



# Resting in God During Singleness



Discover how to embrace and find peace in your single season by trusting God's timing and purpose for your life.

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## Introduction

Many people view singleness as a waiting period, a time filled with loneliness or impatience. But in truth, singleness is a unique and valuable season given by God for growth, self-discovery, and deepening your relationship with Him. **Resting in God during this time** means embracing peace beyond circumstances and trusting that God's plan is perfect, even when it seems unclear.

*Psalms 46:10* reminds us, "Be still, and know that I am God." This invitation to be still is especially vital in single life, where cultural pressures may urge us to rush or compare ourselves to others. Instead, singles can reflect, strengthen their faith, and prepare their hearts.

This study will guide you through Scripture and devotions that highlight God's faithfulness, His intimate care, and the beautiful purpose wrapped within singleness. Over the next five days, you'll explore ways to embody trust and rest, learning to see this season as a gift rather than a gap.

Whether your singleness is by choice, circumstance, or season, God desires that you find true contentment in Him. He is enough—not a place, a relationship, or a title defines your worth. Join this journey of discovering the freedom and joy available right now in God's loving presence.





## Day 1: 🌿 Embracing Your Season with Peace



Day 1: 🌿 Embracing Your Season with Peace

## Your Verse

*Psalm 46:10 – "Be still, and know that I am God."*

## Supporting Scriptures

- *Isaiah 40:31 – "But those who hope in the LORD will renew their strength."*
- *Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 1: 🌿 Embracing Your Season with Peace

## Devotional: Finding Peace in God's Timing

Often, singleness comes with feelings of restlessness or anxiety about when your circumstances will change. **God invites you to pause** and find peace amid uncertainty. Psalm 46:10 calls us to be still—not to act out of pressure or fear, but to rest in the sovereign presence of God.

*Embracing your season* means trusting that God's timing is perfect, even if it differs from your own plans. Isaiah reminds us that those who place their hope in God will receive renewed strength. This renewal is a deep, internal peace that lasts beyond fleeting happiness.

Jesus' invitation to the weary is for all, including those walking alone. Through resting in His promises, you can release anxieties and lean into the assurance that your path is known by Him. This day is about surrendering your fears and stepping into the rest God lovingly offers in this single season.



Day 1:  Embracing Your Season with Peace

## Reflect and Apply

1. In what ways do I struggle to be still and trust God in my singleness?

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2. How can resting in God reshape my perspective about this season?

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3. What fears or anxieties can I surrender to God right now?

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# Journaling Prompts

1. Write about what 'being still' means to you personally.

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2. List ways you've experienced God's faithfulness in unexpected ways.

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3. Reflect on how resting in God could change your attitude toward singleness.

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Day 1: 🌿 Embracing Your Season with Peace

## Prayer for Today

**Dear God**, thank You for inviting me into a place of peace today. Help me to be still and trust in Your perfect timing. When I feel restless or uncertain, remind me that You are in control, and Your plans are good. Renew my strength and fill me with Your peace that surpasses all understanding. May I lean on You and rest fully in Your love today. In Jesus' name, Amen. 🙏 🌿 ❤️





## Day 2: ✨ Finding Identity in God Alone



Day 2: ✨ Finding Identity in God Alone

## Your Verse

*Galatians 2:20 - "The life I now live... I live by faith in the Son of God."*

## Supporting Scriptures

- *Psalm 139:14 - "I am fearfully and wonderfully made."*
- *Jeremiah 29:11 - "I know the plans I have for you," declares the LORD.*



Day 2: ✨ Finding Identity in God Alone

## Devotional: Your Worth Is Rooted in God

Many singles can struggle with identity, especially when society often ties worth to relationship status. Yet, Scripture reveals that **your true identity comes from God alone**. Galatians 2:20 reminds us that living by faith in Jesus shapes our whole being more than external labels or circumstances.

*You are wonderfully made* by God's hands, intentionally created with a purpose and intricate design (Psalm 139:14). Your value isn't determined by your singleness or coupled status but by who God says you are.

Jeremiah assures that God has plans filled with hope for your life. This includes this very season. Embracing your identity in Him allows you to walk confidently, not out of comparison or pressure but from the knowledge that God's love is constant and defining.



## Reflect and Apply

1. How do I currently view my identity during my single season?

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2. What lies or cultural messages do I need to reject about my worth?

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3. How can I remind myself daily that God's plans are for my good?

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# Journaling Prompts

1. Write a letter to yourself affirming your God-given identity.

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2. List characteristics God has placed in you that you value.

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3. Reflect on times God's plan was evident in your past.

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Day 2: ✨ Finding Identity in God Alone

## Prayer for Today

**Father God**, thank You that my worth and identity are found in You alone. Help me reject any lies that place value on my relationship status. Teach me to live fully by faith in Your Son, confident in Your loving plan for me. Let Your truth sink deep into my heart today and every day. In Jesus' name, Amen. ✨





## Day 3: ✨ Cultivating Joy in Singleness



Day 3: ✨ Cultivating Joy in Singleness

## Your Verse

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

## Supporting Scriptures

- *Nehemiah 8:10 - "The joy of the LORD is your strength."*
- *John 15:11 - "I have told you this so that my joy may be in you and that your joy may be complete."*



## Devotional: Joy is Possible and Powerful Now

Singleness can sometimes feel isolating, but God's word encourages us to rejoice regardless of circumstances. **Joy is an intentional choice rooted in the Lord, not dependent on external factors.**

Philippians 4:4 exhorts believers to rejoice always. This deep, abiding joy empowers us to face challenges with strength. Nehemiah reminds that the joy of the Lord is our true strength — a source of hope that uplifts the weary.

Jesus desires our joy to be complete, full and enduring (John 15:11). Cultivating joy in singleness means focusing on God's unfailing promises, cherishing His presence, and embracing the blessings that this season brings.



## Reflect and Apply

1. What things steal my joy when I dwell on singleness?

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2. How can I intentionally seek joy daily in God's presence?

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3. In what ways has God's joy strengthened me before?

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# Journaling Prompts

1. List three ways God has brought joy into your life recently.

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2. Write about a time when rejoicing helped you through difficulty.

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3. Reflect on practical steps to embrace joy in your current season.

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Day 3: ✨ Cultivating Joy in Singleness

## Prayer for Today

**Lord Jesus**, thank You that joy is available to me today even in singleness. Help me to rejoice in You always, drawing strength from Your presence. Teach me to recognize and cherish Your blessings each day, and fill my heart with Your complete joy. May Your joy sustain me and overflow to those around me.

Amen. 🍌🌿😊





## Day 4: 🌱 Growing in Purpose and Service



## Your Verse

*1 Corinthians 7:17 - "Each person should live as a believer in whatever situation the Lord has assigned."*

## Supporting Scriptures

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



Day 4:  Growing in Purpose and Service

## Devotional: Living Fully Where You Are

Instead of seeing singleness as just a waiting room, Scripture calls believers to live fully and purposefully in the present moment. **God assigns each season with intention**, and we can choose to serve and grow now.

Paul's words in 1 Corinthians challenge us to embrace whatever situation God places us in, trusting that it is part of His plan. Colossians encourages wholehearted devotion in every effort, reminding us that our work and service are for the Lord.

You are God's masterpiece, designed to do good works now—even during your single season (Ephesians 2:10). Discovering purpose and serving others can bring fulfillment and deepen your reliance on God's strength and guidance.



## Reflect and Apply

1. How have I embraced or resisted the season God has assigned me?

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2. What gifts or passions can I use to serve others right now?

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3. In what ways can serving deepen my trust and rest in God?

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# Journaling Prompts

1. Write about what purpose and service mean in your life today.

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2. List current opportunities to serve or grow spiritually.

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3. Reflect on how serving others affects your relationship with God.

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Day 4: 🌱 Growing in Purpose and Service

## Prayer for Today

**God of Purpose**, thank You for the season You have assigned me. Help me to live fully for You with dedication and joy. Show me ways to serve those around me with Your love. May I be Your handiwork, walking in good works and trusting Your guidance each day. Use me to bring glory to You, even in singleness. In Jesus' name, Amen. 🌱 🙏 ❤️





## Day 5: Trusting God's Perfect Plan



## Your Verse

*Proverbs 3:5-6 - "Trust in the LORD with all your heart... He will make your paths straight."*

## Supporting Scriptures

- *Romans 8:28 - "In all things God works for the good of those who love Him."*
- *Jeremiah 17:7 - "Blessed is the one who trusts in the LORD."*



## Devotional: Surrendering to God's Faithful Guidance

Trusting God wholeheartedly is key to resting in singleness. Proverbs wisely instructs us to lean not on our own understanding but to trust God with all our heart. When we do, He promises to direct our paths clearly and faithfully.

Even when life's future feels uncertain, Romans 8:28 assures us that God works all things—good and bad—for the benefit of those who love Him. This encouragement means your single season is part of a bigger, divine story where God's goodness prevails.

Jeremiah calls those who trust in the Lord blessed. Blessing here includes peace, contentment, and assurance. Surrendering your plans and timing to God frees you to rest in His perfect will, confident that He is leading you exactly where you need to be.



## Reflect and Apply

1. What areas of my life do I struggle to fully trust God in?

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2. How does surrendering control bring freedom and rest?

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3. What assurances from Scripture help me feel peace about the future?

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## Journaling Prompts

1. Write about a time you experienced God's guidance in a surprising way.

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2. List fears or doubts you can hand over to God today.

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3. Reflect on what trusting God means for your singleness journey.

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Day 5: 🕊️ Trusting God's Perfect Plan

## Prayer for Today

**Faithful God**, help me to trust You with all my heart and lean not on my own understanding. I surrender my plans and timing to You, believing that You will make my paths straight. Thank You for working good from every circumstance. Teach me to rest fully in Your guidance and timing, experiencing the blessing of trusting You today. In Jesus' name, Amen. 🕊️ ❤️  
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