



Every Single Woman's Battle: Guarding Your Heart and Mind Against Sexual and Emotional Compromise

Shannon Ethridge

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Powerful Tools for Guarding Your Body, Mind, and Heart

Remaining pure while single isn't easy in a culture that encourages a woman to use her body to gain power, respect, and personal fulfillment. The longing for emotional and physical connection can gradually and subtly lead you into compromises you never intended to make. But you *can* resist the pressures--or reclaim your purity--by building a strong foundation of integrity.

This book, ideal for study with *Every Woman's Battle*, is designed specifically for single women and will give you the tools you need to resist temptation and discover true fulfillment. Through practical and biblical lessons you'll be equipped to:

- understand the unique components of female sexuality
- discern your personal areas of vulnerability
- design a defense plan to protect your heart and mind, as well as your body
- allow God to satisfy the desires He placed within you

Each weekly study section--designed both for individual and small group use in eight-week or twelve-week tracks--guides you deeper into God's Word, then helps you personalize and apply the principles that will help you live in sexual and emotional purity.

Every Single Woman's Battle: Guarding Your Heart and Mind Against Sexual and Emotional Compromise Details

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From Reader Review Every Single Woman's Battle: Guarding Your Heart and Mind Against Sexual and Emotional Compromise for online ebook

Abbie Riddle says

This is the workbook that is meant to be read with the book Every Woman's Battle. I found it to be an excellent workbook when used with the book. As a stand alone study it encourages single women to pursue a virtuous life in thought and deed - recognizing the pull of sexual compromise. The one thing I liked was the fact that this explored the issue of what sex means to a woman - that it is more than the physical act but is also very emotional. To compromise sexually is to compromise emotionally as well. The ramifications are long-lasting and often times devastating. I especially liked the theme of "guarding one's heart" as this is truly the route that must be taken to maintain sexual integrity in a highly pornographic and sexually charged society where all things go. I highly recommend this for young ladies entering a world outside their parents home. I believe it would be an encouragement to them to guard the most precious thing by guarding their hearts - from which life and death are issued. For it is in this most sacred place that we make all decisions - and what we allow into our hearts will determine our ability to fully rest in the Savior.

Koi Ngugi Mue says

This book is so divine.
It clearly shows the issues related to sexual integrity are based on the heart
#IT'S ALWAYS A HEART ISSUE

Britta Sobota says

Recently,
I was given the opportunity to review Every Single Woman's Battle by Shannon Ethridge.

And here are my thoughts:

This book, is not light reading.
It is not something I went into lightly.
In fact, I took it incredibly serious.

There was so much information in this book, it was phenomenal.
I loved it so much,
I decided to take it to my current youth pastor's wife.
I asked if this was something we could do in the fall.

You see,
this book was not just about single women fighting to keep their purity,

in a sexual world.

It was about keeping their emotional purity,
in a very giving world.
In a world where it's all about *you*
Whatever makes *you* feel good.

This book,
This study, rather,
reminded me of how easy it is to give away the very thing you hold dear.
Pieces of your heart.

Pieces of your heart to men, to friends, to people who really just don't matter.
Instead,
it is an 8 week study on how to essentially,
give these things to God.

And I know,
I know.
It's easier said than done.
Because I've been there.
I *am* there.

I do it daily.
I give my heart and my mind to people who don't matter.
I take focus off the One who *does* matter.

I would recommend this book to a small group of women, or older teenaged girls.
Our girls are all in high school, for the most part.
I cannot wait to go through this with them.
I hope it's something everyone can relate to.
And if not, I hope they learn from this study.

All in all?
I give it 5/5
It's brilliantly written.
And incorporates Biblical verses into stories of everyday women.
It inspires thought-provoking questions
and deep intense thoughts.

sigh
I've never done a study alone,
but I loved working through this one!

I received this book for free from WaterBrook Multnomah Publishing Group in exchange for this review.

Ruth Hill says

This book's title struck a chord with me immediately because of the title. I am a single mother, and I know what a battle the mind can be in the area of sexual temptation. After all, since I have been married and have a child, I have had marital sex. It was a part of my life for many years. One of the hardest things about being divorced is giving that up. That is, if you are a Christian woman who wants to follow what the Bible says.

I appreciate the fact that the author of this book truly stressed the importance of keeping your mind pure. Being a woman herself, she understands that sexual temptation really occurs in the mind of a woman. With men, it is mainly visual. While some women might be turned on to men's bodies visually, I believe that if women are honest, they will say that 90 percent of the temptation begins in the mind.

I did feel that the author misinterpreted some Scripture passages. Thankfully, the passages that were used in this way did not compromise the whole of Scripture nor the author's message. I am glad that she caused me to have look up the original Greek of these passages since I was challenged on what I had always believed. So that wasn't necessarily a bad thing.

This book is written to be read along with a small group. I think in that setting, it may be an excellent way of using this book. I would not recommend reading the book by yourself as I did. It was not nearly as interesting. The discussion questions tend to fall flat when it is just one person reading the book.

I did feel that the book was a little light on Scripture. I am used to very in-depth Bible studies so this was not necessarily my cup of tea. If you are, however, a Christian single woman who has not ever been involved in a Bible study or any kind, this may just be the study for you.

“I received this book for free from WaterBrook Multnomah Publishing Group for this review”.