



# Embracing Single Life: Conquering Anxiety About the Future



A 5-day study to find peace and purpose in singleness, overcoming anxiety about life's unknowns through God's promises and presence.

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## Introduction

**Welcome to this 5-day Bible study on the Single Life and conquering anxiety about the future.** Being single can often feel like a season of uncertainty, especially when questions about purpose, relationships, and God's plan weigh heavily on your heart. It's common to feel anxious about what lies ahead—wondering if and when life will change, or doubting the meaning of your current circumstances.

*Yet, Scripture offers a comforting and empowering perspective on singleness and the future.* Throughout these days, we will explore how God's peace transcends anxiety, how His plans are good even when unseen, and how your single season is full of opportunity for growth, service, and joy. You don't face this journey alone—God walks with you as your refuge and guide.

Each devotional is grounded in God's Word, providing truth to replace fear and hope to energize your spirit. We'll reflect on passages that illuminate God's faithfulness, sovereignty, and infinite love. Through reflection, prayer, and journaling, you will be encouraged to embrace today with confidence and look to tomorrow with trust.

**Let's begin in faith, releasing anxious thoughts and opening our hearts to God's perfect peace, His purpose for your singleness, and the bright future He holds.**





## Day 1: Trusting God's Timing



Day 1: 🕊️ Trusting 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 1: 🕊️ Trusting God's Timing

## Devotional: Waiting with Strength and Hope

**Waiting can be one of the hardest things about the single life.** When anxiety about the future creeps in, we often want to rush ahead or try to control what's coming. But Ecclesiastes 3:1 reminds us that God has set seasons for everything. The uncertainty you feel is part of His perfect timing.

*Instead of worrying, Scripture encourages us to wait with strength and hope.* Psalm 27:14 calls us to be strong-hearted as we wait on the Lord. Waiting isn't passive; it is an active posture of trust. When we rely on God and His timing, anxiety loses its grip.

Isaiah 40:31 promises renewal of strength for those who hope in the Lord. This hope fuels patience and peace, empowering you to face each day without fear of the unknown. Trust that God's timing is always perfect, and your story is unfolding in His loving hands.



Day 1: 🕊️ Trusting God's Timing

## Reflect and Apply

1. How do I typically react when I feel anxious about the future?

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2. What might it look like to wait actively and expectantly on God's timing?

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3. Where can I see evidence of God's faithfulness in past seasons of waiting?

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Day 1: 🕊️ Trusting God's Timing

## Journaling Prompts

1. Write about a time when waiting on God led to a blessing in your life.

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2. List areas where you feel anxious about the future and surrender them to God.

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3. Describe how you can remind yourself daily to trust God's perfect timing.

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Day 1: 🕊️ Trusting God's Timing

## Prayer for Today

**Dear Lord**, thank You that You hold my future securely in Your hands. Help me to trust Your timing and to wait on You with strength and hope. When anxiety tries to take over, remind me to lean into Your promises and peace. Renew my strength each day as I place my hope fully in You. I surrender my worries and fears to You, knowing that You are working all things for my good. *Thank You for being present and faithful.* In Jesus' name, Amen. 🙏🕊️💪





## Day 2: Finding Peace Amid Anxiety



## Day 2: 🌿 Finding Peace Amid Anxiety

## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

## Supporting Scriptures

- *Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself."*
- *1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."*



Day 2: 🌿 Finding Peace Amid Anxiety

## Devotional: Exchange Worry for God's Peace

**Anxiety about the unknown future can consume our thoughts and steal our joy.** Yet Philippians 4:6–7 offers a beautiful invitation to bring every worry, every fear, and every concern to God through prayer. When we exchange anxiety for petition and thanksgiving, God responds with a peace that surpasses human understanding.

*This peace acts as a guard over our hearts and minds, even in the midst of uncertainty.* Matthew 6:34 reminds us not to carry tomorrow's worries today. Instead, daily bring your concerns to God, entrusting Him with your future.

1 Peter 5:7 comforts us by telling us to cast all our anxiety on God because He deeply cares for us. You are not alone—your Heavenly Father lovingly buffers your fears with His peace. Choosing to depend on Him, especially during your single season, frees you from anxious control and invites calm into your heart.



## Day 2: 🌿 Finding Peace Amid Anxiety

# Reflect and Apply

1. What specific anxieties about the future am I holding onto?

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2. How can prayer change my perspective on these worries?

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3. In what ways have I experienced God's peace before in anxious times?

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Day 2: 🌿 Finding Peace Amid Anxiety

## Journaling Prompts

1. Write a prayer listing your current worries and surrendering them to God.

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2. Reflect on what thanksgiving looks like amidst anxious circumstances.

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3. Describe how God's peace felt in a difficult moment you have faced.

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Day 2: 🌿 Finding Peace Amid Anxiety

## Prayer for Today

**Lord Jesus**, my heart often feels heavy with anxiety about what is to come. Teach me to bring every fear and worry to You in prayer, with a heart of thanksgiving, trusting You care deeply for me. Surround me with Your supernatural peace that guards my mind and spirit. Help me live day by day, resting in Your love and care, free from the burden of anxious thought. Thank You for being my peace and refuge. Amen. 🙏❤️🕊️





## Day 3: ✨ Purpose in Singleness





## Day 3: ✨ Purpose in Singleness

## Your Verse

*1 Corinthians 7:32-34 - "I want you to be free from anxieties. The unmarried man is anxious about the Lord's affairs—how to please the Lord."*

## Supporting Scriptures

- *Matthew 6:33 - "But seek first his kingdom and his righteousness, and all these things will be given to you as well."*
- *Romans 8:28 - "And we know that in all things God works for the good of those who love him."*



## Day 3: ✨ Purpose in Singleness

## Devotional: Discovering Freedom and Purpose Today

**Singleness is often misunderstood as loneliness or waiting, but Scripture reveals it as a unique season with purpose and freedom.** 1 Corinthians 7:32–34 encourages us by highlighting the advantage: single hearts can focus on the Lord’s affairs without distraction.

*This means your current season is a time rich with opportunity—to pursue God’s kingdom and righteousness in ways you might not otherwise.* Matthew 6:33 reminds us to seek God first, and He promises provision and care for all our needs. Your singleness is not a gap to fill but a gift to steward.

Romans 8:28 assures us that God is working all things, including this season, together for good. Even when uncertainty about the future lingers, God’s purposes are being woven into your present moment. Embrace the freedom and purpose God gives you today, freeing yourself from anxious striving and stepping into joy-filled service.



Day 3: ✨ Purpose in Singleness

## Reflect and Apply

1. How can focusing on God's kingdom during singleness reshape my anxiety about the future?

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2. What distractions might I need to set aside to pursue God more fully now?

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3. In what ways do I see God working good in my life currently?

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Day 3: ✨ Purpose in Singleness

## Journaling Prompts

1. List ways you can serve or grow spiritually during your single season.

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2. Write about how you can realign your priorities to focus more on God.

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3. Reflect on how God's good purpose is evident even in uncertainties.

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Day 3: ✨ Purpose in Singleness

## Prayer for Today

**Heavenly Father**, thank You for the freedom and purpose in my single life. Help me focus my heart and energy on pleasing You and seeking Your kingdom above all else. Teach me to embrace this season as Your gift, not a waiting room for something else. Renew my confidence that You are working all things for my good. May I live fully for You today, free from anxiety and full of hope. In Jesus' name, Amen. 🙏 ✨ 🌿





## Day 4: 🔥 Strength Through God's Promises



## Day 4: 🔥 Strength Through God's Promises

## Your Verse

*Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

## Supporting Scriptures

- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."*
- *Psalms 46:1 - "God is our refuge and strength, an ever-present help in trouble."*



## Day 4: 🔥 Strength Through God's Promises

## Devotional: Courage in God's Constant Presence

Facing an uncertain future can leave you feeling fearful and discouraged, but **God calls you to strength and courage.** Joshua 1:9's command to be strong and courageous comes with the sure promise that God is always with you, no matter where life leads.

*This divine presence is your anchor when anxiety threatens to overwhelm.* Deuteronomy 31:6 reinforces this by assuring us God will never leave or abandon you, particularly in seasons of waiting or transition.

Psalm 46:1 reminds you that God is your refuge and strength, an ever-present help in trouble. Cling to His promises daily. Let His presence infuse you with boldness as you look ahead, knowing that what truly matters is walked through with God by your side.





## Day 4: 🔥 Strength Through God's Promises

# Reflect and Apply

1. What fears about the future do I feel the most?

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2. How can meditating on God's promises encourage me today?

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3. Where do I experience God's presence most tangibly in anxious moments?

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## Day 4: 🔥 Strength Through God's Promises

# Journaling Prompts

1. Write a letter to yourself reminding you of God's promises of presence and strength.

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2. Describe how you can practically remind yourself of these promises during anxious feelings.

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3. Reflect on a situation where God's presence gave you courage.

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## Day 4: 🔥 Strength Through God's Promises

## Prayer for Today

**God of Courage**, thank You that You are always with me, never leaving or forsaking me. When fear and discouragement creep in, remind me to be strong and courageous. May I lean on Your presence, my refuge and strength. Help me take each step forward without anxiety, confident that You go before me. Fill me with boldness and peace today. In Jesus' name, Amen. 🙏🔥🛡️



## Day 5: Hope for Tomorrow



Day 5: 🌈 Hope for Tomorrow

## Your Verse

*Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

## Supporting Scriptures

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*
- *Lamentations 3:22-23 – "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."*



Day 5: 🌈 Hope for Tomorrow

## Devotional: Embracing Hope in God's Good Plans

**The unknown future can feel daunting, but God's promises paint a picture of hope and blessing.** Jeremiah 29:11 assures you that God's plans for your life are good. They are designed to prosper you and give you a hopeful future.

*Trusting this promise fills your life with joy and peace as you lean on God's hope.* Romans 15:13 encourages us that this hope is an active force that fills us completely when we trust in Him.

Lamentations 3:22-23 reminds you that God's mercies are new every morning—no matter the anxiety you face today, God's compassion and plans remain steady. Embrace this daily renewal and step into your future with hope, confident that God's hand is guiding you forward in His perfect love.



Day 5:  Hope for Tomorrow

## Reflect and Apply

1. How does knowing God's plans are for my good change my view of the future?

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2. What does hope look like when anxiety tries to take hold?

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3. How can I practically remind myself each day of God's compassion and mercy?

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Day 5:  Hope for Tomorrow

## Journaling Prompts

1. Write about your vision for the future through the lens of God's promises.

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2. List ways you can cultivate hope even during uncertain times.

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3. Reflect on how daily new mercies from God have impacted your life.

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Day 5: 🌈 Hope for Tomorrow

## Prayer for Today

**Father of Hope**, thank You for Your good plans and the hope You give me for tomorrow. Even when the future feels uncertain, help me trust in Your love and timing. Fill me with joy and peace as I rely on Your daily mercies. Teach me to walk each day confidently, knowing You are guiding my path. May Your hope sustain me always. In Jesus' name, Amen. 🙏 🌈 ✨





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