Endurance in Love: Staying Pure and Committed



Discover how to endure a long engagement with purity, commitment, and faith, trusting God's plan for your future marriage.





Table of contents

<u>Introduction</u>	3
Day 1: 6 Strength Through God's Power	5
<u>Day 2: </u>	11
Day 3: Growing in Commitment and Trust	17
Day 4: 💍 Overcoming Temptation with God's Help	23
Day 5: X Hope and Joy in God's Timing	29







Introduction

Endurance in a long engagement is more than just waiting; it is a faithful journey of commitment, purity, and hope. In a world that often rushes relationships or signals that waiting is outdated, choosing to stay pure and dedicated until marriage requires courage and strength grounded in God's word.

True endurance means persevering through uncertainties, temptations, and societal pressures, keeping your heart and actions aligned with God's design. The Bible encourages the believer to remain steadfast in faith, to run the race with patience, and to keep their eyes fixed on the ultimate prize — a Christhonoring relationship and marriage (**Hebrews 12:1-2**).

In this 5-day study, the focus is on how God empowers us to endure, how purity safeguards our hearts, and how commitment nourishes trust and love. Each day includes scripture to ground you, devotionals to inspire, reflections to ponder, journaling prompts to deepen your experience, and prayers to invite God's presence and strength.

Whether you are newly engaged or have been waiting for some time, these days will encourage you to embrace God's timing and His path. Remember, your endurance is not in your own strength but in God's sustaining grace — keeping you pure, hopeful, and ready to honor Him in your marriage.







As you embark on this study, open your heart fully. Let the Holy Spirit guide your thoughts and actions, helping you build a foundation that will last a lifetime. Stay steadfast; your commitment today shapes the joy of tomorrow.















Your Verse

Isaiah 40:31 NIV "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Supporting Scriptures

- Philippians 4:13 NIV "I can do all this through him who gives me strength."
- Psalm 46:1 NIV "God is our refuge and strength, an ever-present help in trouble."







Devotional: Relying on God for Renewed Strength

Endurance begins with divine strength. As you face the challenges of a long engagement, the natural tendency may be to grow tired or discouraged. Yet the promise in Isaiah 40:31 reminds us that placing our hope in the LORD renews our strength continually. This renewal is not just physical but emotional and spiritual.

Your strength comes from God, who lifts you when you feel weary. The journey to marriage is a race, not a sprint — requiring stamina rooted in trust. Philippians 4:13 encourages us that through Christ's empowerment, we can withstand difficulties and temptations. It's a grace to be embraced daily.

Remember that relying on your own efforts leads to exhaustion, but letting God strengthen you fills you with endurance. Let today be a commitment to lean into God's perfect power as you walk the path of purity and devotion.







Reflect and Apply

1 . l	n what areas of your engagement are you feeling weary or discouraged?
_	
	How can you practically place your hope in God daily to receive His strength?
-	
	What does trusting God's power look like in your commitment to purity and faithfulness?
_	
_	







Journaling Prompts

1.	Write about a time God renewed your strength in a difficult season.
2.	Describe what 'hoping in the LORD' means for your engagement.
	List the ways you can invite God's strength during moments of temptation.







Prayer for Today

Dear Lord, thank You for Your unfailing strength when I feel weak. Help me to place my full hope in You as I endure this engagement. Renew my spirit daily and empower me to stay pure and committed until marriage. May Your power fill my heart and guide my steps, keeping my eyes fixed on You. In Jesus' name, I pray. *Amen.* \$\mathcal{L} \lambda \la







Day 2: V Guarding Your Heart in Purity









Day 2: ① Guarding Your Heart in Purity

Your Verse

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

Supporting Scriptures

- 1 Thessalonians 4:3 NIV "It is God's will that you should be sanctified: that you should avoid sexual immorality;"
- Psalm 119:9 NIV "How can a young person stay on the path of purity? By living according to your word."







Day 2: ① Guarding Your Heart in Purity

Devotional: Protecting Your Heart to Honor God

Purity starts with guarding your heart. Proverbs 4:23 provides clear wisdom about protecting the most precious part of who we are — our hearts. The heart is the source of our desires, thoughts, and choices, which heavily influence how we honor God in our relationships.

In a long engagement, guarding your heart means setting boundaries, avoiding tempting situations, and committing to God's standards. 1 Thessalonians 4:3 reminds us that God's will is sanctification, which includes sexual purity. It's not always easy, but with intentionality and dependence on God, it is possible.

Psalm 119:9 encourages us to rely on God's word as a guide to purity. Let God's truth strengthen you today and give you the courage to keep your heart guarded in ways that honor Him and prepare you for a joyful marriage.







Day 2: **(**) Guarding Your Heart in Purity

Reflect and Apply

1.	What practices can you implement to guard your heart during your engagement?
2.	How does God's word inspire you to pursue purity even when it's challenging?
3.	Where might you be vulnerable, and how can you seek God's help to protect yourself?







Day 2: **(**) Guarding Your Heart in Purity

Journaling Prompts

1.	Describe what guarding your heart means to you personally.
2.	Write about the boundaries you need to establish or strengthen.
3.	Journal your prayers asking God for help with purity and self-control.







Day 2: **(**) Guarding Your Heart in Purity

Prayer for Today

Lord, as I seek to honor You, help me guard my heart above all else. Protect me from temptation and guide my thoughts towards purity. Teach me to live by Your Word and rejoice in Your plans for me. Give me strength to establish healthy boundaries and remain faithful until marriage. I entrust my heart into Your loving hands. In Jesus' name, Amen.







Day 3: Growing in Commitment and Trust









Day 3: **B** Growing in Commitment and Trust

Your Verse

Ecclesiastes 4:9-10 NIV "Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

- Ruth 1:16 NIV "Where you go I will go, and where you stay I will stay."
- Colossians 3:14 NIV "And over all these virtues put on love, which binds them all together in perfect unity."







Day 3: **B** Growing in Commitment and Trust

Devotional: Building Trust Through Love and Support

Commitment thrives when rooted in trust and mutual support. Ecclesiastes 4:9–10 reminds us that relationships are a partnership where each person is there to help and encourage the other. During a long engagement, your commitment can deepen as you both learn to trust God and each other.

Like Ruth's example, unwavering loyalty and choosing to stick together reflect a heart devoted to God's purpose. Saying, "Where you go I will go," signifies a decision to support and honor your partner with faithfulness.

As Colossians 3:14 says, love binds us in perfect unity. Let your love for your fiancé be patient, kind, and steadfast. Growing your commitment today means practicing trust, good communication, and understanding, preparing a strong foundation for your future marriage.







Day 3: 🥬 Growing in Commitment and Trust

Reflect and Apply

	How does trusting God help strengthen your commitment to your fiancé?
	In what ways can you support and uplift each other during this waiting season?
3.	What does 'love that binds in perfect unity' look like in your relationship?







Day 3: **B** Growing in Commitment and Trust

Journaling Prompts

T. WITHE AU	oout how you and your fiancé have supported one another so far.
2. Reflect	on what commitment means in your engagement journey.
3. Journal	your hopes and prayers for growing trust before marriage.







Day 3: **B** Growing in Commitment and Trust

Prayer for Today

Father, thank You for the gift of partnership. Help us grow in commitment and trust during this season of waiting. Teach us to love patiently and to support each other with kindness and grace. Let our relationship honor You and build a firm foundation for the marriage ahead. May Your love bind us together perfectly. In Jesus' name, Amen.















Your Verse

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

Supporting Scriptures

- James 1:12 NIV "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Psalm 34:17 NIV "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."







Devotional: God Provides a Way to Resist Temptation

Temptations will come, but you are never alone in facing them. 1 Corinthians 10:13 assures us that all temptations are common, but God's faithfulness means He provides a way out and the strength to resist.

When confronted with temptation, remember that God sees your struggle and is ready to deliver you, just as Psalm 34:17 promises. You don't have to fight alone; reach out to Him in prayer and lean on the support of godly friends or mentors.

James 1:12 offers encouragement by reminding us that enduring trials and staying faithful produces a great reward — the crown of life. Your endurance is building spiritual character that will bless your future marriage. Trust in God's grace to overcome every challenge and keep your heart pure.







Reflect and Apply

1.	What temptations are the most challenging for you during your engagement?
2.	How can you practically seek God's help and use His provided escape routes?
3.	Who can you rely on for encouragement and accountability in staying pure?







Journaling Prompts

1.	Write about a time you overcame temptation with God's help.
2.	List strategies or spiritual disciplines that help you avoid temptation.
	Journal a prayer asking God for strength and guidance in moments of trial.







Prayer for Today

Lord, thank You for Your faithfulness and for never abandoning me in temptation. Help me recognize the escape You provide and give me the courage to choose purity. Deliver me from every trial that threatens my commitment and strengthen my spirit. Surround me with support and keep my heart focused on You. In Jesus' mighty name, Amen.







Day 5: X Hope and Joy in God's Timing









Day 5: 🗱 Hope and Joy in God's Timing

Your Verse

Romans 8:25 NIV "But if we hope for what we do not yet have, we wait for it patiently."

Supporting Scriptures

- Psalm 27:14 NIV "Wait for the LORD; be strong and take heart and wait for the LORD."
- Galatians 6:9 NIV "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."







Day 5: 🗱 Hope and Joy in God's Timing

Devotional: Patiently Awaiting God's Perfect Plan

Endurance culminates in hopeful patience. Romans 8:25 encourages us to hold on with patient hope for what has not yet come. Waiting is not passive but active trust in God's perfect timing for your marriage.

Psalm 27:14 calls us to be strong and courageous as we wait. Waiting periods can test our faith, but God uses these seasons to prepare, grow, and mature us for the joyful future He has planned.

Galatians 6:9 encourages perseverance in doing good — including staying pure and faithful. When you do not give up, you will reap a harvest of blessing. Rejoice in this journey, trusting that God's timing is always best.

May your hope and joy flourish today as you anticipate the blessing of marriage, knowing God's plan is worth the wait.







Day 5: 🞇 Hope and Joy in God's Timing

Reflect and Apply

1.	How does hope influence your attitude during the waiting season?
2.	What keeps you strong and joyful while waiting on God's timing?
3.	How can you encourage others who are also waiting patiently?







Day 5: 🞇 Hope and Joy in God's Timing

Journaling Prompts

1.	Write about your hopes and dreams for your future marriage.
2.	Journal how God has been faithful to you during this engagement season.
3.	List ways you can remain joyful and strong while you wait.







Day 5: 🗱 Hope and Joy in God's Timing

Prayer for Today

Gracious God, teach me to wait patiently with hope and joy as You perfect Your plans. Strengthen my heart to persevere, knowing that Your timing is always right. Help me celebrate this season of waiting and trust the journey You are leading me on. May I honor You in all things as I prepare for marriage. 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

ase keep it intact so the full study and credits remain.

You are welcome to share this PDF with others.

© 2025 HolyJot LLC. All Rights Reserved.