

Moving Forward in Faith: *A Quick Guide for Catholic Single Parents*

"I can do all things through him who strengthens me."
— *Philippians 4:13*

Your Struggle is Real



Image by Gabriel Heaton

1. Dealing with a difficult ex-spouse

- Establish strict communication boundaries.
- Focus only on your household.
- Create clear household routines.
- Release resentment through prayer.
- "If it is possible, so far as it depends on you, live peaceably with all." — **Romans 12:18**

2. Feeling alone in passing on the faith

- Build a Catholic support system.
- Integrate faith into daily habits.
- Utilize engaging Catholic media.
- Focus on lived testimony.
- "Train up a child in the way he should go; even when he is old he will not depart from it." — **Proverbs 22:6**

3. Countering negative cultural influences

- Set firm technology boundaries.
- Encourage real-world activities.
- Have open, frequent conversations.
- Consecrate your children to Mary.
- "Do not be conformed to this world, but be transformed by the renewal of your mind..." — **Romans 12:2**

4. Managing overload and exhaustion

- Ruthlessly prioritize your schedule.
 - Delegate age-appropriate chores.
 - Schedule micro-breaks for prayer.
 - Ask for and accept help when offered.
 - "Come to me, all who labor and are heavy laden, and I will give you rest." — **Matthew 11:28**
-

5. Struggling to motivate children

- Remember obedience trumps motivation.
 - Keep your composure.
 - Be curious.
 - Uphold rules and keep boundaries.
 - "Whatever you do, work heartily, as for the Lord and not for men..." — **Colossians 3:23**
-

6. Healing with hurt, anger, and loneliness

- Seek Catholic counseling.
- Keep the big picture in mind.
- Practice the Presence of God.
- Practice daily gratitude journaling.
- "The Lord is near to the brokenhearted and saves the crushed in spirit." — **Psalms 34:18**

Personal Reflection Questions

1. Which of these six areas feels the heaviest today, and what is **one small step** I can take this week?
 2. How can I intentionally **invite the Holy Spirit** into the spaces where I feel I am failing?
 3. What beliefs are keeping me from **letting go of doing too much**?
 4. What fear is holding me back from **saying No** when I should?
 5. How do I specifically define a **"good parent"**?
 6. If I could **change three things** in my life right now, what would they be?
 7. What's preventing me from booking a coaching session when I need direction?
-

Your Future is Bright

One act that can change your life and bring more peace:

Trust God More

One habit that will relieve daily stress

Start the Day with Morning Prayer

Four steps to imparting the faith

- 1 - Live a full sacramental life yourself
- 2 - Read the bible at home
- 3 - Talk about God's goodness in your life
- 4 - Be a balanced image of God

Three steps to finding the support you need

- 1 - Get rid of any false pride and ask
- 2 - Listen to good podcasts
- 3 - Get Catholic coaching

Five Remedies for Sorrow (Aquinas)

- 1 - Treat yourself
- 2 - Weep
- 3 - Share your sorrow with a trusted friend
- 4 - Contemplate reality
- 5 - Take a hot bath and get a good night's sleep

*Trust in the Lord with all your heart and lean not on your own understanding. Acknowledge him in all your ways and he will direct your path. **Prov 3:5-6***