# Dating with Intentionality: A Christian Guide for the Single Life



Discover God-centered wisdom and encouragement for living intentionally as a single Christian navigating dating with purpose and faith.





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#### Introduction

**Embracing the single life** as a Christian is more than just a season—it's a unique opportunity for growth, self-discovery, and deepening your relationship with God. *Being single is not a waiting room but a calling to live intentionally.* Whether you are dating or considering dating, approaching relationships with faith and purpose shapes your journey profoundly.

In today's culture, dating can often feel casual and directionless, but Scripture teaches us to seek relationships rooted in God's love and wisdom. Living intentionally means making decisions guided by prayer, biblical truths, and an awareness of God's plan for your life. This plan invites you to explore how to navigate dating with intentionality, honoring God above all and preparing your heart for whatever the future holds.

Throughout this 5-day study, you will engage with Scriptures that address love, purity, patience, and discernment. Each day offers a devotional to encourage and challenge you, reflection questions to deepen your understanding, journaling prompts to capture your personal growth, and prayers to invite God's guidance. By the end of this journey, you'll be equipped to date not out of loneliness or pressure, but from a place of confidence in God's timing and design. Let's begin this transformative path together, embracing the single life with faith, hope, and intentionality.







# Day 1: **7** Growing in Contentment and Purpose









Day 1: 7 Growing in Contentment and Purpose

#### Your Verse

Philippians 4:11–13 – "...I have learned to be content whatever the circumstances. I can do all this through him who gives me strength."

#### **Supporting Scriptures**

- 1 Corinthians 7:32 "I would like you to be free from concern."
- Psalm 37:4 "Take delight in the Lord, and he will give you the desires of your heart."







Day 1: F Growing in Contentment and Purpose

# Devotional: Contentment: The Key to Intentional Dating

Contentment is the foundation for living intentionally as a single Christian. The Apostle Paul teaches us that contentment isn't about having everything we want but finding strength and satisfaction in Christ alone. When pursuing relationships, it is vital to first be rooted in this truth. The pressure to rush into dating or be defined by relationship status can distract us from God's better plan.

Viewing your single life as a sacred season frees you from anxiety and helps you focus on God's purposes uniquely designed for you. It allows you to grow spiritually, develop friendships, and cultivate passions that honor God.

Ask yourself: Are you content in Christ today? Are you seeking God's desires above your own? Trust that as you delight in Him, He will shape your heart in ways that prepare you for healthy, intentional relationships, whenever He chooses to bring them.







Day 1: 🍞 Growing in Contentment and Purpose

# Reflect and Apply

1.	How do you currently view your single season—are you content or restless?
2.	In what ways can contentment in Christ shape your approach to dating?
3.	What might God be teaching you to focus on during this time of singleness?







Day 1: 🍞 Growing in Contentment and Purpose

# **Journaling Prompts**

1.	Describe your current feelings about being single.
2.	Write about moments when you felt Christ's strength in contentment.
3.	List three ways to grow spiritually while single.







Day 1: 🍞 Growing in Contentment and Purpose

#### Prayer for Today

**Dear Lord,** thank You for this time of singleness. Help me to find true contentment in You alone. Strengthen me when impatience arises and guide my heart to seek Your purpose first. Teach me to trust Your timing and prepare wisely for future relationships. Surround me with Your peace and joy today. In Jesus' name, Amen.  $\bigwedge$ 















#### Your Verse

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

#### **Supporting Scriptures**

- Jeremiah 17:9 "The heart is deceitful above all things and beyond cure."
- 1 Corinthians 15:33 "Do not be misled: 'Bad company corrupts good character.""







#### Devotional: Protecting Your Heart in Dating Choices

**Guarding your heart** is vital when entering the dating world. The heart is vulnerable and can be easily influenced by emotions, desires, and even the expectations of others. Scripture urges us to protect our innermost being because it directs every action.

Dating intentionally means setting healthy boundaries, choosing wisely who you spend time with, and being honest about your intentions as a follower of Christ. It also includes seeking God's wisdom daily, praying for discernment, and letting the Holy Spirit guide your interactions.

Remember, your value and identity are grounded in Christ—not in external validations. Be careful not to compromise your standards or rush into relationships that don't honor God's design.







# Reflect and Apply

1.	What boundaries do you currently have in place to guard your heart?
2.	How can negative influences affect your dating decisions?
	In what practical ways can you seek God's wisdom before dating someone?







# **Journaling Prompts**

Write about the qualities you want in a partner based on God's Word.
List steps to maintain godly boundaries in dating relationships.







### **Prayer for Today**

Heavenly Father, thank You for guarding my heart and directing my steps. Help me to recognize areas where I am vulnerable and give me strength to establish godly boundaries. Guide me in seeking Your wisdom above all else and protect me from harmful influences. May my heart reflect Your love and truth as I wait patiently. In Jesus' name, Amen. 🛠 🕡 🙏









# Day 3: 2 Patience in God's Timing









Day 3: 
☐ Patience in God's Timing

#### Your Verse

Ecclesiastes 3:1 - "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."







Day 3: 
☐ Patience in God's Timing

#### Devotional: Embracing God's Perfect Timing

**Patience is often challenging**, especially in the desire to find a relationship. However, the Bible reminds us that every season in life has its God-ordained time. Waiting upon the Lord is an active decision to trust Him, strengthen our faith, and grow in character.

Rushing into dating or forcing a relationship often leads to regret or shortcuts in spiritual growth. Instead, embrace your waiting period with faith. Use this time to deepen intimacy with God and develop the qualities He desires in you as a partner and individual.

Remember, God's timing is perfect—even when it feels long or difficult. Patience shaped by hope brings peace and prepares a foundation for lasting relationships.







Day 3: 🔀 Patience in God's Timing

# Reflect and Apply

1.	How do you usually respond to waiting periods in your life?
	What lessons is God teaching you through your current season of singleness?
3.	How can waiting well honor God and shape future relationships?







Day 3: 🔀 Patience in God's Timing

# **Journaling Prompts**

1.	Write about a time when waiting on God produced good results.
2.	List ways to cultivate patience during your single season.
3.	Describe how you can grow closer to God while waiting.







#### Prayer for Today

**Lord,** teach me to wait patiently and trust Your perfect timing in every area of my life. Help me grow stronger in faith and character during this season of singleness. Renew my hope and sustain my heart, so I may honor You through all I do and prepare for the future You have planned. In Jesus' name, Amen.  $\Sigma$   $\triangle$ 







# Day 4: Building Relationships with Integrity









Day 4: 🎔 Building Relationships with Integrity

#### Your Verse

Ephesians 4:25 – "Therefore each of you must put off falsehood and speak truthfully to your neighbor."

#### **Supporting Scriptures**

- Colossians 3:12 "Clothe yourselves with compassion, kindness, humility, gentleness and patience."
- Proverbs 3:3 "Let love and faithfulness never leave you."







Day 4: 🎔 Building Relationships with Integrity

#### Devotional: Integrity: Honoring God in Relationships

**Integrity in relationships** involves honesty, kindness, and consistency in what we say and do. As you engage with others in dating or friendship, reflecting Christ's character is essential. Authenticity builds trust and sets a foundation for meaningful connections.

Being intentional means communicating clearly about your values, intentions, and expectations. It invites mutual respect and avoids misunderstandings or heartache. When challenges arise, responding with grace and patience shows Jesus' love through you.

Remember, every interaction is an opportunity to glorify God by living with integrity—so your relationships honor Him and bless others.







Day 4: 🌣 Building Relationships with Integrity

# Reflect and Apply

	How do your words and actions reflect integrity in your current relationships?
2.	In what ways can you demonstrate Christ-like character when dating?
3.	Are there areas where you feel called to grow in honesty or kindness?







Day 4: 🎔 Building Relationships with Integrity

# **Journaling Prompts**

1.	Reflect on a relationship where integrity was key.
2.	Write about how you communicate your values to others.
3.	Identify specific changes to improve your relational integrity.







Day 4: 🎔 Building Relationships with Integrity

#### Prayer for Today

**Father,** help me build relationships marked by honesty and grace. Teach me to communicate with love and to act with kindness and humility. May my life shine with Your truth and integrity so that every person I meet sees Your goodness reflected in me. Guide my heart to honor You in all my relationships. In Jesus' name, Amen.  $\heartsuit$ 







# Day 5: P Seeking God's Guidance Daily









Day 5: 
Seeking God's Guidance Daily

#### Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

#### **Supporting Scriptures**

- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding..."







Day 5: 
Seeking God's Guidance Daily

#### Devotional: Wisdom: Daily Seeking of God's Direction

Choosing to date with intentionality requires ongoing dependence on God's wisdom. Life decisions are rarely simple, but God promises to give clear guidance when we ask sincerely and trust Him fully.

Commit to daily prayer and Scripture reading, inviting the Holy Spirit to direct your heart. Consider wise counsel from mature believers who can support and encourage you. Remember that discernment is a process; God often reveals His will step-by-step rather than all at once.

As you seek God's guidance, you cultivate a spirit of surrender, humility, and patience that opens doors to blessed relationships aligned with His perfect plan.







Day 5: 🖓 Seeking God's Guidance Daily

# Reflect and Apply

1.	How often do you ask God for guidance in your dating life?
2.	Who can you turn to for godly counsel about relationships?
3.	What does trusting God's plan look like for you today?







Day 5: 🖓 Seeking God's Guidance Daily

#### **Journaling Prompts**

1.	Write a prayer asking for wisdom in your relationship choices.
2.	List trusted people you can seek advice from regarding dating.
3.	Describe how you can better lean on God in everyday decisions.







Day 5: 🖓 Seeking God's Guidance Daily

#### Prayer for Today

**Lord,** I ask for Your wisdom as I seek to live and date intentionally. Teach me to listen to Your voice and trust Your perfect plan above my own understanding. Surround me with godly counsel and steady my heart when uncertainties arise. Help me surrender daily and embrace Your guidance with faith and joy. In Jesus' name, Amen.  $\bigcirc$   $\bigcirc$ 







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