

Hope and Resources for the Single Mom

By [Lucy Ann Moll](#)

Are you a single mom? Whether you are a single mom by divorce or widowhood, by surprise or by choice, here are resources you'll find valuable. As you know better than anyone, the single mom doesn't need condemnation; she needs encouragement and practical help.

If you need more than resources – perhaps someone to listen to your hurts and give you biblical guidance – please contact me. I am a seminary-trained biblical counseling and director of Real Hope Biblical Counseling Center. I meet with counselees in person, over the phone and by webcam/Skype. Check out [my counseling page on my website](#). Email me at Lucy@LucyAnnMoll.com.

Podcasts:

[Sisterhood of Beautiful Warriors: Hope for the Single Mom](#) with guest [Jennifer Maggio](#), author of *Overwhelmed, The Life of a Single Mom*.

Books:

(Note: The book descriptions come from Amazon.com.)

[Chicken Soup for the Single Parent's Soul, Stories of Hope, Healing and Humor](#)

Being a single parent can sometimes seem overwhelming. But the joys and triumphs of this special responsibility are incalculable. Whether you are a single parent because of divorce or widowhood, by choice or by surprise, you are part of an extraordinary club, shouldering the many obligations and responsibilities of parenting alone. *Chicken Soup for the Single Parent's Soul* shares the joys, challenges and humorous moments of single moms and dads, who cope daily with the unique pressures, constraints and sacrifices this important role brings. From daily struggles to amazing triumphs, this book captures the breadth of experiences that define single parenting. Within these pages you will find inspiration and advice for getting through the difficult times, reassurance for those days when you worry you're not living up to expectations and reminders of the unique influence you have on your children's lives.

[From One Single Mother to Another](#) by Sandra Aldrich

Sandra Aldrich knows what it takes to survive as a single mother today. With heartfelt and genuine words, she shares her experiences and answers such questions as: How will I handle the loneliness? Pay bills with one income? Guide my daughter or son through their growing years? Find the right kind of housing? Deal with dating again? Battle my relatives' expectations? Sandra's practical and spiritually

uplifting message is simple: Single mom, you and your children do have bright tomorrows. And they can start today if you will lean on the Lord and ask Him for the strength you need.

[Going It Alone, Meeting the Challenges of Being a Single Mom](#) by Michele Howe

When the reality of separation, divorce, or widowhood sinks in, encountering life as a single mother can be an overwhelming experience. Share in the stories of other single moms who have faced past hurts, dealt with present fears, and built a future of promise, while they contended with life's everyday pressures. Through the pages of this practical book, Michele Howe offers sensitive, compassionate advice for women who are confronting the challenge of being a single mom. Be encouraged; with God's help, hope and healing are not only possible, but promised. Topics include: Helping children cope, strengthening family identity, raising a masculine son in a house of females, caring for children with special needs, creating balance in every area of life, despite burdensome and exhausting situations, returning to the workforce.

[Life Interrupted, The Scoop on Being a Young Mom](#) by Tricia Goyer

One day you're a typical student. You're working part-time at McDonald's to pay for your clothes and car. The next day, you're a mother-to-be. You're confused and scared. Emotional and standoffish. You feel like a kid, but now with a huge responsibility. How could your life change so fast? Your youth wasn't supposed to be packed with worries and obligations, Lamaze classes and daycare choices—and you've still got work and school to deal with. Whatever happened to fun, friendships, and dating? You'd do anything for your baby—but what about you? What about your needs?

Sharing stories from her own experience as a teenage mom and from other young mothers, Tricia Goyer shows you what to do about meeting nine basic needs that all young moms have. Needs such as the need to be appreciated, the need to know your life is not at a dead end, and the need to be loved. In *Life Interrupted*, you'll meet lots of young moms just like you. You'll also meet God, who cares about you very much.

[Overwhelmed, The Life of a Single Mom](#) by Jennifer Maggio

Overwhelmed: The Life of a Single Mom begins as a page-turning drama following author Jennifer Maggio's journey from homeless teenage mother to successful corporate executive. As the tale unfolds, revealing personal tragedies of death, abuse, molestation, and poverty, Jennifer's voice is added to the chorus of more than 17 million single mothers in the United States.

[The Single Mom's Devotional](#) by Carol Floch

When Carol Floch realized that her marriage was about to end and that she was about to join the ranks of moms left to raise their children on their own, she could not stop crying. She mourned her shattered hopes and grieved the loss of the family she had always dreamed of. But mostly, she cried for her children. Into Carol's grief, regret and fear, God's Spirit came with a message from Psalm 84: "Build your nest near my altar, and I will be your children's source of security, protection, provision and blessing. In *The Single Mom's Devotional*, Carol tells her story and shares with the "sisterhood of single moms" how they can build their family's "nest" in the protective shadow of God's presence. Single mothers, whether

on their own after a divorce or a husband's death, will discover how to find true life in Christ and allow the strength of that inner life to be the compass by which they navigate an unpredictable future. Near God's altar—the cross of Christ—is where single moms will discover life through relinquishment, power through dependence and hope through surrender. Anchored at the foot of the cross, readers will find daily security and hope as they nourish their souls and nurture their children at a place near God's altar.

Websites:

[Café Mom, a group for single Christian moms.](#)

This site gives this site to be an opportunity for woman of all ages to shares their experiences. Share their fears. Share their hopes. Share their hurdles. But most importantly share their faith and gain strength from other's experiences and accomplishments in the Lord.

[Focus on the Family: Single Parenting](#)

This site has a boatload of articles for single moms, especially on divorce, custody issues and helping children heal their emotions.

[The Life of a Single Mom](#)

This is the ministry site of author Jennifer Maggio, whose passion is to encourage and empower single moms.

Articles:

[“The Church and the Single Mom”](#) on CBN.com

Additional resources:

From cell phones and computers to food and a place to live, [check out this resource page.](#)

Single Moms' Ministry:

Interested in starting a single moms' ministry? [Here are practical steps.](#)