# Peace in Dating Relationships — Keeping God at the Center



Explore how to cultivate peace in dating by keeping God at the heart, guiding your relationship with faith, patience, and love.





#### Table of contents

<u>Introduction</u>	4
Day 1: **3 God's Peace Begins Within	5
Day 2: Day 2: Love That Keeps Peace	11
Day 3: © Guard Your Heart with Peace	17
Day 4: Speak Peace in Every Word	23
<u>Day 5: Patience Produces Peace</u>	29
Day 6: A Trusting God's Guidance Together	35
Day 7: 💝 Unity Gifts Lasting Peace	41
Day 8: 🕰 Patience in Timing	47
Day 9: A Prayer as a Pathway to Peace	53
<u>Day 10: Wisdom Guides Peaceful Choices</u>	59
Day 11: Forgiveness Restores Peace	65
<u>Day 12: Peace</u> Honest Communication Builds Peace	71
Day 13: B Resting in God's Sovereignty	77
Day 14: © Renewing Your Mind to Peace	83
Day 15: Serving One Another in Love	89
<u>Day 16:  Focus on God, Not Perfection</u>	95











#### Introduction

#### Welcome to this 21-day Bible study plan on *Peace in Dating Relationships*.



Dating can be a beautiful journey filled with hope, excitement, and connection. However, it can also bring challenges, stress, and emotional turmoil. This plan is designed especially for you who desire to keep God at the center of your dating relationship and cultivate lasting peace.

Peace isn't merely the absence of conflict; it is a deep, abiding calmness that flows from trusting God fully. It affects how you communicate, how you handle disagreements, and how you nurture love with patience and grace. Through Scripture, prayer, and reflection, you'll discover practical ways to invite God's peace into your relationship, ensuring it honors Him above all.

Each day brings a focused Scripture, a devotional to encourage your heart, insightful questions for reflection, and journaling prompts to deepen your walk with God and your partner. As you journey through these 21 days, expect transformation in your heart and relationship as you learn to depend more on God's wisdom and love.

Remember, peace begins in your heart before it can flow outward. Let God's presence guide your dating, making it a testimony of His grace and faithfulness.

Let's begin this enriching walk towards peace in dating relationships keeping God at the center always.















#### 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 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







## Devotional: Embracing God's Unshakable Peace First

Peace in dating starts with the peace God gives you personally. Jesus' words in John 14:27 are comforting: His peace is unlike anything the world offers. When we invite God's peace into our hearts, it becomes the foundation not only for our well-being but also for healthy relationships.

Often, anxieties about dating—uncertainties, fears, and expectations—disturb our hearts. God's peace is steady and unshakable, keeping our hearts calm despite circumstances. Before expecting peace in your relationship, seek it in your soul through prayer, meditation on Scripture, and reliance on God.

This peace arms you against fear, jealousy, insecurity, and conflict. *Keep God's peace as your heart's anchor* and watch it transform how you interact with your partner, making love patient and kind.







## Reflect and Apply

1.	Where do you currently experience feelings of unrest or worry regarding your dating relationship?
2.	How can you practically invite God's peace into your heart before seeking peace in your relationship?
3.	
	What fears or insecurities might be disrupting your internal peace related to dating?







## **Journaling Prompts**

1.	Write about a time God's peace calmed your heart in a difficult situation.
2.	List ways you can practice inviting God's peace daily.
	Describe what it would look like to have God's peace as your relationship foundation.







## Prayer for Today

**Heavenly Father,** today I ask for Your peace that surpasses all understanding to guard my heart and mind. Help me keep my focus on You so that no fear or anxiety overtakes me. Teach me to rest in Your calm assurance in my relationship journey. *May Your peace be my foundation and strength.* In Jesus' name, Amen. 😂 🙏 🤝









## Day 2: Da









Day 2: Da

#### Your Verse

1 Corinthians 13:4 – "Love is patient, love is kind. It does not envy, it does not boast, it is not proud."

#### **Supporting Scriptures**

- Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."
- Colossians 3:14 "And over all these virtues put on love, which binds them all together in perfect unity."







Day 2: Da

#### Devotional: Christlike Love Creates Peaceful Boundaries

Love and peace walk hand in hand. When Paul describes love in 1 Corinthians 13, the qualities listed—patience, kindness, humility—are the very ingredients for peace in any relationship, especially dating.

True love does not envy or boast, which can stir up tension and rivalry. Instead, love chooses to act with kindness and patience, which calms the heart and smooths over differences. Keeping God at the center helps us love this way because His love models perfect peace.

If you desire peace in your dating relationship, reflect on how love is expressed day-to-day. Are these qualities present? How can you grow in embodying this Christlike love that secures peace between you and your partner?







Day 2: Day 2: Day 2:

## Reflect and Apply

	How does your expression of love reflect patience and kindness in your relationship?
	In what ways might envy, pride, or boasting disrupt peace between you and your partner?
3.	How can putting on love daily protect and nurture peace?







Day 2: Day 2: Day 2:

## **Journaling Prompts**

	Journal about a time when patient love helped resolve conflict in your past relationships.
	Identify three practical ways you can show kindness and humility this week.
3.	Reflect on how God's love has taught you about peaceful love.







Day 2: Day 2: Day 2:

## Prayer for Today

**Lord Jesus,** Your perfect love teaches me to be patient and kind. Help me to love my partner with humility and gentleness so that our relationship may thrive in peace. Guard my heart from envy and pride, and teach us to reflect Your love to each other every day. Amen.

















Day 3: **(**) Guard Your Heart with Peace

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 34:14 "Turn from evil and do good; seek peace and pursue it."
- Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."







Day 3: ① Guard Your Heart with Peace

#### Devotional: Protecting Your Heart Nurtures Relationship Peace

Your heart is the root of your relationship's health. Proverbs 4:23 reminds us to guard it carefully because the flow of your feelings, actions, and attitudes comes from what fills your heart.

In dating, guarding your heart means more than protecting yourself from hurt; it means intentionally filling your heart with God's peace and goodness so your love flows out in purity and calmness. It means pursuing peace actively—not just hoping for it.

Peace doesn't just happen; it requires courage to turn away from anything that disrupts it and to seek good wholeheartedly. Day by day, choose to protect your heart, making wise choices that honor God and you both.







Day 3: ① Guard Your Heart with Peace

## Reflect and Apply

1.	What are some things you might need to guard your heart against in dating?
2.	How does seeking peace influence your daily dating decisions?
	What steps can you take to actively pursue peace together with your partner?







Day 3: ① Guard Your Heart with Peace

## **Journaling Prompts**

1.	List influences or habits that negatively affect your heart's peace.
2.	Write about ways you can replace those with peace-building practices.
3.	Describe how guarding your heart impacts your relationship positively.
3.	Describe how guarding your heart impacts your relationship positivel







Day 3: **(**) Guard Your Heart with Peace

## Prayer for Today

**Lord,** I ask You to help me guard my heart from anything that breaks Your peace. Teach me to seek good, avoid harm, and to pursue peace in every choice I make. Let my relationship reflect Your guarding hand, full of Your peace and goodness. Amen. ① 🙏 💙

















#### Your Verse

Ephesians 4:29 – "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

#### **Supporting Scriptures**

- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."
- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt..."







#### Devotional: Speaking Words That Build Peace Daily

Words have power to bring peace or conflict. Ephesians 4:29 calls us to speak in ways that build up and benefit our partner. In dating, communication shapes how peaceful your connection will be.

Are you quick to anger or gentle in your answers? Do your words encourage or discourage? Peace grows when we practice grace-filled conversations, even in disagreements. Embracing patience and kindness in our speech reveals God's peace working through us.

Challenge yourself today to observe the words you use and their impact. Seek to be a messenger of peace through your everyday conversations in your relationship.







## Reflect and Apply

	How does your current speech promote peace or cause tension in your dating relationship?
	What changes can you make to communicate with more grace and kindness?
2	A 4 l
	Are there unresolved conversations that need gentle words to restore peace?







## **Journaling Prompts**

1.	Recall a time when gentle words calmed a difficult situation with your partner.
2.	Write down phrases you want to use more to encourage peace.
3.	Consider how your words reflect God's spirit in your relationship.







## Prayer for Today

God of Grace, teach me to use my words wisely to build up rather than tear down. Help me reflect Your peace in every conversation and be a source of encouragement to my partner. May my speech be full of grace and kindness today and always. Amen.

















#### Your Verse

James 5:8 – "You too, be patient and stand firm, because the Lord's coming is near."

#### **Supporting Scriptures**

- Galatians 5:22 "But the fruit of the Spirit is love, joy, peace, forbearance (patience)..."
- Ecclesiastes 7:8 "The end of a matter is better than its beginning, and patience is better than pride."







#### Devotional: Growing Patience to Cultivate Peaceful Love

**Patience is a fruit God works in us to maintain peace.** In dating, impatience often leads to frustration, arguments, or rushing decisions. Yet, Scripture reminds us to be patient, standing firm with trust in God's timing.

Patience allows space for growth, understanding, and grace to flourish between partners. It quiets worries about the future, reduces impulsiveness, and strengthens your foundation.

Developing patience means relying on God's Spirit more than your timetable. When feeling restless or anxious in your relationship, pause and ask for His peace to calm your heart and guide your steps.







## Reflect and Apply

1.	Where do you struggle most with patience in your relationship?
2.	How does impatience affect your peace and your partner?
3.	What might God be teaching you through waiting in this season?







## **Journaling Prompts**

Describe a situation where patience helped strengthen a relationship.
Write about what it means to stand firm with trust in God's timing.
List practical ways you can practice patience this week.







## Prayer for Today

Father God, cultivate patience in my heart as I walk through dating. Help me trust Your perfect timing and to stand firm, even when I feel restless. May patience bear Your peace within me and overflow into my relationship. Amen.











# Day 6: A Trusting God's Guidance Together









Day 6: 🛕 Trusting God's Guidance Together

#### Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

#### **Supporting Scriptures**

- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."
- 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."







#### Devotional: Walking God's Path Brings Relationship Peace

Dating relationships thrive when both individuals place their trust in God's guidance. It's easy to lean on your own understanding, assumptions, or feelings, but God invites you to submit to His wisdom.

Proverbs 3:5-6 assures us that trusting God wholeheartedly leads to clear direction and peace. This kind of trust requires humility and unity—a willingness to seek God together and follow His lead.

When you and your partner commit to discerning God's will, your relationship gains strength and peace, navigating challenges with confidence that God's path is best for you both.







# Reflect and Apply

	How often do you seek God's guidance regarding your relationship decisions?
	Are you willing to submit your own understanding to God's wisdom as a couple?
3.	What does trusting God together look like for you and your partner?







# **Journaling Prompts**

1.	Write about times God has guided your relationship.
2.	List ways you and your partner can seek God's counsel more intentionally.
3.	Reflect on fears or doubts about trusting God fully and journal your response.







### Prayer for Today

**Lord,** help me and my partner to trust You fully with our relationship. Teach us to lean not on our own understanding but to seek Your guidance daily. Make our paths straight and our bond rooted in Your perfect wisdom and peace. Amen.

















Day 7: 💙 Unity Gifts Lasting Peace

#### Your Verse

Psalm 133:1 – "How good and pleasant it is when God's people live together in unity!"

#### **Supporting Scriptures**

- Romans 12:16 "Live in harmony with one another. Do not be proud, but be willing to associate with people of low position."
- Ephesians 4:3 "Make every effort to keep the unity of the Spirit through the bond of peace."







Day 7: 💙 Unity Gifts Lasting Peace

#### Devotional: Pursuing Unity Fosters Relationship Peace

Unity in a relationship is a beautiful reflection of God's design and is essential for peace. Psalm 133 celebrates the goodness of living together in harmony, encouraging us to pursue unity actively.

It requires humility, willingness to compromise, and a commitment to one another despite differences. Pride or selfishness can fracture unity, while a humble heart strives for peace and connection.

By making every effort to maintain unity, you protect the sacred bond God has blessed and create a strong foundation where peace grows and flourishes.







Day 7: 💝 Unity Gifts Lasting Peace

# Reflect and Apply

1.	Where do you see unity flourishing or struggling in your relationship?
2.	Are there areas where pride might be disrupting harmony?
3.	How can you both work to sustain unity through challenges?







Day 7: 💝 Unity Gifts Lasting Peace

# **Journaling Prompts**

1.	Describe what unity in your relationship looks like.
	Write about a time when humility restored peace between you and your partner.
3.	List daily habits to help maintain spiritual and emotional unity.







Day 7: 💛 Unity Gifts Lasting Peace

### Prayer for Today

God of Peace, unite our hearts and minds in harmony. Help us to humble ourselves and pursue unity with all effort. Let our relationship reflect Your Spirit's bond of peace, strengthening us to face every challenge together. Amen. ♥ ⚠ ♥









# Day 8: 🕰 Patience in Timing









Day 8: 🕰 Patience in Timing

#### Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

#### **Supporting Scriptures**

- Habakkuk 2:3 "For the revelation awaits an appointed time; it speaks of the end and will not prove false."
- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."







Day 8: 

Patience in Timing

#### Devotional: Waiting on God's Perfect Timing

**Timing is God's gift, and patience is its companion.** In dating, rushing can create unnecessary tension, but waiting on God's timing brings peace.

Ecclesiastes reminds us that every stage has a purpose and season. Trusting this truth helps us surrender our impatience and rest in God's perfect schedule.

Waiting isn't wasted time—it is a space for growth, learning, and deeper trust. Through patience, you prepare your heart and relationship for what God is orchestrating, ensuring it will be rich with peace and purpose.







Day 8: 🙇 Patience in Timing

# Reflect and Apply

How do you handle waiting periods in your relationship?
What fears or pressures tempt you to rush ahead?
How can trusting God's timing deepen peace for you both?







Day 8: 🕰 Patience in Timing

# **Journaling Prompts**

ournal about a time when waiting on God led to good outcomes.
Vrite down current areas where God is teaching you patience.
escribe how you can support your partner in trusting God's timing.







Day 8: 🕰 Patience in Timing

### Prayer for Today

**Father,** teach me to wait patiently for Your perfect timing in my relationship. Help me trust Your plan and remain strong and hopeful as I lean on Your peace. May my waiting be active trust and faith. Amen.















#### Your Verse

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. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### Supporting Scriptures

- 1 Thessalonians 5:16–18 "Pray continually, give thanks in all circumstances..."
- Matthew 6:6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen."







#### Devotional: Inviting God's Peace Through Prayer

Prayer is a powerful tool for inviting peace into your heart and relationship. When anxiety or questions arise in dating, taking everything to God in prayer brings calm and clarity.

Paul reminds us to present our requests with thanksgiving, a posture that shifts our perspective from worry to gratitude. The result? God's peace that defies logic guarding our heart and mind.

Make prayer a daily habit, together if possible, allowing God's presence to permeate your relationship and carry you through both joyful and challenging moments.







# Reflect and Apply

1.	How consistent is your prayer life individually and as a couple?
2.	What worries or desires are you bringing to God in prayer now?
3.	How can thanksgiving change your perspective during anxious moments?







# **Journaling Prompts**

giving for your relationship.	
rding peace in dating and your partner.	
ers brought peace and journal your gratitude.	
r	ding peace in dating and your partner.







### Prayer for Today

**Gracious God,** I bring my fears, hopes, and questions to You in prayer. Thank You for the peace that surpasses understanding that guards my heart. Help me to pray continually with gratitude and trust, inviting Your peace into every moment with my partner. Amen.















#### Your Verse

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

#### **Supporting Scriptures**

- Proverbs 19:20 "Listen to advice and accept discipline, and at the end you will be counted among the wise."
- Ecclesiastes 7:12 "Wisdom preserves those who have it."







#### Devotional: Seeking and Applying Godly Wisdom

God's wisdom is crucial for making decisions that bring peace to dating relationships. Whether it's about boundaries, communication, or commitment, wise choices reduce confusion and conflict.

James promises available wisdom for those who ask. Humble yourself to seek God's insight through prayer, counsel, and Scripture study.

Apply wisdom daily, not just for major moments but in small decisions. This consistent dependence on God's guidance builds a peaceful relationship environment.







# Reflect and Apply

1.	What areas in your dating relationship need more godly wisdom?
2.	How open are you to advice and correction meant to heal or protect?
3.	In what ways can you seek wisdom more intentionally?







# **Journaling Prompts**

1.	Journal about a past decision where God's wisdom brought peace.
2.	List trusted sources of godly counsel you can access.
3.	Write a prayer asking God for wisdom in your relationship today.







### Prayer for Today

**Lord,** I ask for Your generous wisdom to guide my choices in dating. Help me to listen, be teachable, and apply Your wisdom daily so that peace may flourish in my relationship. Thank You for Your faithful guidance. Amen.  $\bigcirc$ 

















#### Your Verse

Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

#### **Supporting Scriptures**

- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."







#### Devotional: Practicing Forgiveness to Preserve Peace

**Forgiveness is key to carrying peace through challenges in dating.** No relationship is without hurt or misunderstanding, but God's command to forgive frees us from bitterness and builds peace.

Forgiving like Christ means releasing offenses fully, avoiding grudges or repeated blame. This choice restores hearts and opens doors for deeper intimacy and unity.

When you struggle with forgiving, pray for God's strength and grace. Remember, forgiveness reflects God's own love and maintains peace as the relationship grows.







# Reflect and Apply

1.	Are there any unresolved hurts where forgiveness is needed?
2.	What feelings or fears make forgiveness difficult for you?
3.	How does forgiving echo God's love and peace in your relationship?







# **Journaling Prompts**

1.	Write about a time forgiveness repaired a relationship.
2.	Reflect on what forgiveness means in your current dating context.
3.	Journal a prayer asking God to help you forgive fully.







### Prayer for Today

**Merciful God,** teach me to forgive as You have forgiven me. Help me release any bitterness and embrace Your peace that heals. Restore my heart and my relationship through the power of forgiveness. Amen.  $\bigcirc$ 







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Day 12: Phonest Communication Builds Peace

#### Your Verse

Ephesians 4:15 – "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

#### **Supporting Scriptures**

- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."
- Proverbs 12:18 "The words of the reckless pierce like swords, but the tongue of the wise brings healing."







Day 12: Phonest Communication Builds Peace

#### Devotional: Cultivating Truthfulness in Love

**Truth spoken in love is the bridge to peace in dating.** Avoiding honesty can create confusion, while harsh words cause hurt. God calls us to mature communication—open, truthful, but kind.

Listening before speaking helps curb anger and misunderstandings. When you express yourself with wisdom and love, your partner feels valued and peace grows.

Practice honesty that builds up, not tears down. This transparency honors God and fosters trust in your relationship.







Day 12: 💬 Honest Communication Builds Peace

## Reflect and Apply

1.	How honest are you in expressing your feelings and boundaries?
2.	Do you listen well before responding in conversation?
3.	What steps can you take to improve loving honesty?







Day 12: 💬 Honest Communication Builds Peace

## **Journaling Prompts**

1.	Write about a time when honest communication improved a relationship.
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2.]	List ways you can better listen and speak with love.
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3.1	Reflect on fears or barriers to honesty you might have.
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Day 12: 💬 Honest Communication Builds Peace

### Prayer for Today

**Lord,** help me to communicate honestly and lovingly. Teach me to listen well and speak words that heal and encourage. Let truth wrapped in love strengthen peace in my relationship. Amen.  $\bigcirc$   $\bigcirc$ 















#### Your Verse

Romans 8:28 - "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

#### **Supporting Scriptures**

- Isaiah 55:8-9 "My thoughts are not your thoughts..."
- Psalm 46:10 "Be still, and know that I am God."







#### Devotional: Finding Peace in God's Control

Sometimes dating doesn't go as planned, but God remains sovereign.

Romans 8:28 promises that God can work all things for good when we love Him. Resting in this truth brings profound peace.

His ways are higher than ours, and trusting Him means releasing control. Be still before God, surrender worries and uncertainties, and believe He guides your story for your ultimate good.

When you trust God's sovereignty, your heart finds rest no matter the relationship's ups and downs.







## Reflect and Apply

Where do you struggle to surrender control in your dating journey?
How does trusting God's bigger plan affect your peace today?
Are there worries you need to release and trust to God?







## **Journaling Prompts**

1.	Write about a time God worked good out of a difficult situation.
2.	Reflect on areas in your relationship where you need to trust God more.
3.	Journal prayers releasing control into God's hands.







### Prayer for Today

Almighty God, help me rest in Your sovereignty. Teach me to trust Your plans and timing even when I don't understand. Strengthen my faith and peace as I release control to You. Amen. 💋 🙏 😂







## Day 14: Renewing Your Mind to Peace









Day 14: Renewing Your Mind to Peace

#### Your Verse

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

#### **Supporting Scriptures**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."







Day 14: Renewing Your Mind to Peace

### Devotional: Transforming Thought Patterns for Peace

**Peace grows as we transform our thinking to align with Christ.** The world's messages about relationships often cause confusion and unrest. Romans 12:2 challenges us to be renewed in mind so that peace takes root.

Capturing negative or anxious thoughts and replacing them with God's truth helps keep your heart steadfast. Meditate on Scripture and allow God to wash away harmful patterns of thinking.

Renewing your mind daily builds spiritual resilience and peace in dating, empowering you to act in faith and love.







Day 14: Q Renewing Your Mind to Peace

## Reflect and Apply

1.	What worldly messages about dating challenge your peace?
2.	How do you respond when anxious or negative thoughts arise?
3.	What Scripture can you meditate on to renew your mind?







Day 14: Q Renewing Your Mind to Peace

## **Journaling Prompts**

1.	List common negative thoughts and write replacements from Scripture.
2.	Write about how changing your thinking improved a relationship.
3.	Journal a plan for renewing your mind daily.







Day 14: Q Renewing Your Mind to Peace

### Prayer for Today

**Lord Jesus,** renew my mind to focus on Your truth, not the world's falsehoods. Help me take captive anxious or harmful thoughts and fill my heart with peace that lasts. Amen.  $\bigcirc$   $\bigwedge$   $\bigcirc$ 

















#### Your Verse

Galatians 5:13 - "Serve one another humbly in love."

#### **Supporting Scriptures**

- Philippians 2:3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."
- 1 Peter 4:10 "Each of you should use whatever gift you have received to serve others..."







#### Devotional: Humble Service Strengthens Peaceful Love

**Peace flourishes when love expresses itself through humble service.** Dating is an opportunity to lay down selfishness and put your partner's needs above your own.

Serving with a loving heart softens conflicts and builds trust. It also reflects Christ's servant heart, who calls us to love others practically.

Look for ways to serve your partner this week—small acts that say, "I see you, I care." These moments cultivate peace and joy in your relationship.







## Reflect and Apply

1.	How do you currently show love through service in your relationship?
2.	Are there opportunities you've missed to serve your partner humbly?
3.	How can serving build peace between you?







## **Journaling Prompts**

Write about a time serving your partner deepened your connection.
List practical ways to serve your partner this week.
Reflect on barriers to humble service and journal how to overcome them.







### Prayer for Today

**Jesus,** teach me to serve others with humility and love. Help me to put my partner's needs before my own and reflect Your servant heart. Through service, may our relationship be filled with peace and grace. Amen.







# Day 16: 6 Focus on God, Not Perfection









Day 16: Focus on God, Not Perfection

#### Your Verse

Philippians 3:13-14 - "Forgetting what is behind and straining toward what is ahead... I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Psalm 34:18 "The Lord is close to the brokenhearted..."







Day 16: Focus on God, Not Perfection

#### Devotional: Pressing On Toward God's Purpose Brings Peace

**Perfectionism steals peace.** In dating, striving for a flawless partner or relationship only breeds frustration and anxiety.

Paul's words encourage forgetting past failures and focusing on the heavenly goal. God's grace covers weaknesses and brokenness.

When you keep God at the center, peace grows—not by achieving perfection but by growing in grace together. Embrace God's sufficient grace and let go of impossible standards.







Day 16: **(3)** Focus on God, Not Perfection

## Reflect and Apply

1.	Are expectations of perfection causing stress in your relationship?
2.	How can focusing on God's purpose shift your perspective?
	What areas of weakness or past mistakes can you surrender to God's grace?







Day 16: **(3)** Focus on God, Not Perfection

## **Journaling Prompts**

	Write about pressures you feel to be perfect or have the perfect relationship.
2.	Reflect on God's grace in your own life and relationship.
3.	Journal ways to press forward focusing on God rather than past mistakes.







Day 16: Focus on God, Not Perfection

#### Prayer for Today

**Gracious God,** help me release the need for perfection in dating. Teach me to rely on Your grace and press toward Your purpose. Bring peace as I embrace weakness and trust Your strength in my relationship. Amen.







# Day 17: Day Mindful Presence Builds Peace









Day 17: Mindful Presence Builds Peace

#### Your Verse

Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Isaiah 41:10 "Do not fear, for I am with you..."







Day 17: Mindful Presence Builds Peace

#### Devotional: Cultivating Peace Through Present Trust

Worry steals peace, but staying present in God's care restores it. When dating, it can be tempting to obsess over future possibilities or failures.

Jesus encourages us to take one day at a time, trusting God's provision. Being mindful—fully present with God and your partner—nurtures peace in the moment.

Practice stillness and trust throughout your day. Choose presence over worry, peace over anxiety. This daily discipline anchors your heart and relationship in God's love.







Day 17: 💭 Mindful Presence Builds Peace

## Reflect and Apply

1.	How often do worries about the future disrupt your peace?
2.	What helps you stay focused on God and today's blessings?
3.	How can mindfulness improve your relationship's quality?







Day 17: 💭 Mindful Presence Builds Peace

## **Journaling Prompts**

1.	Write about moments when worry disturbed your peace and how you overcame it.
2.	List ways to practice being present with your partner daily.
3.	Reflect on God's promises to be with you and journal your feelings.







Day 17: Mindful Presence Builds Peace

### Prayer for Today

**Lord Jesus,** help me to let go of worries about tomorrow and live fully in Your presence today. Teach me to be still and trust Your faithful care. Fill my heart with peace as I focus on You and our relationship now. Amen.







# Day 18: Encouragement Strengthens Peace









Day 18: Day 18: Encouragement Strengthens Peace

#### Your Verse

1 Thessalonians 5:11 - "Therefore encourage one another and build each other up..."

#### **Supporting Scriptures**

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds..."
- Proverbs 16:24 "Gracious words are a honeycomb, sweet to the soul and healing to the bones."







Day 18: Encouragement Strengthens Peace

## Devotional: Building Peace Through Encouraging Words

Encouragement acts like sunlight that nurtures the growth of peace in a relationship. Purposeful words that build up your partner create a safe, loving atmosphere.

Dating can face many pressures; your words can refresh and inspire rather than drain or criticize.

Make encouragement a daily habit. Share appreciation, affirm your partner's worth, and celebrate progress. Such grace-filled speech fosters lasting peace and unity.







Day 18: Sencouragement Strengthens Peace

## Reflect and Apply

1.	How often do you intentionally encourage your partner?
2.	What kinds of words build them up most effectively?
3.	How does encouragement affect your relationship's peace?







Day 18: 🗲 Encouragement Strengthens Peace

### **Journaling Prompts**

1.	Write about a time encouragement changed your outlook in dating.
2.	List ways to encourage your partner regularly.
	Reflect on how encouragement feels when you receive it and journal your gratitude.







Day 18: Day 18: Encouragement Strengthens Peace

#### Prayer for Today















#### Your Verse

1 Corinthians 10:31 – "So whether you eat or drink or whatever you do, do it all for the glory of God."

#### **Supporting Scriptures**

- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."
- Galatians 5:22-23 "But the fruit of the Spirit is... self-control..."







## Devotional: Setting God-Honoring Boundaries for Peace

**Healthy boundaries in dating honor God and protect peace.** Boundaries guard your heart and help both partners relate respectfully and lovingly.

Self-control and honoring mutually agreed limits prevent hurt, confusion, and unnecessary conflict.

Seek God's guidance in setting boundaries that glorify Him, protecting your relationship as a sacred space where peace thrives.







## Reflect and Apply

1.	What boundaries currently exist in your dating relationship?
2.	How do boundaries maintain peace rather than restrict love?
3.	Are there areas where boundaries need clarification or strengthening?







### **Journaling Prompts**

1.	Write about how boundaries have helped or could help your relationship.
2.	List boundaries that honor God and promote peace for you.
3.	Journal how you plan to communicate and uphold these boundaries.







#### Prayer for Today

**Lord,** give me wisdom and strength to honor healthy boundaries that glorify You. Help me practice self-control and respect so that peace is protected and love grows. Amen.  $\bigcirc$ 







## 









Day 20: 🛐 Worship Together, Grow in Peace

#### Your Verse

Psalm 95:1 – "Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation."

#### **Supporting Scriptures**

- Matthew 18:20 "For where two or three gather in my name, there am I with them."
- Colossians 3:16 "Let the message of Christ dwell among you richly...
  teaching and admonishing one another with all wisdom through psalms,
  hymns..."







Day 20: S Worship Together, Grow in Peace

#### Devotional: Unity in Worship Brings Deep Peace

**Worshiping God together deepens connection and peace.** Whether in song, prayer, or study, shared worship invites God's presence into your relationship.

Psalm 95 calls us to joyfully praise God, cultivating gratitude and spiritual unity. Jesus promises His presence when believers gather in His name, strengthening bonds and peace.

Make time regularly for joint worship to grow closer to God and to each other.







## Reflect and Apply

1.	How often do you and your partner worship together?
2.	What impact does shared worship have on your peace as a couple?
3.	How can you incorporate more worship into your relationship?







### **Journaling Prompts**

1.	Write about a meaningful worship experience with your partner.
2.	List worship activities you can do together regularly.
3.	Reflect on how worship increases unity and journal your thoughts.







Day 20: 🛐 Worship Together, Grow in Peace

#### Prayer for Today

**God,** draw us closer as we worship You together. Fill our hearts with joy and peace as we celebrate Your goodness. Let Your presence be the foundation of our relationship. Amen.















#### Your Verse

John 16:33 – "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

#### **Supporting Scriptures**

- 2 Thessalonians 3:16 "Now may the Lord of peace himself give you peace at all times and in every way."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







## Devotional: Anchoring Your Relationship in Christ's Peace

**Jesus offers peace that transcends life's troubles and lasts forever.** Your dating relationship is one step in a lifelong journey marked by peace rooted in Christ's victory.

Though challenges will come, the peace Jesus gives sustains and strengthens through every season. Trusting Him assures a hope-filled future together.

As you close this study, seek to keep God at the center always, building peace that honors Him and nurtures enduring love.







### Reflect and Apply

	How has your understanding of peace in dating changed over these 21 days?
2.	In what ways will you keep God central to sustain peace going forward?
3.	What steps can you take now to deepen your trust in Jesus' peace?







#### **Journaling Prompts**

1.	Reflect on your key takeaways about peace in dating.
2.	Write your personal commitment to keep God at the center of your relationships.
3.	Journal a prayer of dedication to live in Christ's peace.







#### Prayer for Today

**Lord Jesus,** thank You for the peace You give that overcomes the world's troubles. Help me anchor my relationship in You, trusting Your victory and presence always. Fill us with joy and peace as we follow You together. Amen.









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