A Man's Guide to Godly Dating



Equip single men to pursue romance with honor, intention, and purity, embracing God's design for relationships.





Table of contents

Introduction	4
Day 1: Day 1: Building a Foundation of Honor	5
<u>Day 2: O Understanding God's Design for Relationships</u>	11
<u>Day 3: Setting Boundaries with Purpose</u>	17
Day 4: Y Pursuing Purity in Heart and Actions	23
<u>Day 5: Dating With Intentionality</u>	29
<u>Day 6: Honest Communication and Vulnerability</u>	35
Day 7: O Trusting God's Timing	41
Day 8: 6 Strength in Self-Control	47
Day 9: Trowing as a Godly Man	53
Day 10: A Prayerful Dependence on God	59
<u>Day 11: Serving Through Relationship</u>	65
Day 12: Guarding Your Mind and Heart	71
Day 13: V Loving with Respect and Honor	77
<u>Day 14: X Embracing Authenticity</u>	83
Day 15: (R) Cultivating Emotional Maturity	89
<u>Day 16: Recognizing Red Flags</u>	95











Introduction

Welcome to A Man's Guide to Godly Dating! Whether you are just beginning your journey into romantic relationships or seeking to honor God more deeply in your current season of singleness, this 21-day study plan is designed to equip you with biblical wisdom, practical guidance, and spiritual encouragement.

In today's culture, dating often comes with confusing signals and compromised values. This study aims to recalibrate your perspective to align with God's design for relationships—relationships marked by *honor*, *intention*, and *purity*. We will explore how being a man of integrity, patience, and faith can positively influence your dating experience and prepare you for a meaningful partnership.

Throughout these 21 days, you will dive into Scripture that reveals God's heart for men and women, what it means to love sacrificially, how to guard your heart, and how to pursue romance in a way that glorifies God. Each day's devotional will challenge and inspire you to grow in character and wisdom.

Remember, this journey is not just about finding the right person but becoming the right person. God's timing and plan are perfect, and learning to trust Him through every season is foundational. May this study embolden you to walk confidently, seek purity, and honor God in all your relationships.







Day 1: V Building a Foundation of Honor









Day 1: ① Building a Foundation of Honor

Your Verse

Proverbs 20:7 NIV – "The righteous lead blameless lives; blessed are their children after them."

Supporting Scriptures

- 1 Corinthians 16:13 "Be on your guard; stand firm in the faith; be courageous; be strong."
- Psalm 15:2 "The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart."







Day 1:

Building a Foundation of Honor

Devotional: Start with Honor and Integrity

Honor is the cornerstone of godly manhood and dating. Proverbs 20:7 reminds us that righteous men live blameless lives, providing a legacy of blessing. Before seeking a relationship, build a foundation rooted in integrity and honor. Being honorable means knowing your values and living them consistently, not compromising your character for short-term gain.

Godly dating begins with walking in righteousness. It's about standing firm in faith, courage, and strength (1 Corinthians 16:13), refusing to settle for anything less than what honors God and his design for relationships. It means speaking the truth in love, approaching every interaction with respect and authenticity.

As you begin this study, ask God to help you cultivate personal honor, for yourself and as a way to honor those you pursue. Your integrity will be the beacon that guides your romantic journey.







Day 1: **(**) Building a Foundation of Honor

Reflect and Apply

1.	What does honor mean to you in your life right now?
2	How can you demonstrate integrity in your daily walk and future
	relationships?
3.	Are there areas where you need to repent or grow in honorable behavior?







Day 1: **(**) Building a Foundation of Honor

Journaling Prompts

1.	List ways you currently show honor to others.
	Write about a time when living with integrity was challenging but rewarding.
3.	Identify personal values that will guide you in dating relationships.







Day 1:

Building a Foundation of Honor

Prayer for Today

Father God, thank You for the gift of honor and integrity. Help me to live a life that reflects Your righteousness. Teach me to be a man who respects others and walks blamelessly before You. As I start this journey, align my heart with Your truth and guide my steps in dating with purity and intention. Strengthen me to stand firm in faith and courage. In Jesus' name, *Amen* \bigwedge







Day 2: V Understanding God's Design for Relationships









Day 2:

O Understanding God's Design for Relationships

Your Verse

Genesis 2:18 NIV - "The Lord God said, 'It is not good for the man to be alone." I will make a helper suitable for him."

Supporting Scriptures

- Ephesians 5:25 "Husbands, love your wives, just as Christ loved the church and gave himself up for her."
- 1 Corinthians 13:4–5 "Love is patient, love is kind. It does not envy, it does not boast, it is not proud."







Day 2: Vinderstanding God's Design for Relationships

Devotional: Embrace God's Relationship Blueprint

Understanding God's original blueprint for relationships provides clarity and purpose. In Genesis 2:18, God acknowledges that man was not designed to be alone—He created a helper suitable for him, showing that companionship is part of His perfect plan.

As men pursuing dating, it's vital to recognize that relationships are not mere convenience or fleeting pleasure, but a sacred journey built on love as described in 1 Corinthians 13. Love is patient and kind; it does not boast or seek selfish desires.

Moreover, Ephesians 5 calls men to model Christ's sacrificial love toward their partners. Dating with God's design in mind means seeking to love others selflessly and intentionally, setting the stage for a lasting covenant.

Reflect on your understanding of relationships. Are you aligned with God's design? Pursue dating not just for companionship, but as a way to honor God's heart for intimacy and unity.







Day 2: 🖓 Understanding God's Design for Relationships

Reflect and Apply

How does understanding God's design affect your approach to dating?
n what ways are you already reflecting Christ's love in your interactions?
What areas of your heart need alignment with biblical love?







Day 2: 🖓 Understanding God's Design for Relationships

Journaling Prompts

1.	Describe what a godly relationship looks like to you.
2.	Write about how you can demonstrate patience and kindness in dating.
3.	Record any false assumptions about dating that God is correcting.







Day 2: Vinderstanding God's Design for Relationships

Prayer for Today

Lord, thank You for designing relationships to be beautiful and purposeful. Help me embrace Your plan fully and pursue love that reflects Your heart. Teach me patience, kindness, and selfless love as I seek to honor You in dating. May I see every person as You do, with dignity and worth. Guide me to be a man who models Christ's love daily. In Jesus' name, *Amen* \heartsuit















Your Verse

1 Corinthians 10:13 NIV - "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear."

Supporting Scriptures

- Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."
- 2 Timothy 2:22 "Flee the evil desires of youth and pursue righteousness, faith, love and peace."







Devotional: Guard Your Heart with Strong Boundaries

Setting boundaries is a vital act of self-control and respect in dating. The world may encourage you to blur lines, but God calls you to guard your heart diligently (Proverbs 4:23). Boundaries protect your integrity and honor your future spouse and God Himself.

1 Corinthians 10:13 reminds us that temptation is universal, but God equips you to resist it. Boundaries give you a practical way to avoid situations where temptation overwhelms you.

By establishing clear limits on physical, emotional, and even digital interactions, you demonstrate maturity and intentionality. Pursuing righteousness means actively fleeing youthful desires and chasing what leads to lasting peace (2 Timothy 2:22).

Ask God for wisdom to define and maintain healthy boundaries. These limits aren't restrictions but acts of freedom that preserve purity and honor.







Reflect and Apply

1.	What boundaries do you currently have in place? Are they effective?
2.	Where might you be vulnerable to crossing God-honoring limits?
3.	How can boundaries reflect both love for yourself and respect for others?







Journaling Prompts

1.	List specific boundaries you want to establish in dating.
2.	Write about challenges you have faced regarding boundaries.
3.	Think through practical steps to enforce those boundaries.







Prayer for Today

God, thank You for Your faithfulness in every temptation I face. Help me to establish and maintain clear boundaries that honor You and others. Strengthen my self-control, and give me courage to say 'no' when necessary. Guard my heart from harm and help me pursue purity wholeheartedly. May my choices glorify You in every relationship. In the name of Jesus, *Amen* 🕒











Day 4: "Pursuing Purity in Heart and Actions









Day 4: W Pursuing Purity in Heart and Actions

Your Verse

Philippians 4:8 NIV – "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Supporting Scriptures

- Psalm 119:9 "How can a young person stay on the path of purity? By living according to your word."
- Matthew 5:8 "Blessed are the pure in heart, for they will see God."







Day 4: W Pursuing Purity in Heart and Actions

Devotional: Heart and Mind Focused on Purity

God calls men to pursue purity not only in actions but deeply in their hearts. Philippians 4:8 urges us to focus our minds on what is pure and lovely, guarding thoughts that shape behavior.

Purity is more than abstaining from certain actions; it's cultivating a heart that delights in God's holiness. Psalm 119:9 offers the key: living according to God's Word sustains us on the path of purity.

Jesus' promise in Matthew 5:8 highlights the blessing of a pure heart—such men will see God. In dating, this shapes how you view others and yourself, seeking to honor God with your whole being, not just with external behaviors.

Reflect on your thought life and motives. Let God transform you from the inside out as you pursue purity that is pleasing to Him.







Day 4: 😢 Pursuing Purity in Heart and Actions

Reflect and Apply

1.	Are your thoughts aligned with Paul's instruction to focus on the pure?
2.	How is God's Word influencing your daily purity walk?
3.	What practical habits can you build to maintain heart purity?







Day 4: 😢 Pursuing Purity in Heart and Actions

Journaling Prompts

Review your thought patterns and record areas needing change.
Write a personal definition of purity based on Scripture.
List scripture verses that inspire you toward purity.







Day 4: 😢 Pursuing Purity in Heart and Actions

Prayer for Today

Lord, help me keep my heart pure and my thoughts focused on what honors You. Teach me to live fully according to Your Word and to guard my mind vigilantly. May my pursuit of purity reflect my love for You and my respect for others. Bless me with a heart that longs to see You clearly. In Jesus' name, *Amen* \bigcirc \bigcirc \bigcirc

















Day 5: O Dating With Intentionality

Your Verse

Colossians 3:23 NIV – "Whatever you do, work at it with all your heart, as working for the Lord."

Supporting Scriptures

- Proverbs 16:3 "Commit to the Lord whatever you do, and he will establish your plans."
- Ephesians 5:15 "Be very careful, then, how you live—not as unwise but as wise."







Day 5: O Dating With Intentionality

Devotional: Pursue Relationships with Purpose

God calls men to live with purpose and intentionality in every area, including dating. Colossians 3:23 reminds us to put our whole heart into everything we do, recognizing that we ultimately serve the Lord.

When pursuing relationships, it's important to commit your desires and plans to God (Proverbs 16:3) and to approach dating wisely (Ephesians 5:15). This means setting clear goals, communicating honestly, and moving forward with a focus on honoring God and the other person.

Intentionality combats passivity or ambiguous interactions that lead to confusion or hurt. Instead, choose to date thoughtfully, seeking God's guidance each step of the way.

Reflect on your motivations and plans. Are they aligned with God's purpose for you, or do they need re-centering?







Day 5: **()** Dating With Intentionality

Reflect and Apply

1.	What does intentional dating mean to you personally?
	How can you demonstrate wisdom in your current or future relationships?
3.	Are there plans or desires you need to commit afresh to God?







Day 5: **()** Dating With Intentionality

Journaling Prompts

1.	Write your goals for dating and how they align with your faith.
2.	List ways you can show intentionality when getting to know someone.
3.	Reflect on past relationships and identify lessons about purpose.







Day 5: O Dating With Intentionality

Prayer for Today

Father, help me to date with clear intent, honoring You in every step. Guide my plans and motivations according to Your will. Teach me to be wise and to put my whole heart into my relationships as a service to You. May my actions reflect my commitment to glorify You in love. In Jesus' name, *Amen*







Day 6: A Honest Communication and Vulnerability









Day 6: A Honest Communication and Vulnerability

Your Verse

Ephesians 4:25 NIV - "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."

Supporting Scriptures

- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Devotional: Speak Truth with Love and Courage

Honest and vulnerable communication is essential for building trust and connection. Ephesians 4:25 encourages us to discard falsehood and speak truthfully, recognizing that authenticity is foundational to healthy relationships.

James 1:19 highlights the importance of listening carefully and responding thoughtfully, preventing misunderstandings and fostering respect. True vulnerability means sharing your heart while also honoring boundaries and wisdom.

Proverbs 27:17 reminds us that we grow through mutual sharpening. In dating, this means being open to encouragement and correction, seeking to build each other up in Christ.

Consider your communication habits. Are you honest and transparent? How can you create space for openness that honors God and the other person?







Reflect and Apply

How comfortable are you with being vulnerable in relationships?
What fears or barriers keep you from honest communication?
In what ways has God called you to grow in truthful speech?







Journaling Prompts

1.	Recall a time when honesty improved a relationship and write about it.
2.	List topics you find hard to communicate and pray about them.
3.	Plan how you will practice better listening and speaking skills.







Prayer for Today

Lord, teach me to communicate with honesty, courage, and love. Help me to listen well and speak truthfully, building trust and respect. Remove fear and shame that hinder vulnerability. Let my words and actions reflect Your grace and wisdom in every relationship. In Jesus' name, *Amen*









Day 7: (S) Trusting God's Timing









Your Verse

Ecclesiastes 3:1 NIV - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







Devotional: Wait Confidently for God's Perfect Timing

Patience is one of the greatest challenges—and blessings—in godly dating. Ecclesiastes 3:1 reminds us that God orchestrates the timing of every season. When you feel pressure or impatience, remember that His plans are perfect.

Psalm 27:14 encourages waiting with strength and courage, trusting that God's timing will bring what is best. Meanwhile, Isaiah 40:31 promises renewal of strength to those who hope in the Lord.

Trusting God's timing in dating means surrendering anxiety and rushing impulses. It means cultivating contentment in singleness while preparing your heart for future partnership.

Reflect on your attitude toward timing. Whose timing are you following, and how can you align more fully with God's?







Reflect and Apply

	How do you respond when dating doesn't go as quickly or smoothly as you want?
2.	Are you cultivating patience and hope while single?
3.	What habits help you trust God's timing more deeply?







Journaling Prompts

1.	Write about times God showed up in His perfect time in your life.
2.	List ways you can better embrace the current season you are in.
3.	Reflect on what waiting well looks like for you personally.







Prayer for Today

Heavenly Father, teach me to trust Your timing and plans in every season. Help me to wait with strength, courage, and hope. Renew my patience and trust as I pursue relationships. Keep my heart steady, knowing You are working all things for my good. In Jesus' name, $Amen \ \square \ \nearrow \ \square$

















Your Verse

Galatians 5:22–23 NIV – "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- Titus 2:11–12 "It teaches us to say 'No' to ungodliness and worldly passions..."
- 1 Corinthians 9:27 "...I discipline my body and keep it under control..."







Devotional: Cultivate Godly Self-Control Daily

Self-control is a key fruit of the Spirit that enables godly dating. Galatians 5:22–23 describes self-control as evidence of God's work in your life, allowing you to resist temptation and live according to His will.

Titus 2:11-12 emphasizes that God's grace teaches us to reject worldly desires and live disciplined lives. Paul models this discipline in 1 Corinthians 9:27 by exercising control over his body for a higher purpose.

In dating, self-control empowers you to respect boundaries, delay gratification, and focus on spiritual growth. It shows strength, not weakness, and honors God's design.

Ask the Holy Spirit to cultivate this fruit in you, so you can walk with integrity and honor through your relational journey.







Reflect and Apply

1.	Where do you feel challenged in exercising self-control?
2.	How does relying on the Holy Spirit empower you in these areas?
3.	What practical steps can you take to strengthen your discipline?







Journaling Prompts

1.	Write about a moment you demonstrated self-control and its impact.
2.	Identify areas where you want to grow in discipline.
3.	List Scriptures to memorize for encouragement in self-control.







Prayer for Today

Holy Spirit, cultivate in me the fruit of self-control. Help me say 'no' to impulses that dishonor You and 'yes' to Your path of righteousness. Strengthen me to live with discipline and integrity, reflecting Your love in my dating life. In Jesus' name, *Amen* (a) \bigwedge (1)

















Day 9: 7 Growing as a Godly Man

Your Verse

1 Timothy 4:12 NIV - "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity."

Supporting Scriptures

- Ephesians 4:15 "Speak the truth in love, growing in every way more and more like Christ."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 9: F Growing as a Godly Man

Devotional: Pursue Christlike Growth Daily

Being a godly man means continually growing in Christlike character. Paul encourages Timothy not to be discouraged by youth but to set an example in every area of life, including love and purity.

Growth is a process, marked by honest self-assessment, learning, and community. Ephesians 4:15 reminds us to grow in truth and love, becoming more like Jesus.

Relationships can be places of sharpening, but your foundation must be rooted in ongoing spiritual growth and accountability (Proverbs 27:17). As you date, prioritize becoming the man God calls you to be.

Reflect on your current character. What areas need sharpening? How are you growing spiritually and relationally?







Day 9: 🍞 Growing as a Godly Man

Reflect and Apply

1.	In what ways are you setting an example for others?
2.	Who sharpens or challenges you in your faith and character?
3.	What habits foster your spiritual and personal growth?







Day 9: 🍞 Growing as a Godly Man

Journaling Prompts

1.	Write about mentors or role models who influence you positively.
2.	Identify character traits you want to develop further.
3.	Plan daily or weekly practices to nurture growth.







Day 9: F Growing as a Godly Man

Prayer for Today

Lord, help me grow into the man You have called me to be. May my speech, conduct, love, faith, and purity reflect You. Surround me with godly influences and sharpen me through relationships and Your Word. Teach me to walk humbly and grow continuously. In Jesus' name, *Amen* 7















Your Verse

Philippians 4:6-7 NIV - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Supporting Scriptures

- Psalm 37:4 "Take delight in the Lord, and he will give you the desires of your heart."
- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."







Devotional: Seek God in Every Step Through Prayer

Godly dating requires dependence on prayer and submission to God's guidance. Philippians 4:6–7 teaches us to replace anxiety with prayer, trusting God with our desires and concerns.

Psalm 37:4 reminds us that delighting in the Lord realigns our desires so that God fulfills the true longings of our hearts.

When decisions feel confusing or difficult, James 1:5 encourages asking God for wisdom with confidence that He gives generously.

Pursuing relationships with a prayerful, dependent heart invites God's presence and peace into your journey. Make prayer your first response, not last resort.







Reflect and Apply

1.	How often do you pray about your dating life and plans?
2	What worries or desires can you bring to God today?
۷.	what wornes of desires can you bring to God today:
3.	Are you open to God's wisdom, even if it challenges your preferences?







Journaling Prompts

1.	Write a prayer surrendering your romantic future to God.
2.	List areas where you long for God's wisdom and peace.
3.	Reflect on answers you've seen from prayer in the past.







Prayer for Today

Father, I come before You with my worries and hopes about relationships. Teach me to trust You fully and to seek Your wisdom in all decisions. Replace my anxiety with Your peace. Align my desires with Your perfect will. Guide each step I take with Your gentle hand. In Jesus' name, *Amen* 🙏 😂 🔲















Your Verse

Mark 10:45 NIV - "For even the Son of Man did not come to be served, but to serve..."

Supporting Scriptures

- Galatians 5:13 "Serve one another humbly in love."
- 1 Peter 4:10 "Each of you should use whatever gift you have received to serve others."







Devotional: Lead by Serving with a Humble Heart

Godly men serve others as Christ served us. Mark 10:45 highlights Jesus' example of servant leadership, a model to follow especially in relationships.

Serving others humbly and lovingly (Galatians 5:13) reflects genuine care and commitment beyond self-interest.

Peter reminds us to use our God-given gifts for the benefit of others, including those we date. This attitude builds trust, unity, and depth.

How can you adopt a posture of servant leadership in dating? Are you prioritizing others' needs and demonstrating Christ's love tangibly?







Reflect and Apply

1.	Where can you serve the people you interact with, even in dating?
2.	Does your attitude lean more towards serving or being served?
3.	How does Christ's servant example inspire your behavior?







Journaling Prompts

1.	Think of practical ways to serve in your dating relationships.
2.	Write about a time you experienced joy in serving others.
3.	Describe how serving influences your view of leadership.







Prayer for Today

Jesus, teach me to serve others with humility and love. Mold my heart to reflect Your servant leadership. Help me prioritize the needs of others and glorify You in service. Let my dating relationships be marked by selflessness and care. In Your name, $Amen \bigcirc \bigcirc \bigcirc$







Day 12: Guarding Your Mind and Heart









Day 12: **@** Guarding Your Mind and Heart

Your Verse

Romans 12:2 NIV – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- 2 Corinthians 10:5 "Take captive every thought to make it obedient to Christ."
- Matthew 5:29 "If your right eye causes you to stumble, gouge it out..."







Devotional: Renew and Protect Your Inner Life

Guarding your mind and heart is essential in godly dating. Romans 12:2 calls for transformation through renewed thinking, resisting worldly patterns that can harm purity and integrity.

Paul admonishes believers to take captive every thought to obey Christ (2 Corinthians 10:5), demonstrating the active role you play in mental and emotional discipline.

Jesus' teaching to remove what causes sin (Matthew 5:29) is a powerful metaphor reminding you to act decisively to protect your heart and mind.

Evaluate the influences shaping your thoughts and heart—media, conversations, habits—and seek God's help to renew and guard them fervently.







Reflect and Apply

1.	What influences currently shape your thoughts negatively or positively?
2.	How can you 'take captive' and redirect harmful thoughts?
3.	Are there habits or relationships that compromise your purity?







Journaling Prompts

1.	List common distractions or temptations affecting your mind.
2.	Write prayers asking God to renew and guard your thoughts.
3.	Plan practical strategies to replace negative influences.







Prayer for Today

God, transform my mind and heart to be like Yours. Help me resist worldly patterns and take captive every thought. Protect me from anything that leads me away from purity and purpose. Renew me daily and keep my focus on You. In Jesus' name, $Amen \bigcirc \bigcirc \bigcirc$















Your Verse

Romans 12:10 NIV – "Be devoted to one another in love. Honor one another above yourselves."

Supporting Scriptures

- 1 Peter 3:7 "Husbands, treat your wives with respect as the weaker partner..."
- Philippians 2:3 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."







Devotional: Demonstrate Respect Through Humble Love

Respect and honor are essential expressions of godly love. Romans 12:10 urges devotion and placing others above ourselves, a mindset transformational in dating.

Peter instructs men to treat their wives with respect (1 Peter 3:7), highlighting the importance of honoring those we pursue even before marriage.

Philippians 2:3 encourages humility that places value on others, rejecting selfish ambition.

Seek to love the person you date as God loves—with respect, humility, and true honor that builds up rather than tear down.







Reflect and Apply

1.	How often do you consciously honor those you date or interact with?
2.	Are there ways selfishness has crept into your relationships?
3.	In what ways can you cultivate humility in your love?







Journaling Prompts

	Recall specific acts of respect that made a difference in your relationships.
2.	Write a commitment statement to love with honor and humility.
3.	List practical ways to prioritize others' needs and feelings.







Prayer for Today

Father, teach me to love others with respect and honor. Remove selfish ambition and fill me with humility. Help me value people as You do and treat them with devotion and care. May my relationships reflect Your love fully. In Jesus' name, $Amen \heartsuit \bigtriangleup \heartsuit$

















Your Verse

John 8:32 NIV - "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."







Devotional: Live With Honest Vulnerability

Authenticity means living truthfully and vulnerably before God and others. Jesus promises freedom through truth (John 8:32), calling you to honesty and genuineness in dating.

Paul's words in 2 Corinthians 12:9 reveal that God's grace shines through our weaknesses, inviting you not to hide flaws but embrace them with God's strength.

Psalm 34:18 reminds us that God draws near when we are brokenhearted or crushed, giving comfort and hope.

Dating authentically means being your real self—not pretending or hiding parts of your heart—allowing relationships to grow on solid, honest ground.







Reflect and Apply

1.	Are you comfortable showing your true self in relationships?
2.	Where do you feel pressured to appear 'perfect' or 'strong'?
3.	How can trusting God's grace give you courage to be authentic?







Journaling Prompts

1.	Write about fears related to being fully known by others.
2.	List ways God has been faithful in your weakest moments.
3.	Plan how you will practice authenticity going forward.







Prayer for Today

Lord, thank You for setting me free through truth. Help me to embrace authenticity in my relationships. Give me courage to be vulnerable, knowing Your grace is sufficient. Draw near to my heart, especially when I feel broken or weak. Let my honesty honor You and build meaningful connections. In Jesus' name, *Amen* 💸 🙏 😂















Your Verse

James 1:19 NIV – "Everyone should be quick to listen, slow to speak and slow to become angry."

Supporting Scriptures

- Proverbs 14:29 "Whoever is patient has great understanding, but one who is quick-tempered displays folly."
- Galatians 5:22 "But the fruit of the Spirit is... patience, kindness, goodness..."







Devotional: Practice Patience and Love in Emotion

Emotional maturity is a mark of godly manhood. James 1:19 instructs us to practice patience in communication, guarding anger and speaking thoughtfully.

Proverbs 14:29 connects patience with wisdom and understanding, showing that controlling temper prevents foolishness.

The Spirit's fruit in Galatians 5:22 highlights characteristics like patience and kindness, essential for healthy relationships.

God calls you to cultivate emotional maturity by growing in self-awareness, empathy, and self-control, enabling you to build stable and loving connections.







Reflect and Apply

1.	How do you usually respond under emotional pressure?
2.	Are there patterns of anger or impatience you need to submit to God?
3.	How can you grow in the fruit of the Spirit in your emotions?







Journaling Prompts

1.	Identify triggers that challenge your emotional maturity.
2.	Write about steps you can take when feeling angry or rushed.
3.	List prayers asking for growth in patience and kindness.







Prayer for Today

God, help me to be quick to listen and slow to anger. Teach me patience and kindness as I relate with others. Grow Your fruit in my life that I may reflect Your character. Guide my emotions to honor You and bless the people I date. In Jesus' name, *Amen* ()

















Your Verse

Proverbs 22:3 NIV - "The prudent see danger and take refuge, but the simple keep going and pay the penalty."

Supporting Scriptures

- 1 Corinthians 15:33 "Do not be misled: 'Bad company corrupts good character."
- Matthew 10:16 "I am sending you out like sheep among wolves." Therefore be as shrewd as snakes and as innocent as doves."







Devotional: Wisely Discern Risks in Dating

Being wise and discerning in relationships can protect you from future pain. Proverbs 22:3 teaches that the prudent recognize danger early and take steps to avoid harm.

Paul warns in 1 Corinthians 15:33 about the influence of negative associations and the importance of choosing relationships wisely.

Jesus encourages shrewdness without losing innocence (Matthew 10:16), a balance needed to navigate dating culture today.

Learn to identify red flags in behavior, communication, and character. Trust God's wisdom to guide you away from unsafe or unhealthy relationships.







Reflect and Apply

1.	What warning signs have you overlooked or ignored before?
2.	How can you balance wise discernment with openness and love?
3.	Who can help you see red flags you may miss?







Journaling Prompts

1.	Write about lessons learned from past experiences or observations.
2.	List red flags you want to be vigilant against.
3.	Pray for discernment and wisdom in your dating choices.







Prayer for Today







Day 17: Murturing Patience and Long-Suffering









Day 17: B Nurturing Patience and Long-Suffering

Your Verse

Romans 12:12 NIV - "Be joyful in hope, patient in affliction, faithful in prayer."

Supporting Scriptures

- James 5:7-8 "Be patient and stand firm... The Lord's coming is near."
- 2 Corinthians 6:4 "...in endurance we are patient..."







Day 17: // Nurturing Patience and Long-Suffering

Devotional: Grow Through Patience and Endurance

Patience and long-suffering characterize mature godly men. Romans 12:12 urges joy, patience amid hardship, and faithful prayer.

James encourages believers to stand firm with patience, looking forward to God's promises.

Paul highlights endurance as a mark of godly conduct.

In dating, patience helps you manage disappointments, unmet expectations, and waiting seasons without bitterness. Endurance under trials builds deeper faith and reliance on God's plan.

Ask God to cultivate long-suffering in you as you navigate the complexities of relationships.







Day 17: B Nurturing Patience and Long-Suffering

Reflect and Apply

1.	How do you react to delays or challenges in dating?
2.	Where can you be more patient and enduring in your relationships?
3.	How does prayer support your patience?







Day 17: B Nurturing Patience and Long-Suffering

Journaling Prompts

1.	Recall a time when patience led to growth.
2.	Write about current challenges needing endurance.
3.	Plan prayer strategies to cultivate joy and hope.







Day 17: // Nurturing Patience and Long-Suffering

Prayer for Today







Day 18: Taluing Emotional Gifts and Differences









Day 18: TValuing Emotional Gifts and Differences

Your Verse

1 Corinthians 12:14 NIV – "Even so the body is not made up of one part but of many."

Supporting Scriptures

- Romans 12:6 "We have different gifts, according to the grace given to each of us."
- Ephesians 4:2–3 "Be completely humble and gentle; be patient, bearing with one another in love."







Day 18: TValuing Emotional Gifts and Differences

Devotional: Embrace and Respect Unique Differences

God creates each person uniquely gifted and shaped, which calls for appreciation and patience. 1 Corinthians 12:14 reminds us of the diversity within the body of Christ.

Romans 12:6 teaches that we receive different gifts by grace, which also extends to emotional expression and relational styles.

Ephesians encourages humility, gentleness, and patience in bearing with others' differences.

Dating becomes an opportunity to value and honor the unique qualities in others, fostering empathy and deeper connection rather than frustration.







Day 18: TValuing Emotional Gifts and Differences

Reflect and Apply

1.	How do you typically respond to emotional or personality differences?
2.	Are you patient and humble toward those who differ from you?
3.	What gifts or qualities do you appreciate most in potential partners?







Day 18: TValuing Emotional Gifts and Differences

Journaling Prompts

1.	Write about how differences in relationships have challenged or blessed you.
2.	List ways to show empathy and patience toward others' uniqueness.
3.	Reflect on your own emotional gifts and how you express them.







Day 18: Taluing Emotional Gifts and Differences

Prayer for Today

Lord, help me celebrate the unique ways You've created others. Give me humility and patience to appreciate differences. Teach me to love with empathy and gentleness. May I honor the gifts You have placed in those I relate to. In Jesus' name, *Amen* \bigcap \bigwedge \heartsuit

















Day 19: Protecting Your Future Relationship

Your Verse

Proverbs 4:25–27 NIV – "Let your eyes look straight ahead; fix your gaze directly before you... Keep your feet from every evil path."

Supporting Scriptures

- Psalm 101:3 "I will set before my eyes no vile thing."
- 1 Corinthians 6:19–20 "Your body is a temple... therefore honor God with your body."







Day 19: Protecting Your Future Relationship

Devotional: Live Today for Tomorrow's Blessing

Your current choices shape your future relationship and marriage. Proverbs calls for focused vision and avoiding evil paths—actions that protect both your character and your future.

Psalm 101:3 sets a standard of avoiding anything vile that harms relationship purity.

1 Corinthians 6:19–20 reminds you that your body is a temple of the Holy Spirit, calling for honor and care now.

Guard your eyes, heart, and body in ways that honor God and safeguard the person God has for you. Think long-term and live today accordingly.







Day 19: <a>Protecting Your Future Relationship

Reflect and Apply

1.	Are there habits or influences that risk your purity or character?
2.	How can you fix your gaze on God's future for you?
3.	What boundaries help protect your body and relationships?







Day 19: <a>Protecting Your Future Relationship

Journaling Prompts

1.	List future relationship goals and how today's choices support them.
2.	Write about temptations you will guard against proactively.
3.	Reflect on how honoring God now impacts your future spouse.







Day 19: <a>Protecting Your Future Relationship

Prayer for Today

God, help me keep my eyes fixed on You and my future. Protect me from evil paths and temptations. Teach me to honor my body as Your temple and prepare me for a godly relationship. Guide my daily choices to reflect Your holiness. In Jesus' name, *Amen* 🖺 🙏 👀









Day 20: 🍪 Surrendering Control









Day 20: O Surrendering Control

Your Verse

Romans 8:28 NIV - "And we know that in all things God works for the good of those who love him..."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding..."
- Psalm 46:10 "Be still, and know that I am God."







Day 20: O Surrendering Control

Devotional: Trust God and Let Go of Control

Surrendering control in dating allows God to shape your story. Romans 8:28 assures us that God works all things for good, even when things don't go as planned.

Proverbs instructs trusting fully in God's wisdom rather than our own limited understanding.

Psalm 46:10 invites stillness and confidence in God's sovereignty.

Releasing control reduces anxiety and fosters peace. Let God lead your romantic journey, trusting His perfect plan.







Day 20: 🌕 Surrendering Control

Reflect and Apply

1.	What aspects of dating do you struggle to surrender to God?
2	How can trusting Cod's sovereignts bring noose to your boart?
۷.	How can trusting God's sovereignty bring peace to your heart?
3.	In what ways can you practice 'being still' before God?







Day 20: 🌕 Surrendering Control

Journaling Prompts

1.	Write about times God worked good through uncertain situations.
2.	List fears or desires you need to surrender.
3.	Plan daily practices to cultivate trust and stillness.







Day 20: O Surrendering Control

Prayer for Today

Lord, teach me to trust You fully and surrender my plans. Help me find peace in Your control and timing. Work all things for my good, even when I cannot see the way. Teach me to be still and know You are God. In Jesus' name, *Amen*

















Your Verse

Lamentations 3:22–23 NIV – "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Supporting Scriptures

- Psalm 100:5 "For the Lord is good and his love endures forever; his faithfulness continues through all generations."
- 2 Corinthians 1:20 "For no matter how many promises God has made, they are 'Yes' in Christ."







Devotional: Give Thanks for God's Steadfast Love

As this study concludes, celebrate the unwavering faithfulness of God. Lamentations 3:22–23 declares His compassions are new every morning, sustaining us in hope and promise.

Psalm 100:5 affirms God's enduring love and goodness throughout generations.

2 Corinthians reminds us that God's promises are fulfilled in Christ, providing confidence for every step ahead.

Reflect on growth over these days. Give thanks for God's guidance and trust Him to continue leading you in godly dating and beyond.







Reflect and Apply

1.	What is one way God has been faithful in your journey?
2.	How can you cultivate gratitude in your daily life?
3.	What steps will you take to carry forward what you've learned?







Journaling Prompts

1.	Write a letter of thanks to God for His faithfulness.
2.	Record key lessons from this 21-day study.
3.	Set spiritual goals for your ongoing growth.







Prayer for Today

Thank You, Lord, for Your never-failing love and faithfulness. You have guided me through this journey and renewed my hope each day. Help me remember Your promises and trust You as I pursue relationships with honor and purity. May my life always reflect Your goodness. In Jesus' name, Amen













Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a free HolyJot account. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.