# Flourishing in Singleness: A Man's Calling After 35



Explore God's purpose for single men over 35, embracing spiritual growth, relational richness, and purposeful living in this transformative 7-day Bible study.





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#### Introduction

Many men who find themselves single past the age of 35 can face unique challenges and questions about identity, purpose, and fulfillment. **This season of life** is ripe with opportunity for profound spiritual growth and relational depth. Instead of viewing singleness as a waiting room or a period of deficiency, this study invites men to embrace their calling fully *where they are*, with a renewed perspective centered on Jesus' teaching and God's design.

Throughout this 7-day journey, we will explore key biblical principles and Scriptures that reveal how God uses singleness in a man's life not as a limitation, but as fertile ground for flourishing. Far from being a period of loneliness or stagnation, singleness after 35 can become a vibrant season of intentional discipleship, heartfelt connection, and purposeful action within community and mission.

By focusing on **spiritual maturity, relational wisdom, and kingdom purpose**, we invite every man walking this path to discover the joy and freedom found in embracing their current state without compromise—being fully alive to God's calling with an expectant heart. Whether single by choice, circumstance, or timing, God's Word reveals profound encouragement and challenges for every single man reaching for more in Christ.

Let's begin this walk with open hearts, ready to see singleness not as waiting for the future, but as a powerful present reality where God's grace and purpose flourish abundantly.  $\square$  \















#### Your Verse

1 Corinthians 7:32–34 – "An unmarried man is concerned about the Lord's affairs—how he can please the Lord."

#### **Supporting Scriptures**

- Psalm 37:4 'Take delight in the Lord, and he will give you the desires of your heart.'
- Ecclesiastes 3:1 'There is a time for everything, and a season for every activity under the heavens.'







#### Devotional: Freedom and Focus in Singleness

Today, we begin by embracing the season of singleness. **Paul's words to the Corinthians remind us** that singleness brings a unique freedom—an undistracted heart to pursue God's priorities. While society often views singleness as incomplete or less than ideal, the Scriptures reveal that it can be a powerful time of dedication and joy.

Being single after 35 doesn't mean you are missing out on life; instead, it offers a fresh opportunity to focus deeply on the Lord's work and presence. This is a season to delight in God fully—allowing Him to shape your desires and purpose. *Your singleness is not a limitation but an invitation* to grow spiritually and relationally in ways that married life may not allow.

Remember, every stage of life has its divine timing and purpose. Your calling is to live fully in your current season, trusting God's sovereign plan and embracing the freedom to serve and grow without distraction.







# Reflect and Apply

1.	How do I currently perceive my singleness? As an opportunity or a limitation?
2.	What distractions might I release to better focus on God's purposes for me now?
3.	In what ways can singleness provide unique freedom for spiritual growth?







# **Journaling Prompts**

1.	Describe your feelings about being single after 35.
2.	List areas in your life where you can focus more fully on God's priorities.
3.	Write down a prayer asking God to help you embrace this season.







#### Prayer for Today

**Lord, help me embrace this season with an open heart.** Teach me to see singleness not as lack but as freedom to pursue You fully. Strengthen my faith and fill me with joy as I dedicate my time and energy to Your purposes. May I delight in You daily, trusting Your perfect timing over my life. *In Jesus' name, Amen.* 



















#### Your Verse

Ephesians 3:16-17 - "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being... so that Christ may dwell in your hearts through faith."

#### **Supporting Scriptures**

- Psalm 1:2-3 'But his delight is in the law of the Lord, and on his law he meditates day and night.'
- 2 Timothy 2:15 'Do your best to present yourself to God as one approved.'







#### Devotional: Rooted Deep for Spiritual Strength

To flourish as a single man over 35, **strengthening your spiritual foundation is essential.** Ephesians reminds us prayerfully that God's Spirit empowers us inwardly so Christ can dwell richly in our hearts. This spiritual strength anchors us amidst life's uncertainties and the challenges singleness may bring.

Delight in God's Word daily and allow it to be your meditation and guide. This builds resilience, shapes character, and produces fruit that honors God and blesses those around you. Make space for consistent prayer, worship, and fellowship with other believers—these form the roots that hold you firm.

Singleness is a precious time to cultivate a deep, vibrant walk with God. A strong spiritual foundation equips you to navigate loneliness, build healthy relationships, and pursue God's calling with confidence and grace.







# Reflect and Apply

1.	How regular and intentional is my time with God each day?
2.	In what ways can I deepen my relationship with Christ during this season?
3.	What spiritual disciplines could I develop or strengthen?







# **Journaling Prompts**

1.	Write about your current spiritual practices and their impact.
2.	Identify one new habit to grow your spiritual strength this week.
3.	Pray and journal a request for God's empowerment in your life.







#### Prayer for Today

**Dear Lord, empower me through Your Spirit** to grow strong and resilient in my inner being. May Your Word dwell richly in me, guiding every step. Help me to find joy in drawing near to You daily, trusting You as my foundation and strength. *In Jesus' precious name, Amen.* 









# Day 3: OBuilding Godly Relationships









Day 3: 🍑 Building Godly Relationships

#### Your Verse

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

#### **Supporting Scriptures**

- Hebrews 10:24–25 'And let us consider how we may spur one another on toward love and good deeds.'
- Ecclesiastes 4:9 'Two are better than one, because they have a good return for their labor.'







Day 3: 🍑 Building Godly Relationships

#### Devotional: Sharpened and Strengthened Together

Singleness is not synonymous with loneliness. **God calls us to live in community,** sharpening and supporting one another in love and faith. Proverbs beautifully illustrates how relationships serve to refine and strengthen us—iron sharpening iron.

Men over 35 who are single have the opportunity to invest deeply in friendships, mentorships, and brotherhoods that build character and faith. These authentic connections foster encouragement, accountability, and joy.

Rather than isolating, seek God-centered relationships that challenge you to grow spiritually and emotionally. These bonds provide strength, wisdom, and encouragement during all seasons and enrich your life profoundly.







Day 3: 🂢 Building Godly Relationships

# Reflect and Apply

	Who are the key people God has placed in my life for mutual encouragement?
2.	Am I intentional about investing time and energy in godly friendships?
3.	How might I become a better encourager and sharpener to others?







Day 3: 🂢 Building Godly Relationships

# **Journaling Prompts**

1.	List the close friendships you currently nurture and their impact.
2.	Write ways you can deepen or broaden your community connections.
	Pray for God's guidance in building meaningful, wholesome relationships.







Day 3: 🎔 Building Godly Relationships

#### **Prayer for Today**

**Father, thank You for the gift of community.** Help me to cultivate and cherish godly friendships that sharpen and encourage me. Lead me to people who will love me well and whom I can support in return. Make me a source of strength and kindness in others' lives. *In Jesus' name, Amen.* 



















#### 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**

- Ephesians 2:10 'For we are God's handiwork, created in Christ Jesus to do good works.'
- Colossians 3:23 'Whatever you do, work at it with all your heart, as working for the Lord.'







#### Devotional: Purpose Unfolded in Singleness

Singleness after 35 is a prime opportunity to refocus on God's unique calling for your life. Jeremiah reminds us that God's plans are for hope and prosperity, not stagnation, and that He has designed you with intention for good works.

This day invites you to explore how your gifts, passions, and experiences align with kingdom work. Without the immediate demands of marriage or children, you may find greater freedom to invest deeply in your calling—whether it's serving in ministry, your workplace, community, or mission fields.

Purpose fuels passion and fulfillment. God's plan for you is not limited by marital status but is rich and expansive. Seek His guidance, pray for clarity, and step boldly into the calling He's placed on your life.







# Reflect and Apply

1.	What passions and gifts has God given me that align with His calling?
2.	How might singleness provide unique freedom to pursue God's plans?
3.	What practical steps can I take to live out my purpose daily?







#### **Journaling Prompts**

1.	Describe what you believe God's purpose is for your life right now.
2.	Write about any barriers you feel to living out this purpose.
3.	Pray and journal for courage and clarity to pursue your calling.







#### Prayer for Today

**Lord, reveal Your purpose for me.** Help me to understand and walk boldly in the calling You've designed uniquely for my life. Give me passion, focus, and wisdom to serve You wholeheartedly, trusting that my singleness empowers rather than limits me. *In Jesus' name, Amen.* 



















Day 5: T Cultivating Contentment and Joy

#### Your Verse

Philippians 4:11–13 – 'For I have learned to be content whatever the circumstances... I can do all this through him who gives me strength.'

#### **Supporting Scriptures**

- 1 Timothy 6:6 'Godliness with contentment is great gain.'
- Psalm 16:11 'You make known to me the path of life; in your presence there is fullness of joy.'







Day 5: Trulivating Contentment and Joy

#### Devotional: Joy Rooted in God's Strength

Contentment can be elusive, especially when cultural narratives suggest that fulfillment is found in marriage or relationships. Paul's testimony teaches us that true contentment is learned and anchored in Christ, who strengthens us in every circumstance.

As a single man over 35, the invitation is to cultivate joy independent of external conditions, rooted deeply in God's presence. This contentment doesn't imply complacency but rather peace and gratitude for God's provision, enabling you to flourish spiritually and relationally.

By daily surrender, praise, and trust, you can discover a rich joy that sustains you—not dependent on your singleness or future plans, but grounded in God's steadfast love.







Day 5: 7 Cultivating Contentment and Joy

# Reflect and Apply

1.	Where do I seek satisfaction and joy most often?
2.	How can I practice contentment in my current circumstances?
3.	What truths from Scripture encourage me to rest in God's provision?







Day 5: 7 Cultivating Contentment and Joy

#### **Journaling Prompts**

1.	Reflect on moments when you felt genuine joy apart from relationships.
2.	List things you're grateful for in your single season.
3.	Write a prayer asking God to fill you with His contentment.







Day 5: Trulivating Contentment and Joy

#### Prayer for Today

Gracious God, teach me contentment and joy regardless of my circumstances. Help me to rely on Your strength and presence daily, finding peace and purpose. May Your joy be my foundation and motivation in this season. *In Jesus' name, Amen.* 



















#### Your Verse

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

#### **Supporting Scriptures**

- 1 Corinthians 6:19–20 'Your body is a temple of the Holy Spirit... honor God with your body.'
- Galatians 5:22-23 'The fruit of the Spirit is... self-control.'







#### Devotional: Setting God-Honoring Boundaries

Being single later in life comes with its own relational nuances and temptations. **Guarding your heart and setting healthy boundaries** are critical to honoring God and yourself.

Proverbs highlights the importance of protecting your inner life, as it impacts every area. Self-control, respect, and wisdom guide how you engage with others, especially in dating or friendships. Boundaries help preserve emotional and spiritual health, enabling you to flourish without unnecessary wounds or distractions.

Seek the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and especially self-control—to navigate relationships with integrity and grace.







# Reflect and Apply

1.	What areas of my heart need guarding right now?
2.	How do I currently practice boundaries in relationships?
3.	What spiritual disciplines support healthy self-control in my life?







# **Journaling Prompts**

1.	Identify any past relational patterns that challenged your boundaries.
2.	Write about boundaries you need to establish or strengthen.
3.	Pray for wisdom and strength to maintain healthy relationships.







#### Prayer for Today

**Lord, help me guard my heart vigilantly.** Give me wisdom to establish healthy boundaries that honor You and protect my well-being. Fill me with self-control and guide me to build relationships that reflect Your love and grace. *In Jesus' name, Amen.* 



















Day 7: A Living with Hope and Expectation

#### Your Verse

Romans 15:13 - '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**

- Isaiah 40:31 'Those who hope in the Lord will renew their strength.'
- Hebrews 11:1 'Now faith is confidence in what we hope for and assurance about what we do not see.'







Day 7: A Living with Hope and Expectation

#### Devotional: Hope-Filled Faith for Every Day

As this study concludes, your calling as a single man over 35 is to live with hope and expectation—a confident trust in God's goodness and plans. Paul prays that God fills us with joy and peace, enabling us to overflow with hope by the Holy Spirit's power.

Hope anchors the soul amidst uncertainties. It renews strength and compels action rooted in faith. No matter what your singleness future holds, your life can be abundant and impactful through trust in God's faithful promises.

Step forward with expectancy—believing that God's best is always ahead, inviting you to flourish fully now and in the days to come.







Day 7:  $\triangle$  Living with Hope and Expectation

# Reflect and Apply

1.	What hopes do I hold for my future, and how do they shape my daily life?
2.	How can I cultivate a trust in God that sustains me amid uncertainty?
3.	What practical ways can I live out hope as a single man today?







Day 7: A Living with Hope and Expectation

# **Journaling Prompts**

1.	Write about your hopes and dreams for your life's next chapter.
2.	Reflect on moments God has provided hope and renewal before.
3.	Pray a prayer of trust, surrender, and hopeful expectation.







Day 7: A Living with Hope and Expectation

#### Prayer for Today

God of hope, fill me with Your joy and peace. Strengthen my faith to trust in Your plans fully. Help me to live expectantly, knowing You are working all things for my good. Let my life overflow with hope through Your Spirit's power. *In Jesus' name, Amen.* 









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