# Embracing Singleness: Letting Go of Regrets



Navigate singleness with grace by releasing regrets, trusting God's plan, and embracing your unique journey.





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#### Introduction

**Living single** can often feel like a time filled with waiting, wondering, and sometimes regret. Society frequently emphasizes partnership as a key to fulfillment, making it easy for those who are single to feel incomplete or anxious about the future. But *singleness* is not a state of lacking—it's a unique season designed by God with purpose and potential.

This study invites you to **let go of regrets** that may weigh heavily on your heart during singleness. Whether it's regrets about past relationships, choices made, or the time you feel you've lost, God's Word offers healing, perspective, and encouragement. Embracing singleness doesn't mean denying your desires for companionship or family, but rather trusting God's perfect timing and plan.

Over the next five days, we'll explore Scriptures that empower you to shift your focus from what might have been to what God is actively doing in your life today. You'll be encouraged to see singleness as a powerful season of growth, freedom, and preparation. Through reflection, prayer, and journaling, you'll be equipped to release regrets and walk forward with peace and confidence.

Remember, your value is found in Christ, not in your relationship status. God is with you, shaping your story, and inviting you to live fully as you embrace the freedom and purpose of this season.

















Day 1: **B** Surrendering Regrets to God

#### Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 1: Surrendering Regrets to God

#### Devotional: Healing Begins When We Surrender Regrets

Regrets often linger in our hearts like shadows, especially when we reflect on times we feel we missed out or made mistakes in relationships or life decisions. As singles, it's common to wrestle with what "could have been." Yet, God's Word reminds us that He is near to the brokenhearted and tenderly cares for our wounds. Regardless of the pain your regrets hold, God invites you to bring them to Him.

When we surrender our regrets to God, we open the door for healing and restoration. It's not about forgetting the past, but rather entrusting it to the One who can redeem every broken piece. Jesus also promises rest for the weary. Embracing His invitation means you no longer carry the heavy burden of regret alone.

Today, let us begin by acknowledging those regrets, then consciously placing them into God's care. Allow His presence to comfort you, knowing that your value and future aren't defined by past missteps or missed opportunities but by His everlasting love and purpose for you.







Day 1: **B** Surrendering Regrets to God

# Reflect and Apply

1.	What regrets have you been holding onto that weigh your heart down?
2.	How does it feel to know God is close to your brokenhearted moments?
3.	In what ways can you practically surrender your regrets to God today?







Day 1: Burrendering Regrets to God

# **Journaling Prompts**

1.	Write down specific regrets you need to release to God.
2.	Journal a prayer asking God to heal your heart and bring you peace.
3.	Reflect on moments when God comforted you in pain and write them out.







Day 1: **B** Surrendering Regrets to God

## Prayer for Today

**Lord, today I lay my regrets at Your feet.** Please heal the brokenness in my heart and fill me with Your peace. Help me to trust that You are near and working all things for my good. Teach me to rest in Your love and let go of the burdens that weigh me down. *Thank You for Your unfailing grace and presence.* Amen.









# Day 2: Trusting God's Timing









Day 2: 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**

- Romans 8:28 "And we know that in all things God works for the good of those who love him."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







Day 2: "Trusting God's Timing

# Devotional: Peace Comes Through Trusting God's Perfect Timing

Waiting can be one of the hardest parts of singleness. We often wish for life to move faster or for certain dreams to be fulfilled sooner. But Scripture reminds us that everything has its appointed time. God's seasons are perfect, even when they feel unpredictable or slow.

Trusting in God's timing means believing that He is working behind the scenes for your ultimate good—shaping your character, preparing your heart, and positioning you for what lies ahead. The wait isn't wasted time but a sacred process where hope is renewed and strength is restored.

When we release the urge to control the timeline and embrace God's sovereignty, peace replaces anxiety. We can walk confidently, knowing that the right things will come at the perfect moment. Today, reflect on God's faithfulness in past seasons and trust that His timing is always best.







Day 2: "Trusting God's Timing

# Reflect and Apply

	How have you experienced God's timing working perfectly in your life before?
2.	What fears or frustrations arise when you think about waiting?
	How can you remind yourself to trust God's sovereignty in daily moments?







Day 2: "Trusting God's Timing

# **Journaling Prompts**

1.	Write about a past situation where waiting produced good results.
2.	List ways you can actively trust God while waiting in singleness.
3.	Record feelings you have about the current season and offer them to God.







Day 2: Trusting God's Timing

# **Prayer for Today**

Father, help me trust Your perfect timing. Please renew my hope and strengthen my heart as I wait. Teach me to release control and rest in Your faithful plan. May I find peace in knowing You work all things for my good, and may I embrace each season with faith and joy. *Thank You for Your unfailing love and patient care.* Amen.















#### Your Verse

1 Corinthians 7:32 - "I would like you to be free from concern."

#### **Supporting Scriptures**

- Psalm 16:11 "You make known to me the path of life; in your presence there is fullness of joy."
- Galatians 5:1 "It is for freedom that Christ has set us free."







#### Devotional: Discover Joy and Freedom in Your Season

**Singleness often carries unexpected freedom.** Though it might feel like limitations, God's Word encourages us that being single frees us from some concerns and allows us to focus on Him and His purposes in fresh ways.

Paul speaks about the advantage of singleness in terms of being undistracted, free to serve God wholeheartedly. There is joy and fullness found in God's presence that surpasses circumstance. When we embrace singleness as a gift rather than a gap, it transforms how we live daily.

Today, consider what freedoms singleness offers you. How might these freedoms allow you to grow spiritually, explore passions, or serve others? Accepting singleness frees you to live intentionally and joyfully, unburdened by regrets or societal pressure.







# Reflect and Apply

1. V	What freedoms do you experience in your singleness?
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2. F	How can you use this freedom to deepen your relationship with God?
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	n what ways might you be overlooking the blessings of your current season?
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# **Journaling Prompts**

1.	Write about three freedoms singleness gives you.
2.	Describe how you can use your time to serve or grow spiritually.
3.	Journal what joy means for you right now in your current life stage.







# **Prayer for Today**

**Lord, thank You for the gift of freedom in singleness.** Help me embrace this season with joy and intentionality. Guide me to serve You fully and explore the path You have laid before me. Teach me to find fullness of joy in Your presence above all else. *Let Your freedom shape my heart and actions.* Amen.



















#### Your Verse

James 1:2-3 - "Consider it pure joy... whenever you face trials because you know that the testing of your faith produces perseverance."

#### **Supporting Scriptures**

- Romans 5:3-4 "Suffering produces perseverance; perseverance, character; and character, hope."
- Philippians 1:6 "He who began a good work in you will carry it on to completion."







#### Devotional: Character Growth Through Life's Trials

**Every season of life, including singleness, is formative.** The challenges and lessons you encounter shape your character and deepen your faith. The Bible teaches that trials are not meaningless but are used by God to produce perseverance and hope.

Rather than regret struggles from the past or present, view them as opportunities for growth. God is molding you into a person equipped for future blessings and responsibilities. The journey of singleness builds strength, resilience, and a hopeful heart that trusts in God's promises.

Reflect today on how trials have strengthened you. Thank God for this refining process and ask for continued faith and perseverance. Your character is a powerful testimony to God's faithfulness even now.







# Reflect and Apply

1.	How have past challenges shaped your faith and character?
2.	What has singleness taught you about perseverance and hope?
3.	How can you embrace growth opportunities in your current season?







# **Journaling Prompts**

1.	Write about a trial that led to personal growth.
2	Deflect on the above star traits Codia developing in you
2.	Reflect on the character traits God is developing in you.
3.	Journal a prayer asking God to continue molding your heart.
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## **Prayer for Today**

God, thank You for using every season to build my character. Help me see challenges as opportunities to grow in faith and perseverance. Strengthen my hope and trust that You will complete the good work You have started in me. May I emerge stronger and ready for all You have planned. *In Jesus' name, Amen.*

















Day 5: 🗱 Looking Forward with Hope

#### 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**

- Proverbs 3:5-6 "Trust in the Lord with all your heart... He will make your paths straight."
- Hebrews 10:23 "Let us hold unswervingly to the hope we profess."







Day 5: 🗱 Looking Forward with Hope

#### Devotional: Embrace Hope for Your God-Given Future

Letting go of regrets paves the way for a hopeful future. God's plans for you are filled with prosperity, peace, and purpose. This promise doesn't depend on your relationship status but on His steadfast love and intentional design for your life.

Hope is a powerful anchor, helping us navigate uncertainty with confidence and joy. Trusting God means leaning into that hope, even when the details seem unclear. As you look forward, remember that His ways are higher, and His timing perfect.

Today, renew your commitment to hold onto hope. Release what is behind you and fix your eyes on the bright future God is preparing. Your story is in His hands, and it's full of promise.







Day 5: 🎇 Looking Forward with Hope

# Reflect and Apply

1.	What hopes do you want to hold onto most tightly?
2.	How can trusting God's plans change your perspective on singleness?
3.	What steps can you take to live confidently in hope today?







Day 5: 🎇 Looking Forward with Hope

# **Journaling Prompts**

1.	Write a letter to your future self filled with hope and encouragement.
2.	List the promises of God that give you confidence about tomorrow.
3.	Describe how you can actively live out hope in your daily life.







Day 5: 💥 Looking Forward with Hope

## Prayer for Today







## Where God's Word Meets Your Daily Life



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