



Finding Joy and Intimacy with Christ as a Single Woman



A 7-day journey for single Christian women to
overcome loneliness and embrace the fullness of
intimacy with Christ.

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Introduction

Being a single Christian woman can be a unique yet sometimes challenging journey. While society often highlights romantic relationships as a primary source of joy and intimacy, your deepest fulfillment is found in a relationship with **Jesus Christ**. *Loneliness* is a real feeling that many face, but it doesn't have to dictate your narrative. Through this 7-day Bible study, you will discover how to combat feelings of loneliness by cultivating an enduring intimacy with the One who knows you completely and loves you unconditionally.

This study will walk you through God's Word, revealing how He understands your heartaches and invites you to lean into His presence and peace. You will be encouraged to let Christ fill every empty space inside you, turning loneliness into a rich relationship that nourishes your soul. From embracing God's timing to trusting His plan, you will learn to rest in His promises rather than in earthly companionship.

Each day, you'll dive into Scripture, reflect on God's truth, and engage with heart-focused prompts that will help you better understand your worth and identity in Him. This is more than just a study; it's an invitation to experience transformative healing, strength, and hope as you walk confidently as a beloved child of God. Prepare to be encouraged, challenged, and uplifted as Christ's love surrounds and empowers you every step of the way.





Day 1: 🌸 Embracing Your Identity in Christ



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Your Verse

Psalm 139:13-14 NIV – "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Supporting Scriptures

- *Ephesians 2:10 – "For we are God's handiwork, created in Christ Jesus to do good works."*
- *Jeremiah 1:5 – "Before I formed you in the womb I knew you, before you were born I set you apart."*



Day 1: 🌸 Embracing Your Identity in Christ

Devotional: Knowing Your True Worth in God's Eyes

Loneliness often creeps in when we forget who we truly are. As a single woman, it's easy to feel invisible or less valuable. But God's Word reminds us that you are **fearfully and wonderfully made**. Your identity is not defined by your relationship status, but by the Creator who lovingly crafted you with intention and purpose.

Spend time today meditating on Psalm 139 and allow the truth of your worth to sink deep into your heart. God knew you before you were born, and He delights in all that makes you unique. As you embrace your God-given identity, loneliness will begin to lose its grip because your value no longer depends on others but stands firm in Christ.

Intimacy with God begins here—when you see yourself through His eyes. Trust that He has a plan and that your singleness is not a lack but an opportunity to thrive in His love.



Day 1: 🌸 Embracing Your Identity in Christ

Reflect and Apply

1. How do you currently view your identity as a single woman?

2. What does being “fearfully and wonderfully made” mean for your self-worth?

3. In what ways can embracing God’s view of you combat feelings of loneliness?



Day 1: 🌸 Embracing Your Identity in Christ

Journaling Prompts

1. Write about a time when you felt truly loved or valued by God.

2. List 5 qualities that God has uniquely given you and how they bring Him glory.

3. Describe what it looks like for you to embrace your identity in Christ daily.



Day 1: 🌸 Embracing Your Identity in Christ

Prayer for Today

Lord, thank You for creating me with purpose and love. Help me to see myself as You see me — wonderfully made and deeply loved. When loneliness tries to fill my heart, remind me of my identity in You. Teach me to embrace the freedom and joy found in being Your child. Fill me with Your presence today and every day. Amen. 💖🙏🌸✨





Day 2: Finding Peace in God's Presence



Day 2: 🌿 Finding Peace in God's Presence

Your Verse

Isaiah 41:10 NIV - "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Supporting Scriptures

- *Psalm 46:10 - "Be still, and know that I am God."*
- *John 14:27 - "Peace I leave with you; my peace I give you... Do not let your hearts be troubled or afraid."*



Day 2: 🌿 Finding Peace in God's Presence

Devotional: Experience God's Peace Over Loneliness

Loneliness often stirs fear and anxiety, especially when the future feels uncertain. But God's Word calls you to replace fear with trust. Isaiah 41:10 offers deep encouragement: you are not alone. God promises to **strengthen**, **help**, and **uphold** you even in moments of solitude.

When loneliness comes knocking, invite God's peace to fill the void within. Spend intentional moments in His presence — be still, reflect, and rest in His promises. This peace doesn't depend on circumstances but flows from His unchanging character. The Lord's presence is a refuge, a safe haven where your heart can be renewed and refreshed.

Allow yourself to lean into Him today. Whisper His name, meditate on His promises, and find rest even amid quietness. Embracing His peace is a tangible way intimacy with Christ fills your heart and dispels loneliness.



Day 2: 🌿 Finding Peace in God's Presence

Reflect and Apply

1. What fears or anxieties arise when you feel lonely?

2. How can you practically invite God's peace into those moments?

3. Have you experienced God's strength and help before? How does that encourage you now?



Day 2: 🌿 Finding Peace in God's Presence

Journaling Prompts

1. Write about a time when God's peace comforted you.

2. List ways you can create intentional quiet moments with God daily.

3. Reflect on how fearing less can open space for trusting God more.



Day 2: 🌿 Finding Peace in God's Presence

Prayer for Today

Father, when loneliness threatens to overwhelm me, remind me of Your presence. Help me to trust in Your strength and rest in Your peace that surpasses all understanding. Teach my heart to be still and know You are God, holding me securely. Thank You for being my refuge and help. Amen.





Day 3: 🌷 Choosing Joy in Singleness



Day 3: 🌸 Choosing Joy in Singleness

Your Verse

Philippians 4:4 NIV - "Rejoice in the Lord always. I will say it again: Rejoice!"

Supporting Scriptures

- *Nehemiah 8:10 - "...the joy of the Lord is your strength."*
- *1 Thessalonians 5:16 - "Rejoice always."*



Day 3: 🌸 Choosing Joy in Singleness

Devotional: Embracing God's Joy in Every Season

Loneliness can easily steal your joy if you let it. But the Bible encourages us to choose joy regardless of our circumstances. Paul's words in Philippians remind us to **rejoice always**, anchoring our happiness in the Lord rather than in temporary situations.

Joy is not the absence of challenges; it's the deep, abiding gladness that comes from knowing God is with you and for you. As a single woman, you have the freedom to celebrate the unique season you're in—growing closer to God, serving others, and discovering your purpose.

Today, focus on cultivating joy. Praise God for who He is and the life He's given you. When loneliness whispers lies, replace those with truths about God's faithfulness and goodness. Joy is a powerful weapon against loneliness, filling your heart with hope and contentment.



Day 3: 🌸 Choosing Joy in Singleness

Reflect and Apply

1. What are some things you currently find joy in?

2. How can rejoicing in the Lord shift your perspective on singleness?

3. In what ways can joy serve as your strength against loneliness?



Day 3: 🌸 Choosing Joy in Singleness

Journaling Prompts

1. Write about moments when you felt overwhelming joy despite challenges.

2. List ways to express gratitude to God daily to nurture joy.

3. Describe how you can intentionally choose joy even on difficult days.



Day 3: 🌸 Choosing Joy in Singleness

Prayer for Today

Jesus, thank You for the joy that You provide, a joy that is not fleeting but eternal. Teach me to rejoice always, even when loneliness tries to pull me down. Help me to fix my eyes on You and choose joy each day. Fill me with Your gladness and help me to share that joy with those around me. Amen. ☀️





Day 4: 🌼 Trusting God's Perfect Timing



Day 4: 🌸 Trusting God's Perfect Timing

Your Verse

Ecclesiastes 3:1 NIV - "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."*
- *Habakkuk 2:3 - "For the revelation awaits an appointed time... it will not prove false."*



Day 4: 🌸 Trusting God's Perfect Timing

Devotional: Learning to Wait Joyfully on God's Plan

One of the hardest parts of singleness can be *waiting*. You may wonder why God's plan seems delayed or different from what you hoped. But Scripture assures us that God's timing is always perfect. Ecclesiastes 3:1 reminds us there is a season for everything, encouraging us to trust the process.

Waiting doesn't mean doing nothing. It is an active season of learning to trust, growing spiritually, and deepening your relationship with Christ. During this time, God is preparing your heart and shaping your character for what lies ahead.

Instead of rushing or comparing, lean into God's timing. **Be strong and take heart** as you wait, knowing that He is working behind the scenes. This is a sacred season filled with opportunities to know Him more intimately and find contentment in His presence rather than in human approval.



Day 4: 🌸 Trusting God's Perfect Timing

Reflect and Apply

1. What feelings come up when you think about waiting in singleness?

2. How can trusting God's timing shape your perspective today?

3. In what ways is God preparing you during this season?



Day 4: 🌸 Trusting God's Perfect Timing

Journaling Prompts

1. Write about your hopes and fears related to God's timing in your life.

2. List ways you can strengthen your trust in God while waiting.

3. Reflect on lessons you've learned about patience and faith through waiting.



Day 4: 🌸 Trusting God's Perfect Timing

Prayer for Today

Lord, help me to trust Your perfect timing even when I don't understand the wait. Strengthen my heart and give me patience to remain faithful in this season. Teach me to see Your hand at work behind the scenes, preparing me for Your best. I choose to rest in Your sovereign plan today. Amen. ⌚🙏💪🌸





Day 5: 🌸 Finding Community in Christ



Day 5: 🌸 Finding Community in Christ

Your Verse

Hebrews 10:24-25 NIV - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another."

Supporting Scriptures

- *Ecclesiastes 4:9 - "Two are better than one..."*
- *Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*



Day 5: 🌸 Finding Community in Christ

Devotional: Building Supportive Godly Friendships

Loneliness can be deepened when isolation sets in. However, God created us for **community and connection**. Hebrews encourages believers not to neglect gathering together but to encourage one another regularly.

Though intimacy with Christ is the deepest relationship, God also provides meaningful friendships and fellowship to support you along your journey. Seek out God-honoring friendships and church communities where love, support, and accountability thrive.

Community provides encouragement, shares burdens, and gives opportunities to serve and be served. When loneliness creeps in, lean into trusted relationships and let God's family walk alongside you. Remember, you are never truly alone because you have Christ and His people.



Day 5: 🌸 Finding Community in Christ

Reflect and Apply

1. Who in your life encourages you spiritually and emotionally?

2. How can you take steps toward deeper community and fellowship?

3. What barriers might be holding you back from pursuing community?



Journaling Prompts

1. List people who have been a blessing in your faith journey.

2. Write about a time when community helped you overcome loneliness.

3. Reflect on ways you can serve others and build meaningful connections.



Day 5: 🌸 Finding Community in Christ

Prayer for Today

God, thank You for placing me in a community where I am loved and supported. Help me to reach out, to receive encouragement, and to be an encourager to others. Break down any walls of isolation and connect me with people who reflect Your heart. Teach me to love deeply and serve joyfully.

Amen. 🤝🙏🌸💖





Day 6: 🌻 Cultivating Intimacy through Prayer



Day 6: 🌸 Cultivating Intimacy through Prayer

Your Verse

Jeremiah 33:3 NIV – "Call to me and I will answer you and tell you great and unsearchable things you do not know."

Supporting Scriptures

- *Psalm 5:3 – "In the morning, Lord, you hear my voice; in the morning I lay my requests before you."*
- *1 Thessalonians 5:17 – "Pray continually."*



Day 6: 🌸 Cultivating Intimacy through Prayer

Devotional: Deepening Your Connection with God in Prayer

Prayer is the lifeline of intimacy with Christ, the way to deepen your connection and experience His heart more fully. God invites you to **call to Him**, promising to answer and reveal things you cannot discover on your own.

When loneliness threatens, turn to prayer as a means to pour out your heart and listen for His voice. Prayer transforms your perspective, reminds you of God's nearness, and sustains you in every season.

Consider setting intentional prayer rhythms—morning, midday, and night—where you seek God's presence and guidance. The more you commune with Him, the more your heart will be filled, making loneliness less prominent because your soul is anchored in His love.



Day 6: 🌸 Cultivating Intimacy through Prayer

Reflect and Apply

1. How consistent is your current prayer life, especially during lonely times?

2. What might change if you prioritized prayer more intentionally?

3. How can you listen and respond to God's voice in daily conversation?



Day 6: 🌸 Cultivating Intimacy through Prayer

Journaling Prompts

1. Write a prayer expressing your feelings of loneliness and desire for God's closeness.

2. Record ways you've seen God answer prayer in the past.

3. Plan a personal prayer schedule that fits your daily routine.



Day 6: 🌸 Cultivating Intimacy through Prayer

Prayer for Today

Dear Lord, teach me to come to You continually in prayer. Help me to be honest with You about my loneliness and to listen deeply for Your voice. Draw me closer into intimacy with You through heartfelt conversation. Fill me with Your peace and assurance as I seek Your presence. Amen. 🙏 ✨ 📖 💜





Day 7: 🌹 Walking Forward with Hope



Your Verse

Romans 15:13 NIV – "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Supporting Scriptures

- *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; great is your faithfulness."*
- *Jeremiah 29:11 – "For I know the plans I have for you... plans to give you hope and a future."*



Day 7: 🌹 Walking Forward with Hope

Devotional: Embracing a Future Filled with Hope

As you conclude this journey, remember that your hope is secure in God. Romans 15:13 prays for you to be filled with joy, peace, and hope through trusting Him. Singleness may feel long or lonely at times, but God's faithfulness never wavers.

His mercies are new every morning, and His plans for you are hopeful and good. Walk forward confident that God is working all things for your ultimate good. Let your heart overflow with hope fueled by the Holy Spirit's power.

Rest in the assurance that you are deeply loved and that your story is unfolding under the watchful care of a faithful God. Wherever your path leads, intimacy with Christ will be your greatest treasure and strength.



Day 7: 🌹 Walking Forward with Hope

Reflect and Apply

1. What hope do you want to hold onto as you continue your journey?

2. How does trusting God's plans ease your loneliness?

3. In what ways can you share this hope with others around you?



Day 7: 🌹 Walking Forward with Hope

Journaling Prompts

1. Write a letter to your future self filled with hope and encouragement.

2. List ways God has shown faithfulness in your life recently.

3. Reflect on how the Holy Spirit has helped you during lonely times.



Day 7: 🌹 Walking Forward with Hope

Prayer for Today

God of hope, fill me with Your joy and peace as I trust in You. Help me to lean on Your faithful promises and walk forward with confidence. May Your Spirit overflow within me, strengthening me with hope in every step. Thank You for Your unending love and care. Amen. ✨🙏🌹🌀





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