# Finding Strength in God's Promises as a Single



Discover God's promises and find strength, purpose, and joy in the single life through Scripture and heartfelt reflection.





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#### Introduction

Embracing the single life can be a profound journey of faith and personal growth. In a society that often emphasizes relationships as a measure of worth, being single may sometimes feel isolating or undervalued. Yet, the Bible offers rich promises and encouragement for those who walk this path, reminding us that singleness is a season filled with unique opportunities to deepen our relationship with God.

Through these five study days, you'll explore the powerful truths about God's presence, purpose, and peace for singles. This plan will help you understand how to lean on God's promises to find identity, strength, and joy, regardless of marital status. Whether you're newly single, have always been single, or are simply seeking encouragement, you will find God's word as a foundation to build confidence and hope.

Each day's study includes carefully chosen Scriptures, devotional insights, reflective questions, and prayer to inspire you to cherish your current season and embrace God's plan for your life. May this journey be a source of deep encouragement and renewal as you discover the strength and freedom God provides in being single.







# Day 1: Embracing God's Presence in Singleness









Day 1: **B** Embracing God's Presence in Singleness

#### Your Verse

Psalm 68:6 - God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.

#### **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.
- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God.







Day 1: **B** Embracing God's Presence in Singleness

#### Devotional: God's Presence Replaces Loneliness

Feeling alone is common in singleness, but God's Word reminds us that we are never truly alone. Psalm 68:6 beautifully illustrates that God places the lonely into a family, assuring us of His intimate care and involvement in our lives. This is not just about physical proximity but about a relational closeness with the God who will never leave us.

Singleness can sometimes bring feelings of isolation, but God invites us to recognize His constant presence and His protective love. Deuteronomy 31:6 encourages us to be strong and courageous because God is with us, instilling courage even when loneliness tries to creep in.

Embracing God's presence daily can transform the single season from one of loneliness to one rich with divine companionship and peace. When you feel isolated, lean into the promises that God is your ultimate family, your refuge, and your strength.







Day 1: 💋 Embracing God's Presence in Singleness

# Reflect and Apply

How have you experienced God's presence during moments of loneliness?
In what ways can you remind yourself daily that God is your closest companion?
What spiritual practices help you feel rooted in God's love when you feel alone?





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Day 1: **B** Embracing God's Presence in Singleness

# **Journaling Prompts**

1.	Write about a time when you felt God's presence most strongly as a single person.
2.	List five promises from Scripture that reassure you of God's presence.
3.	Reflect on any fears about loneliness and surrender them to God in writing.







Day 1: 💋 Embracing God's Presence in Singleness

#### Prayer for Today

**Dear Heavenly Father,** thank You for being my constant companion in this season of singleness. Help me to feel Your presence in my daily life and to trust that I am never truly alone. Strengthen my heart when loneliness tries to overwhelm me, and remind me that You are my true family and refuge. Teach me to embrace this time with joy and confidence, knowing You are always near. In Jesus' name, Amen.















#### Your Verse

Isaiah 40:29 - He gives strength to the weary and increases the power of the weak.

#### **Supporting Scriptures**

- Philippians 4:13 I can do all this through him who gives me strength.
- 2 Corinthians 12:9 My grace is sufficient for you, for my power is made perfect in weakness.







# Devotional: God's Strength Empowers Us in Weakness

Singleness can sometimes feel like a season of weakness or waiting, but God offers supernatural strength through His promises. Isaiah 40:29 reminds us that God empowers those who feel weary or weak, and this includes the single believer navigating life's challenges alone.

Paul's declaration in Philippians 4:13 reveals that strength is not dependent on our circumstances but comes from Christ who energizes and equips us. Even when our own resources are depleted, God's power fills the gaps and sustains us.

In moments of fatigue, uncertainty, or discouragement, remember that God's grace is enough. As 2 Corinthians 12:9 teaches, His power shines brightest in our weakness. Let this truth encourage you to rely fully on God's strength, embracing your single life with courage and hope.







# Reflect and Apply

1.	What areas of your single life feel the most challenging right now?
	How can you practically rely on God's strength instead of your own efforts?
	How does understanding God's grace change your perspective on weakness?







# **Journaling Prompts**

	Describe a recent situation where you felt weak and how God strengthened you.
	Write a prayer asking God to increase your strength during difficult moments.
3.	List ways you can intentionally lean on God's promises of strength each day.







## **Prayer for Today**

**Lord Jesus,** thank You for being my source of strength when I feel weak and weary. Help me to rely on Your power instead of my own, especially in the challenges I face as a single person. Fill me with Your grace, that I may stand firm and courageous in every situation. Teach me to rest in Your strength and walk boldly in Your purpose. In Your mighty name, Amen.







# Day 3: Tinding Purpose and Joy while Single









Day 3: Tinding Purpose and Joy while Single

#### Your Verse

Psalm 16:11 – You make known to me the path of life; you will fill me with joy in your presence.

#### **Supporting Scriptures**

- Ecclesiastes 3:1 There is a time for everything, and a season for every activity under the heavens.
- Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him.







Day 3: Finding Purpose and Joy while Single

#### Devotional: Embracing Purpose and Joy in Singleness

Singleness is an opportunity to discover God's unique purpose and abundant joy for your life. Psalm 16:11 assures us that God reveals the path of life and fills us with joy as we seek His presence. This means your single season is not empty waiting but a time full of meaning and delight when rooted in God.

Ecclesiastes 3:1 reminds us everything has its season, and each has value. You are right where God intends you to be. Romans 15:13 encourages believers to trust in God who provides hope, joy, and peace—precisely the gifts needed to thrive in any season.

Choosing to focus on God's purpose and joy frees you from societal pressures and helps you invest in growing spiritually, personally, and relationally. Embrace this time to develop your passions, serve others, and build a life fully anchored in God's promises.







Day 3: 🏠 Finding Purpose and Joy while Single

# Reflect and Apply

1.	What aspects of your single life bring you joy and purpose?
2.	How can you better align your daily activities with God's plan for you?
3.	In what ways can you celebrate and cultivate joy in this season?







Day 3: 🏠 Finding Purpose and Joy while Single

# **Journaling Prompts**

1.	Write about a passion or gift God has given you to develop now.
	Reflect on times where you've experienced God's joy in your current season.
3.	Make a list of ways to serve or bless others as a single person.







Day 3: 🏵 Finding Purpose and Joy while Single

#### Prayer for Today

**Gracious Father,** thank You for the purpose and joy You have for me in this season of singleness. Help me to seek and follow the path You have laid out and to discover fulfillment and happiness in Your presence. Teach me to trust Your timing and plan, and to walk confidently in the gifts and opportunities You provide. May Your joy fill my heart every day. In Jesus' name, Amen. 💮

















#### Your Verse

John 14:27 - Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

#### **Supporting Scriptures**

- 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.
- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast, because they trust in you.







#### Devotional: God's Peace Anchors the Anxious Heart

Uncertainty often accompanies singleness—questions about the future, purpose, and relationships can surface. Yet, Christ offers a peace unlike anything the world provides. In John 14:27, Jesus comforts His followers by promising His peace, encouraging us not to be troubled or afraid.

Philippians reminds us to turn anxiety into prayer, trusting God with every concern. When we present our worries to Him and remain thankful, He grants a peace that transcends circumstances.

Isaiah 26:3 assures that perfect peace comes to those who keep their minds focused on God. This peace empowers singles to live confidently, free from fear or stress about what lies ahead, anchored in God's unchanging love and sovereignty.







# Reflect and Apply

1.	What worries or fears about your future do you need to surrender to God?
	How can you cultivate a habit of prayer and thanksgiving when anxious thoughts arise?
	What does God's peace mean to you personally in your singleness journey?







## **Journaling Prompts**

1.	List areas of uncertainty where you want to experience God's peace.
	Write a prayer releasing your fears and asking for God's calming presence.
	Describe what it feels like when you experience God's peace in hard moments.







#### Prayer for Today

**Dear Jesus,** thank You for Your precious gift of peace, one that quiets my heart and calms my mind amid uncertainty. Help me to release any fears and anxieties about my future and to trust fully in Your plans for my life. Teach me to pray with thanksgiving, leaning on You daily and walking boldly, sustained by Your perfect peace. In Your name, Amen.







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#### 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 8:28 And we know that in all things God works for the good of those who love 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.







#### Devotional: Hope Anchors Your Soul for the Future

**Hope is a cornerstone for thriving as a single believer.** Jeremiah 29:11 assures us that God's plan is good, filled with hope and a bright future. Even when seasons feel long or uncertain, God's promises fuel our hope and help us persevere.

Romans 8:28 reiterates that God works all things—including challenges and waiting—for the good of those who love Him.

This truth invites you to embrace your journey with confidence and expectation, knowing that God is continually present, compassionate, and faithful. Each day is a fresh opportunity to experience His mercies and advance in His purpose for you, whether marriage lies ahead or not.







# Reflect and Apply

1.	How does trusting God's plans give you confidence in your singleness?
2.	What hopes do you want to place in God's hands today?
3.	How can remembering God's daily mercies encourage you forward?







# **Journaling Prompts**

	Write a letter to yourself filled with hope and God's promises for your future.
2.	List ways to remind yourself daily of God's faithfulness and new mercies.
	Record moments when God has worked good through difficult single seasons.







#### Prayer for Today

**Faithful God,** thank You for the hope You place in my heart and the good plans You have for my life. Help me to trust Your timing and purpose as I navigate my singleness. Remind me daily of Your unfailing love and compassion, renewing my strength and joy every morning. May I walk forward with hope, confident that You are working all things for my good. In Jesus' name, Amen.









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