



Dating with Purpose: A God-Honoring Journey



Learn to approach dating with intention, setting healthy boundaries and choosing partners who share your faith and values.



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Introduction

Dating as a teen can feel overwhelming and confusing, especially when surrounded by societal pressures and cultural expectations. Yet, as followers of Christ, we have a unique opportunity to approach relationships differently — with purpose, intentionality, and grounded in God's truth. This 3-day study invites you to explore how to date in a way that honors God, protects your heart, and aligns with your faith.

Why Dating with Purpose? Many teens date just because “everyone else is doing it,” but this can lead to compromises that aren't in your best interest spiritually or emotionally. *God desires for you to succeed and live a life full of joy and peace*, including in your relationships. By setting healthy boundaries and being intentional about who you date, you create space for God's best blessings in your life.

The Foundation of Shared Values is crucial. Choosing someone who shares your relationship with God helps you grow together and support one another's faith journeys. This study will guide you through Scripture passages that highlight God's design for relationships, what healthy boundaries look like, and how to seek God's wisdom in your romantic decisions.

Get ready to reflect, be challenged, and encourage your heart with biblical truths that can equip you for a dating experience full of purpose and joy. As you engage with God's Word over these three days, may you be empowered to



pursue relationships that glorify Him and lead you closer to the future He has for you. 🙌





Day 1: ❤️ Understanding God's Design for Dating



Your Verse

2 Corinthians 6:14 – "Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?"

Supporting Scriptures

- *Psalms 37:4 – "Take delight in the Lord, and he will give you the desires of your heart."*
- *Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."*



Devotional: Guarding Your Heart and Choosing Wisely

God's design for your relationships starts with your heart. In 2 Corinthians 6:14, Paul reminds us not to be unequally yoked — meaning that when dating, it's important to be with someone who shares your values and faith. This isn't about being perfect, but about creating a foundation where both partners can grow in their relationship with God together.

Psalm 37:4 encourages you to delight in the Lord. When your joy and satisfaction come from God first, He shapes the desires of your heart — including the desire for a godly relationship. Guarding your heart as Proverbs 4:23 says means protecting yourself from distractions or influences that could pull you away from God's purpose for you.

This is a beautiful invitation to put God first in your dating life. When you do, you don't just avoid unnecessary hurt — you position yourself to experience peace, joy, and a supportive partnership built on shared faith.



Reflect and Apply

1. How do you currently view dating in light of your faith?

2. What steps can you take to ensure you're 'equally yoked' in your relationships?

3. In what ways are you delighting in the Lord today as a foundation for your desires?



Journaling Prompts

1. Write about what 'guarding your heart' means to you personally.

2. Describe qualities you value in a potential dating partner that align with your faith.

3. Reflect on a time you felt God guiding your heart toward or away from a relationship.



Day 1: ❤️ Understanding God's Design for Dating

Prayer for Today

Dear Lord, thank You for loving me so deeply and for the clear guidance You provide in Your Word. Help me to guard my heart and set healthy boundaries in relationships. Lead me to ones who will encourage and grow with me in faith. Give me wisdom and patience as I seek Your plans for my love life, and help me to delight in You above all else. In Jesus' name, Amen. 🙏❤️✨





Day 2: 🛡️ Setting Healthy Boundaries



Your Verse

1 Corinthians 10:13 - "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 25:28 - "Like a city whose walls are broken through is a person who lacks self-control."*
- *Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control..."*



Devotional: The Power and Purpose of Boundaries

Setting boundaries is an act of love — for yourself and for others. It's often tempting to push limits in the excitement of dating, but Scripture reminds us that God is faithful to help us resist temptation (1 Corinthians 10:13). When you set clear boundaries, you protect your heart and honor God's design for purity and respect.

Self-control is a fruit of the Spirit (Galatians 5:22-23) and a key part of healthy relationships. Proverbs 25:28 compares a person without self-control to a city with broken walls — left vulnerable to harm. Boundaries provide the protective walls for your emotional, spiritual, and physical well-being.

Think of boundaries like guardrails on a road — they don't restrict your journey, but keep you safe as you travel toward God's best. Setting and communicating boundaries with a loved one shows maturity, respect, and a priority on honoring God in your relationship.



Reflect and Apply

1. What boundaries do you currently have in your relationships, and how do they help you?

2. How can practicing self-control honor God in your dating life?

3. Where do you need God's strength to resist temptation in relationships?



Journaling Prompts

1. List the boundaries you feel are important to set in your dating relationships.

2. Write about a time when setting a boundary protected your heart or faith.

3. Reflect on what self-control looks like for you practically in dating situations.



Day 2: ☹ Setting Healthy Boundaries

Prayer for Today

Dear Heavenly Father, thank You for Your faithfulness and for giving me the strength to say no to temptation. Teach me to set healthy boundaries that protect my heart and honor You in every relationship. Help me to grow in self-control through the power of Your Spirit. May my relationships be filled with respect, purity, and love that reflect Your goodness. In Jesus' name, Amen. 🙏





Day 3: 🌱 Choosing a Partner Who Shares Your Faith



Your Verse

Amos 3:3 - "Do two walk together unless they have agreed to do so?"

Supporting Scriptures

- *Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."*
- *Colossians 3:17 - "And whatever you do... do it all in the name of the Lord Jesus..."*



Devotional: Walking Together in Shared Faith

Having shared values creates strong and healthy relationships. Amos 3:3 beautifully illustrates that true partnership means walking together in agreement. When you choose to date someone who shares your faith and values, you build a foundation that supports both of you through life's challenges and joys.

Ecclesiastes 4:9-10 reminds us that two people can help lift each other up — a partner who understands your faith can pray with you, encourage your relationship with God, and be an ally in your spiritual journey.

Remember also Colossians 3:17 — doing everything in the name of Jesus means your relationship should reflect His love and honor. When you date with this mindset, your relationship becomes a testimony of God's grace, a source of mutual encouragement, and a training ground for lifelong partnership grounded in Him.



Reflect and Apply

1. Why is it important for you to date someone who shares your relationship with God?

2. How can shared faith help you overcome challenges in a relationship?

3. In what ways can you seek God's guidance when building a relationship?



Journaling Prompts

1. Describe qualities in a partner that demonstrate shared faith and values.

2. Reflect on how walking ‘together in agreement’ can shape a healthy relationship.

3. Write a prayer asking God to help you recognize His leading in your relationships.



Day 3: 🌱 Choosing a Partner Who Shares Your Faith

Prayer for Today

Lord Jesus, thank You for the gift of companionship and for guiding my steps in relationships. Help me to choose a partner who walks with You and shares my faith and values. May our relationship bring glory to Your name and support us in growing closer to You. Teach us to love, respect, and uplift each other in every season. I trust Your timing and Your plans for my heart. Amen.





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