



Valentine's CARE PACKET

SINGLE



February 13, 2022

Dear Jacob's Well Family,

Tomorrow, the 14th of February, marks the day known as Valentine's Day. While history traces the beginning of Valentine's Day to the day that a priest named Father Valentinus was martyred for his faith, today companies focus on the 14th as a day to give cards, flowers, and chocolates as an expression of love. While there is little connection between the church calendar and Valentine's Day, "love" should be a large part of our DNA as Christians. In Mark 12:31-32, Jesus said:

Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is love your neighbor as yourself. There is no other commandment greater than these.

Our love for God and our neighbor can be evidenced through time together. To provide you with ideas for possible activities with others, our gift to you at this time of year is to offer this folder with several possibilities. More than a material gift, time together with others is a gift of love that can provide lasting memories.

All these ideas and activities have been put together by the Jacob's Well Care Team. Made up of Aly Fenske, Tauna Stibor, and Steve Hay, the Care Team is available to journey with individuals, couples, and families through the uncertainty and stress of life. We offer the opportunity to talk together in a safe and confidential manner, connect you to resources available through the church and in the community, and join with you in prayer to support you along way. If there is a need that we can help with, connect with us on a Sunday morning through the New Here Room in the Worship Center. You can also call the church office at 715-833-2050 and ask to speak to either Tauna or Steve or write to us at care@jacobswellchurch.church.

-The Jacob's Well Care Team

10 Ways to Enjoy Valentine's Day Solo

By [Arlin Cuncic](#) August 22, 2020



Verywell / Madelyn Goodnight

Being alone on Valentine's Day may leave you feeling left out. It's easy to let the media and advertisements make you feel like something is missing if you are not in a relationship on this particular day.

There are many reasons why you may find yourself alone on Valentine's Day. Maybe you've chosen to be single or are not interested in a relationship. It's also possible that you're single for reasons outside of your control. For instance, maybe you're dealing with social anxiety disorder (SAD) and experience some fear in pursuing a romantic relationship.

Whatever the reason, as Valentine's Day approaches, you might be feeling like you're the only person in the world without a partner.

The best way to manage feelings of loneliness on this day involves shifting your focus, aiming to be happy with what you already have, and spending some time with yourself.

Ignore Valentine's Day

There is no rule that you need to celebrate or even acknowledge Valentine's Day. However, don't let social media, store displays, or stories of others make you feel bad about your relationship status. February 14th is just one day of the year. There is no reason why you can't treat it as though it's just another day.

Be Kind to Yourself

If you'd prefer not to ignore Valentine's Day, you can decide to make it a day to treat yourself well. Try some of the following self-care strategies:

- Eat your favorite foods
- Create a list of goals or intentions that you'd like to set for the day
- Engage in hobbies that you enjoy
- Sleep in late
- Take the day off work
- Write in a gratitude journal

If You Deal With Social Anxiety Disorder

A study published in 2012 in the journal *Anxiety, Stress, and Coping* showed that people with SAD are less likely to show themselves self-compassion.¹ This means that it's extra important for you to take the time to slow down and be aware of how you are treating yourself. Make time for yourself and show yourself some much-deserved love and kindness.

Be Your Own Secret Admirer

On Valentine's Day, you might start scrolling through social media and see all of the flowers and chocolates your coworkers, friends, and loved ones have received. But have you ever wondered if they might have sent them to themselves?

If you feel really down about being alone on Valentine's Day, go ahead and send yourself some flowers or your favorite candy to your place of work or your home. This gift will be special because you received it from someone who knows you best—you!

Avoid Love Triggers

Avoid watching romantic movies and listening to love songs because they may trigger even more feelings of loneliness on Valentine's Day. If a relationship has recently ended or you deal with social anxiety disorder, these types of activities may elicit sadness and feelings of depression about being alone during this holiday. Try watching a new show or a different genre as Valentine's Day approaches instead.

Make Other Plans

Plan a day revolving around a recreational activity or hobby unrelated to Valentine's Day. For example, you might:

- Go for a hike
- Schedule some time to take a long, relaxing bubble bath
- Order a meal from your favorite restaurant
- Play your favorite video game
- Try a new workout

Having plans to do something concrete will help to take your mind off the fact that you are single. This will give you time to shift your attention to yourself and relish your alone time. Plus, if you choose something memorable, then each year, you will have something to celebrate on that date that extends beyond Valentine's Day.

Plan a Date With Single Friends

If you have single friends, plan a date night with them! Being in the company of others in the same situation will help to ease your loneliness. Be sure to keep the night upbeat. Activities that the group could do might include the following:

- Play games
- Watch a movie together
- Cook a meal or prepare cocktails together

In addition to feeling less lonely, spending some quality time with friends will keep your social skills strong and provide you with feelings of love on this day.

Reach Out to Someone

Take the opportunity to reach out to someone whom you haven't spoken to in a while. That person might be a family member, a friend, or even a potential romantic interest. You never know who might also be feeling lonely on Valentine's Day. They may welcome the chance to catch up and connect.

Brighten Someone Else's Day

Do you know someone who has recently lost a significant other? A small gift on Valentine's Day would mean a lot and would make you feel good as well. Gift ideas might include:

- Gift basket with tea, coffee, or other goodies
- A promise of time spent together
- Flowers

- Homemade cookies or other treats

Keep Up Your Daily Routine

One of the best ways to deal with being alone on Valentine's Day is to go about your daily routine:

- Clean the house
- Go grocery shopping
- Exercise
- Walk your dog
- Prepare meals
- Get some work done

Do whatever you would normally do that day of the week; this will help to make it seem like just another day of the year.

Play Cupid

Most people have never received a gift from a secret admirer. Consider anonymously sending a gift to someone in the same position as you. This doesn't need to be someone you have a romantic interest in—simply someone you want to see smile. Include a note saying that you wanted to 'pay it forward this Valentine's Day.' Gift ideas could include:

- Books (with a special bookmark enclosed)
- Calendars
- Chocolates or candy
- Flowers
- Gift cards
- Gourmet food baskets
- Homemade gifts

A Word From Verywell

Valentine's Day can be a wonderful time if you are in a relationship but difficult if you find yourself alone. If you're struggling with severe feelings of loneliness, it might be a good idea to reach out to a friend, your church, or a counselor. They may help you develop some healthy coping mechanisms.

If you are spending this holiday alone, try to remind yourself of how wonderful you are and show yourself some compassion and love on Valentine's Day.

<https://www.verywellmind.com/how-do-i-cope-with-being-alone-on-valentines-day-3024299>

A Prayer for those who are alone on Valentine's Day

Cindi McMenamin Crosswalk.com Contributing Writer

2021 10 Feb



Whether you're single, married, divorced, or widowed, you may feel like a person who walks alone. But there is One who knows your heart inside and out, and knows exactly how to fill it with joy when nothing else satisfies. Scripture tells us Jesus, our High Priest, is one who can sympathize with our weaknesses ([Hebrews 4:15](#)). Not only can He help us when we are being tempted because He was tempted too, but He can relate to our sorrows because He lived life on this earth, as well. And because He is God and knows us inside out ([Psalm 139](#)), I believe He also understands a broken heart, a lonely heart, and an empty heart. So take heart. You have a God who can meet your emotional needs because He knows you intimately and invites you to pour out your heart before Him ([Psalm 62:8](#)).

A prayer on Valentine's Day.

Lord God, You are the Creator of love and the Author of romance. It was all Your idea in the first place. And therefore, You understand more than anyone else when I feel I am lacking in what others seem to have in abundance.

Thank You that You understand the deep desire of my heart for companionship, emotional fulfillment, and physical and emotional intimacy. You made me with a desire to be fully known and loved by another. Help me to see that You know me fully, and understand me

more than any other. Comfort me with that assurance on the days when I wish I had someone physically – or emotionally – close to me.

Even though You, Lord, can at any time change my circumstances in order to fill the void in my heart, for some reason You have chosen not to. Help me to trust You with what You are withholding from me, perhaps so I will draw closer to You and rely on You more for what I need ([Psalm 84:11](#)). Help me to trust You during the times that your “no” is protecting me from what I don’t yet see. Help me to hold onto hope that You really do have my best in mind and Your wisdom is far above mine.

On this day that so many celebrate love, help me to celebrate Your love for me, with a deep knowledge that You love me more than any person on this earth ever will. Help me to find joy in that as I wait for Your best for me. Help me to see Your love for me in every flower that blooms, feel it in every warm ray of sunshine, hear it in every pure and right love song, and experience it in every good and perfect gift I receive ([James 1:17](#)).

Thank You that You have searched me and You know me ([Psalm 139:1](#)) and that nothing is hidden from You.

Lord, I love that You know all about me. And when You see desires of mine that are not fully in line with Yours, You do not toss me aside. You, instead, send friends my way to love me back to You. You send songs my way that remind me of where I need to be in my relationship with You. You send words my way that remind me that You are the One who opens Your hand and satisfies the desire of every living thing ([Psalm 145:16](#)). Lord, take any longing that lies within me that is unhealthy and replace it with a stronger desire for You. And because You tell me to “come boldly to the throne of grace” ([Hebrews 4:16](#), NKJV) and tell You all that is on my heart, I will not try to hide anything from You. I want to experience intimacy with You the way an honest, transparent love relationship was meant to be experienced.

Thank You, Lord, that You see it all and You love me just the same.

“All my longings lie open before You, O Lord; my sighing is not hidden from you” ([Psalm 38:9](#)). You know what I long for and what disappoints me. Comfort me on those days when I feel disappointed and hurt by what this world has to offer. Help me to remember that You are the only Perfect Love and the One I must keep my eyes upon. Thank You for Your demonstration of sacrificial love for me and remind me that no one on earth could express that kind of love toward me. You truly are the One I must seek above any other. In Jesus’ Name, Amen.