

# 4 Ways to Care for a Single Parent in Your Church



Churches are well-versed in supporting families when it comes to new babies, illness, or loss but often struggle when it comes to loving single parents in practical and meaningful ways. Single parents come from a wide range of circumstances with varied challenges, and pastors and church staff often say, “I want our church to help a single parent but I don’t know what to do. I’m not sure where to start.”

Parenting in general is tough, and doing it all solo is incredibly challenging. So, lightening the load in any way for a single parent is a big help. Always. Every act of service, care, and compassion ultimately impacts the entire family and most importantly, shows them the unconditional love and acceptance of Christ. As the number of single parent families continues to rise, the church needs to be proactive in offering support for the daily struggles and challenges of single parenthood. Not sure how to help? *Start with these ways to show up for solos.*

Learn more at:  
[soloparent.org](https://soloparent.org)





## 1. Take Them a Meal (or Two)

---

Bringing a meal to a single parent may sound minor. You might think, *If I bring them a pot of chili, am I really making much of an impact?* The answer is always **YES**. The everyday life of a single parent is exhausting and overwhelming, and having one less thing on their mental load makes all the difference. Remember, it doesn't need to be gourmet. It's as simple as popping two frozen lasagnas in the oven instead of one.

Helping a single parent with a meal can look a number of different ways.

- Organizing a “meal train” for the entire church to get involved
- Doubling your dinner and dropping it off
- Picking up takeout for the family
- Hosting a potluck
- Using a meal-delivery service like UberEats or Grubhub
- Mailing a gift card from a local restaurant on behalf of the church
- Taking them out to eat after church
- Dropping off groceries
- Welcoming the family to your home for a meal

By providing for an important physical need, you're freeing up a single parent's valuable time—and that is truly invaluable. Instead of cooking dinner, they can play catch with their kids or help with homework. They can take a moment to catch their breath and not stress about the often burdensome question of *What's for dinner tonight?*

## 2. Yard and Home Maintenance Help

---

Yard or home maintenance often take a backseat to other priorities like paying bills or working, and this is especially true when there's only one parent with way too many responsibilities. If the parent wants assistance in this area, get your youth group involved (after all, they're the ones with the unstoppable energy!) or have specific small groups volunteer to help monthly or quarterly. The parent will have one less chore on their plate as well as a tangible reminder that the church cares and wants to support them. Here are a few ideas to get you started.

- Mowing the lawn
- Raking leaves
- Cleaning out the gutters
- Adding their yard to your mower's bill and picking up the tab
- Minor home repairs
- Replacing car headlights or taillights
- Vacuuming or even detailing their car
- Getting the oil changed



### 3. Offer to Drive

---

Many parents have a season in life where they're constantly strategizing how to get their kids from Point A to Point B. Driving kids to and from *everything* they're involved in is hard for even two-parent families to pull off, let alone a solo parent. The cumulative effect of these things is overwhelming, and it's oftentimes impossible to do it all. Help with driving literally gives time and energy back to the single parent, and it ensures their family can be involved in your church.

Here are some ideas of when you could offer to drive or organize a driving group.

- Church
- Youth group
- Small group
- School
- Sports practices
- Extracurricular activities
- After-school jobs



### 4. Let Them Know They're Seen

---

Being a single parent is lonely. It can feel ostracizing. You don't have another adult to vent to at the end of a long day. You might have your kids on Christmas one year ... and then be alone the next. Single parents are parenting in isolation, and many feel invisible, forgotten, or simply not important—this needs to change. It can change with the help and support of your church community.

Coming alongside a single parent in any capacity lets them know they are not alone. Starting a Solo Parent group at your church greatly benefits single parents in their faith and in feeling seen both by the church at large and other single parents also walking this challenging journey.

If your church wants to impact the lives of solo moms and dads, you need to notice them, reach out, and be a consistent force in their lives—no strings attached. Prioritize getting to know them and connecting them with others. Intentionality is a small gesture that shows you care and gives them a sense of belonging. And don't we all just want to know we belong?

- Start a Solo Parent group at your church
- Text a single parent letting them know you see their hard work
- Invite them to your small group
- Ask how you or the prayer team can pray for them
- Be intentional in greeting their family every Sunday
- Save them a seat at church
- Help get their kids checked into the nursery/kids' church
- Make sure they're not alone on holidays
- Connect them with parents who have similar-aged children

**There are many ways your church can care for a solo parent. Their needs are vast, and many don't want to ask for help or feel like a burden. By consistently caring for them in love and compassion, you can make an enormous impact on the life of a single parent and their children. Learn more about how your church can start a Solo Parent group, get involved, and bring healing and hope to single parents.**