcoming body language, ask open ended questions, make it obvious that you are interested in the conversation. Step out of your comfort zone and talk to different people.
11	<b>Intimacy/Closeness</b>			Grow in being vulnerable and letting others in. When we do this intimacy grows.

## 2) Knowing and believing that you are loved and accepted continues

KNOWING & BELIEVING THAT YOU ARE LOVED AND ACCEPTED continue...				
	NEEDS	HOW IS IT MET?	UNMET	IDEAS HOW TO MEET THAT NEED.
12	<b>Listened to hear and understand</b>			Try listening to understand others.
13	<b>Loved</b>			By loving yourself you allow others to love you.
14	<b>Reassured</b> Do you feel validated in how you feel?			Ask for help, "I just need some feedback, perspective, reassurance in this situation."
15	<b>Touch</b>			Get a pet, have a massage, ask friends for a hug.
16	<b>Trusted/ Trust</b> Do you assume that someone will let you down? Do you not forgive small mistakes? Do you distance yourself from others? Do you avoid commitment?			Become more trustworthy by:- Learning to trust by staying present, forgiving, Not making the same mistakes again and again and expecting different results. Being vulnerable little by little.

Knowing you are loved and accepted starts with believing that God loves and accepts you.

Relationships require us to be vulnerable. My book 'Supernaturally Single' will help you to overcome negative reactions you have built in your life, it will release you to be who God created you to be:- loved, free, safe and alive. I have found when I started to love and accept myself, others started to love and accept me. When I really listened to others, they listened to me. When I choose connection, people choose to connect to me. I was rejected and felt rejected and because of this I expected people to reject me.

Once I knew God would never leave me, I took down the rejection and people started to accept me. If you checked any of these boxes it will help you to research how to grow in that area of your life.

However, sometimes these emotional needs are not being met and it is because the community that you are in are immature in this themselves. I was in this situation once and it was so painful because the group didn't know how to accept, include and love people. This was because they hadn't had this in their upbringing. In this situation I had a choice; did I want to continue with these friendships and help them grow in this or did I want to join a healthier community of friends. I chose to move on, and it was a great decision because now I have found my tribe.

## CREATING CHANGE

Do you feel connected, loved and receive enough attention?

This was my most difficult need to meet because I am an extrovert. I took the matters into my own hands and started building a community around me and loving them in a way that I needed to be loved.

It totally worked because we have a need to be connected to a wider community. Other ideas could be to look into joining a sports team/start a new hobby or join a small group at church.

Please sign up for activities that will make you feel alive, don't just sign up for anything, you are valuable and so is your time.

Pray and ask God to help you create a life that is meaningful and full of joy for you.



"YOU ARE THE  
MOST IMPORTANT  
PERSON IN YOUR  
WORLD."

Daniella Lima Dos Santos

# 3) Knowing in your heart you are significant

Do you think/feel that you receive enough attention?

Yes/ No/ maybe

Do you give other people enough attention?

Do you feel emotionally connected to others? How?

Do you feel connected to part of a wider community? How?

Do you have an intimate relationship in your life (ones where you are physically and emotionally accepted for who you are)?

Do you feel emotionally connected to others? How?

KNOWING (IN YOUR HEART) THAT YOU ARE SIGNIFICANT				
	NEEDS	HOW IS IT MET?	UNMET	IDEAS HOW TO MEET THAT NEED.
1	<b>Acknowledged/ Feeling Approved of.</b> Do I show others the value they have? Do I approve of myself?			If you don't approve of yourself or don't like the way you live your life, then maybe there is some behaviour that you need God to help you change.  <b>How to approve of yourself</b> Focus on what you are doing right, get positive feedback from a trusted friend, stop comparing yourself to people. Ignore destructive criticism and share your life ambitions with people that you know will be encouraging.
2	<b>Amused/ Joyful</b>			Joy is not dependent on your circumstances. It is a choice. God brings deep joy. Do things you find funny. Watch funny movies, read funny books, spend time with people who are full of joy and make you laugh.
3	<b>Appreciated</b>  Am I thanked for the things I do?			Start thanking others for what they do. Start a thankful list of things you are grateful for about your friends. Don't over serve to get appreciation- it never works, it just tires you out.
4	<b>Attention</b> Do you receive enough attention? Do you feel special? Do you feel important? Are you noticed? Is your uniqueness appreciated?			Do you 'see' people when people come into a room? Do you see what parts of their personality is unique and different and special? Tell them that you see that in them. Show people you care. Give people value. Inspire people, share your stories and life with people.
5	<b>Cooperate</b> Do you cooperate well with people? Are people obstructive to your dreams and visions? Do you just want things your own way?			Understand what motivates other people. Have you been clear in your goals and communication? Ask God to open doors that people are trying to shut.

# 3) Knowing in your heart you are significant continues...

KNOWING (IN YOUR HEART) THAT YOU ARE SIGNIFICANT Continue...				
	NEEDS	HOW IS IT MET?	UNMET	IDEAS HOW TO MEET THAT NEED.
6	<b>Forgiven/Forgiving</b> Do you forgive?			You can't force someone to forgive you, but you can take responsibility for what you did and ask for forgiveness. It is then their decision to forgive or not forgive.
7	<b>Need to be Needed</b>  Am I Significant?  Ask God what He thinks about you and you will know that you are highly significant.			When strong women show that we need help, it gives a man a role he can play in our lives. Men need to be valued, wanted and respected for their achievements. When men help us, we can show them our appreciation. Complimenting, praise and valuing people. If you do this well, they will feel significant and special.
8	<b>Respected</b> Do you make good decisions? Do you feel others are proud of you? Do you have Self-respect?			If you say you are going to do something – do it. Don't make excuses. Be authentic. When you make mistakes, say sorry. People seem to rise to the level of respect you have for them. Have great appreciation for others.
9	<b>Rest and relaxation</b> Do you look after yourself enough? Can you say no? Do you have a day off a week to rest?			Take a day off a week, do things that you enjoy on that day. Guard your times with God so He can refresh you. Get outside Do something for yourself. Acknowledge your feelings and share them with a trusted friend
10	<b>Self-esteem/ Confident</b>			Present yourself with confidence Smile and look people in the eyes Be positive Dress to make yourself feel good Accept you are not perfect Do things that you do well Practice at things to get better.
11	<b>Do you feel known?</b> Do you let people into your emotional world to know you?			Share your thoughts and feelings with trustworthy people. Let a few people into your inner world.
12	<b>Worthy</b> Do you feel good enough?			Find out what God says about you. Declare your value, be comfortable in your own skin and follow your passion (no matter how scary it is).

# What or who is defining your worth?

YOUR RELATIONSHIP  
STATUS DOES NOT  
DEFINE YOUR WORTH -  
GOD DOES.

## SELF CARE

After realising (from watching the holiday) I wasn't looking after me properly. I needed to make a change. I didn't feel special because my identity was coming from the value I had put on myself and that view had come from society. I had believed that I was inferior because I was single.

I started to treat myself with the honour and respect that I hoped a loved one would treat me. I started to eat healthily and take exercise. I made efforts to have pamper days where I looked after me and make myself feel stunning. I changed my appearance so I felt really happy about how I looked.

For valentines day one year God spoke to me that He wanted to buy me a valentines gift. He told me to choose what I wanted and He would provide the money for it. I was so thrilled, I bought myself perfume, chocolates and underwear and all the money arrived at the right time as God promised.

Another thing I would do is go on a date night with God. The most memorable one was overlooking a beach at sunset and eating a lovely meal in an outside restaurant with God. He was telling me how beautiful I looked and how precious I was to Him. It is moments like this that are completely unforgettable and defining. It was my idea to do this but when we invite God into a space, He fills it.



# 4) Reaching your potential

Do you believe that God has a plan for your life?

Do you know the plan God has for your life?

Are you achieving things towards of your life goals?

Are you being stretched mentally and/or physically in something that is bigger than your abilities, and that gives your life meaning (taking risks/ walking by faith/ learning to change/making mistakes)?

REACHING YOUR POTENTIAL				
	NEEDS	HOW IS IT MET?	UNMET	IDEAS HOW TO MEET THAT NEED.
1	<b>Alive</b>			Do what you are passionate about. Spend time outside. Start planning that dream you had that felt impossible. Dance like none is watching. Exercise. Do something outside of your comfort zone. Eat healthy food.
2	<b>Capable/ Competent</b>			When you are not feeling capable in one area of your life, think about another area of your life that you are doing <u>really well</u> . When difficulties come along don't concentrate on your inability, start thinking about how you can do this with God's help. Challenge all negative thinking and shout out loud "I can do it".
3	<b>Challenged</b>			Great challenges help you grow. Challenges are necessary, we need to have something bigger than ourselves to do with God, to use our faith, to stretch us. When we complete these things, we feel a great sense of accomplishment.
4	<b>Developed/ Educated</b> Is there a course you want to do? Do you want to gain further qualifications?			It is never too late to start learning new skills. If your vision for your life needs more skills or a course, then it doesn't matter how old you are- go for it.
5	<b>Empowered</b>			You feel empowered when you:- Do what you love. Start something and complete it. Challenge "I can't do it" thoughts. Be clear what you want.
6	<b>Fulfilled</b> Do you have a sense of purpose in your everyday life?			Contribute to helping others. Persevere through all that comes at you which is trying to stop you. Don't give up!
7	<b>Hope/Hopeful Optimistic</b>			Hope and optimism are choices of how you see things. If God is in your future, then there is hope, so you can be positive.

# 4) Reaching your potential

## REACHING YOUR POTENTIAL Continue...

	NEEDS	HOW IS IT MET?	UNMET	IDEAS HOW TO MEET THAT NEED.
8	<p><b>Productive</b></p> <p>How can I be productive?</p>			<p>Focus on one goal at a time. Write 'to do' lists. Know what time of day you work best and do the most focus tasks at that time of day.</p>
9	<p><b>Successful/ Accomplished/ Satisfied</b></p>			<p>To be successful, you need goals for your life. Work hard on these goals and don't be distracted or discouraged. Make decisions (with God) based on whether decisions will help you get closer to your goal or not. Choose the people you want as friends and the type of person you want to be married to. You will draw in that type of person that you focus on and allow in.</p> <p><b>When you are working towards your God vision you will feel more satisfied.</b></p>

Sometimes singleness brings uncertainty of the future. You can't control the future because you don't know what is going to happen-  
Will you get married?  
Will you have children?

What will your future look like?

God doesn't want you to control your future, He wants to lead you into endless opportunities.

The most exciting adventures with God are when you don't know what is going to happen and He is leading you day by day and face to face.

**Write down any unmet needs you have in this area:**



Ask God to reveal to you a healthy way to meet these needs.

# SPIRITUAL ACTIVATION

## NEW GOALS

GOAL SETTING IS THE FIRST STEP TO A BETTER FUTURE.

YOU HAVE IDENTIFIED WITH GOD WHAT YOU WANT TO CHANGE. HAVING A GOAL IS A POWERFUL MOTIVATOR, IT WILL GIVE YOU SOMETHING TO AIM AT SOMETHING.

If you are lacking a sense of achievement in your life, sit down with God and write down some goals. For each new goal that you write down, make sure you write a list of achievable things you could do to achieve that goal, like the examples I gave you in the tables and from what God said to you.

You will feel such a sense of accomplishment in achieving even a few small goals. Perhaps a goal could be to finish reading this ebook and putting the tools to work in your life.

It could be that you might need to listen to God more about what He says about you (your identity).

Meaning in life is found when we know what God's plan is and His destiny for our life. Therefore, you might need to ask God "What is your vision for my life?" Write it down.

### **GOAL 1:-**

**What do I need to do to complete the goal?**

# GETTING OTHERS TO HELP YOU WITH YOUR NEEDS AND GOALS

The key to this is vulnerability. It feels very vulnerable asking others to help you meet your needs. Vulnerability is a humbling experience, but I have found that it builds deeper relationships with people. It also gives other people permission to be human too.

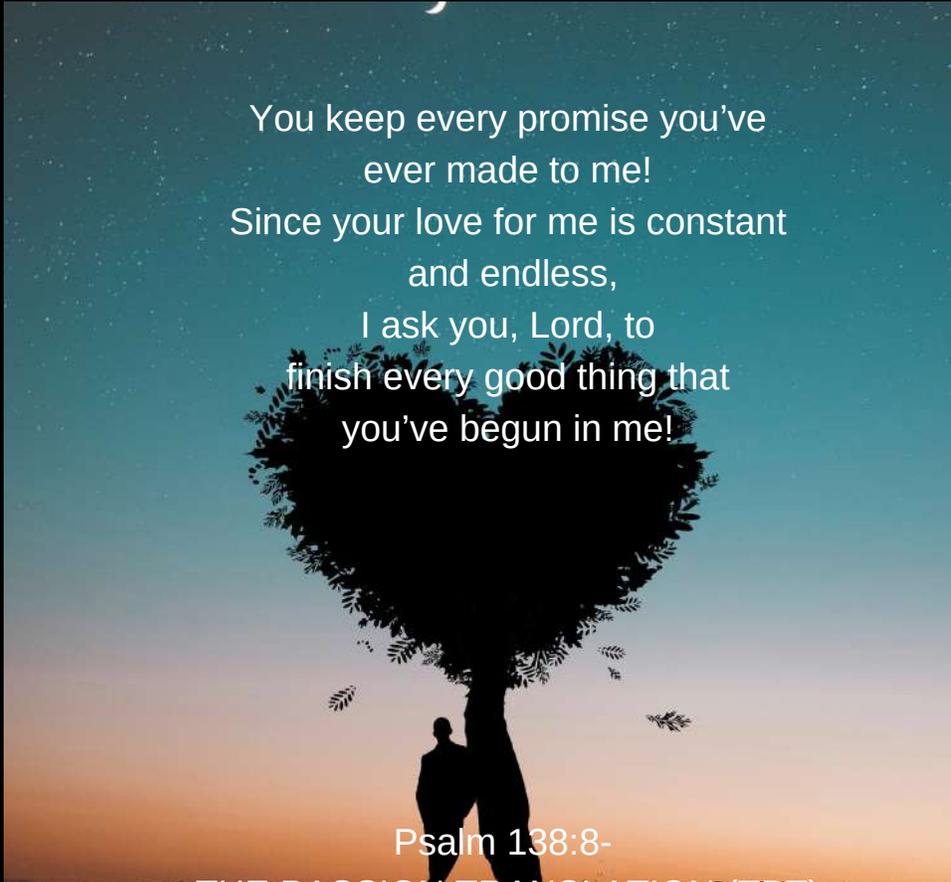
Now that you know some of your own needs, you can take an active part in meeting them. Try to get good at identifying what needs you have. Can you commit today to taking responsibility to meet your own needs? Ask yourself, what am I longing for?

Many times we don't understand what our needs are. We expect others to meet our emotional needs without express them and if we don't get them met we respond with hurt, frustration or anger. This can leave us feeling more disconnected, less intimate, and afraid to share our needs with others. We might also experience a painful sense of not being known for who we are.

Sometimes people try to manipulate situations to get their needs met. However, it is a beautiful and vulnerable thing to ask a friend to help you in having your needs met. I have asked many housemates for hugs because I was in desperate need of touch.

Try not to overwhelm one friend with all your unmet needs. Instead, join a healthy community like a small group at church, where people are willing to do real life with you. If you don't have that, pray that God would provide a community/friends where you can be vulnerable and real.

REMEMBER TO BE HONEST WITH GOD  
ABOUT YOUR FEELINGS AND  
GOD WILL WORK ON YOUR BEHALF.



You keep every promise you've  
ever made to me!  
Since your love for me is constant  
and endless,  
I ask you, Lord, to  
finish every good thing that  
you've begun in me!

Psalm 138:8-

THE PASSION TRANSLATION (TPT)

# Readers testimonials



## HEIDI BAKER (CO-FOUNDER OF IRIS GLOBAL)

I recommend this book to anyone who wants to leave disappointment behind and live whole-heartedly for God. This book is more than just Dani's story, it is a powerful guide to getting freedom and finding hope again.



## BRIAN BRITTON (REVIVALIST/ PASTOR IRIS GLOBAL)

I know this book will be a great encouragement to all who read it and it will be used to impart hope and faith to any follower of God. Read and be encouraged.



## MICK AND SUE TAYLOR (RESTORING THE FOUNDATIONS, UK)

This book will take you on your own wonderful journey from hopelessness, disappointment and frustration to victory, joy and a fresh vision for life.

# Thank You!

If you enjoyed this free ebook you may be interested in the new release of the book "Supernaturally Single" which will be out this year.



## For more resources

### SUBSCRIBE TO MY YOUTUBE CHANNEL

Regularly on my channel I cover a subjects that is challenging for singles and I share my experiences of breakthrough.

[SUBSCRIBE HERE](#)

# REFERENCES

## Chapter 2- Assessing the situation (FROM THE BOOK "SUPERNATURALLY SINGLE")

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