THE MYTH OF BEING SINGLE

Breaking Free from Loneliness, Shame, and the Pressure to Belong Before You Become

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Published by WOT Publishing



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First Edition

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Published by WOT Publishing

www.wotpublishing.com

Cover Design: WOT Publishing
Interior Formatting: WOT Publishing

Unless otherwise indicated, Scripture quotations are taken from the King James Version (KJV) and New King James Version (NKJV) of the Bible. Where alternate translations are used, they are noted accordingly.

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Dedication

To the one who thought being single meant being incomplete…
To the ones who believed their value was delayed until they were chosen…
To the ones silenced by shame, haunted by past decisions, or pressured by timelines…
This book is for you.

May these pages restore your dignity, renew your identity, and release you from every lie that made you feel less than whole.
You were never lacking. You were always becoming.

And to every young man and woman who dares to walk with God in the sacred season of singleness—
Your consecration is not in vain.
Your discipline is not wasted.
Your wholeness is your warfare.

You are not waiting for life to start.
You are walking in it now.

Acknowledgement

Every truth that frees us is often carried first by another voice—one who saw ahead, stood firm, and spoke when silence was more convenient.

I honour Dr. Myles Munroe, whose revelation on singleness reframed what it means to be whole. His teaching pierced through cultural myths and awakened truth in places many feared to question.

To my man of God, Pastor Chris Oyakhilome, DSc, DD, whose messages have formed my convictions, stretched my understanding, and taught me to walk in the Word with power and clarity. Thank you for restoring the dignity of divine order and showing that identity is never seasonal—it is rooted in Christ.

To those who have trusted me to walk with them through their single years, your questions, tears, triumphs, and stories helped shape this book more than you may ever know.

To the sons and daughters in the faith who are choosing truth over trend, and purpose over pressure—this was written with you in mind.

And above all, to the Spirit of Truth—my Counsellor, the One who whispered these words in quiet places and brought light where confusion once stood. Without Your voice, these pages would have been opinions. But with You, they became life.

Introduction: This Is Not Just About Relationships

There's something rarely spoken but widely felt—an ache that sits beneath many smiles, behind achievements, beneath even spiritual activity. It's the ache of not being chosen yet. The subtle sting of watching others step into relationships while you're still navigating the quiet.

It's not just about wanting love. It's about wanting to *matter*. To not feel left behind. To believe that where you are isn't some divine oversight.

And somewhere in the middle of this emotional maze, many have adopted a silent conclusion: *"There must be something wrong with me."*

That conclusion has a name. It is the **myth of being single**.

This book was written to confront that lie and liberate those who unknowingly carry it. It is not a manual on how to position yourself to be noticed. It is not another motivational piece that tells you "your time is coming" without telling you what to do with *this* time.

It is a voice—steady, clear, and unapologetic—calling you back to **truth**.

Back to the Garden where Adam walked in full identity before Eve was ever in the picture. Back to the altar where purpose was planted before partnership was introduced. Back to the Spirit who reveals that singleness was never a problem to be fixed, but a season to be fulfilled.

Inside these pages, you won't just read about sexual purity—you'll understand its power. You won't just hear that you're whole—you'll discover how wholeness is formed. You'll be warned about distractions, taught how to discern the strange from the sent, and above all, reminded that *you are not waiting—you are becoming.*

If you've ever felt that your single years were wasted space, this book will reframe them as sacred ground.

Let these chapters be a mirror, a compass, and a companion.

And may you finally realise—you were never unloved. You were being *formed.*

Chapter 1: The Myth of Incompleteness — Redefining Singleness

The Lie That Has Lingered Too Long

For too long, the word *single* has carried a weight it was never meant to bear. It has been defined by what it *lacks* instead of what it *is*. Society has trained the single to see themselves as unfinished, waiting, delayed, or incomplete. And yet, when we return to the beginning, to the ancient garden of God's perfect design, we find no such definition. Singleness, in God's mind, was never a condition to be corrected—but a state to be mastered.

The first man, Adam, was *single*—not married, but not broken. He was whole, purposeful, aligned with God, and immersed in divine fellowship. His singleness was not a deficiency; it was a dimension. In that state, he carried the full potential of his destiny, the clarity of his assignment, and the intimacy of uninterrupted communion with God.

Alone, But Not Lonely

The statement *"It is not good that the man should be alone"* (Genesis 2:18) is often misunderstood as a cry of loneliness. But God was not addressing a lack in Adam's identity; He was revealing a new phase in Adam's responsibility. The Hebrew word used for *"alone"* (bad) speaks more to being separated or isolated in function, not deficient in value. Adam was not lonely—he had God. He was not searching—he was naming. He was not idle—he was working.

To be *single* is not to be alone in the empty sense; it is to be uniquely positioned in one's identity, separated for purpose, and available for divine focus. Loneliness is not cured by marriage; it is healed by revelation—when the single realises they are not *waiting to become*, they are *called to be*.

The Original Blueprint of Singleness

The state of singleness was the first platform of spiritual formation. In Eden, before marriage ever existed, man was formed, instructed, entrusted, and empowered. The order of divine development was intentional:

1. **Formation** – God formed man from the dust of the ground and breathed into him the breath of life (Genesis 2:7). Identity came before companionship.
2. **Assignment** – Adam was given work: to dress and to keep the garden (Genesis 2:15). Purpose was not an afterthought; it was a prerequisite.
3. **Instruction** – God spoke to Adam directly about boundaries and obedience (Genesis 2:16–17). The man had to know how to hear God before he could lead another.
4. **Recognition** – Adam named the animals, exercising authority and discernment. Through this, he realised there was none suitable for him—not out of lack, but out of clarity.
5. **Helper Given** – Only after Adam had become rooted in identity, assignment, and obedience did God fashion a companion to help him fulfil the work—not to complete his identity.

To be single is to be in that Edenic phase—where identity is rooted in God, purpose is engaged, discipline is formed, and clarity is growing. It is not a curse. It is a sacred season of becoming.

Wholeness Before Oneness

Marriage is not the joining of two half people looking for completion. It is the covenant union of two whole individuals who have found identity in God and now seek to fulfil purpose together. When two incomplete people marry, they multiply brokenness. But when two whole people unite, they amplify divine potential.

This is why singleness must never be approached with a sense of desperation. Desperation distorts discernment. It makes the heart susceptible to emotional dependency and counterfeit connections. But when a person embraces singleness as a sacred state of wholeness, they are able to enjoy fellowship without needing to be filled by others, and serve without the ache of insecurity.

A Season for Becoming

Singleness is not a static waiting room. It is a dynamic phase of preparation. In this season, a man learns how to steward vision, how to commune with God, how to lead himself in private before leading another in covenant. A woman learns how to govern her heart, how to cultivate virtue, and how to discern alignment from appearance.

To be single is to be entrusted with time, energy, and emotional space that is uniquely available for divine formation. It is the season where you become the kind of person your destiny demands—not the kind the culture defines.

Marriage is not the reward for escaping singleness. It is the next stage of purpose when your current season has produced fruit worthy of expansion. Adam was not promoted to marriage because he was tired of being alone—he was elevated because his purpose needed partnership.

Singleness Is Sacred

There is nothing deficient about being single. There is no spiritual delay in being unmarried. It is a sacred space where God sharpens your discernment, deepens your intimacy, and anchors your purpose.

You are not waiting to become. You are already becoming. This is not a gap—it is a garden. And just like Eden, if you steward it well, the next chapter will be God-ordained and divinely timed.

Let the myth of incompleteness die. Singleness is not what you are lacking. It is what you are entrusted with.