



Single But Not Defeated



Struggling with loneliness or confusion in dating?
This 7-day study encourages single men to walk in
purpose, purity, and patience while trusting God's
timing.



Table of contents

<u>Introduction</u>	3
<u>Day 1: You Are Not Incomplete</u>	4
<u>Day 2: The Waiting Season Is Not Wasted</u>	9
<u>Day 3: Purity Is Still Possible</u>	14
<u>Day 4: Don't Settle for Less Than God's Best</u>	19
<u>Day 5: Identity Before Intimacy</u>	25
<u>Day 6: Who You Pursue Reveals What You Value</u>	30
<u>Day 7: Trusting God's Timing, Not Your Own</u>	35



Introduction

Let's be real—being a single guy in today's world isn't easy.

Whether you're scrolling apps, facing rejection, dealing with temptation, or just feeling like you're falling behind your peers, the modern dating scene can feel like a minefield. You may wonder: "*Will I ever meet the right person?*" or worse, "*What's wrong with me?*"

As a man, it's easy to tie your worth to relationship status. Society often measures masculinity by conquest, success, or whether you've "locked someone down." But God's Word offers a radically different view of singleness—not as a curse or a waiting room, but as a sacred season for building faith, strength, and mission.

You are not behind. You are not forgotten. You are not incomplete. You are deeply loved by God, fully seen, and fully valuable *right now*—even if you're single.

This 7-day Bible study will help you navigate the ups and downs of singleness with confidence, purity, and purpose. Each day, we'll look at the lies culture tells about dating, the truth God says about you, and the hope you can carry in this season. Singleness isn't about waiting for life to start—it's about walking with God *while* you live fully and prepare for what's next.





Day 1: You Are Not Incomplete



Your Verse

Psalms 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

- *Colossians 2:10 (NIV)*

“...and in Christ you have been brought to fullness. He is the head over every power and authority.”



Devotional: Whole Without a Girlfriend

Let's crush the lie right now: *you are not half a person waiting to be completed by a relationship*. You are not broken because you're single. You are not lacking because there's no one texting you goodnight.

The world sells this idea that romantic love is the ultimate goal—that until you've “found someone,” you're missing something vital. But that message directly contradicts the heart of God.

Psalms 139 reminds you that you were *knit together by the hands of God Himself*. You were formed with care, intention, and value. There's nothing defective about your design, and your worth isn't hanging on whether someone wants to date you.

And Colossians 2:10 takes it further: *you are complete in Christ*. That means the deepest holes in your heart cannot—and will not—be filled by another person. Only Jesus satisfies.

Does that mean relationships are bad? Of course not. Marriage is a gift. But it's not the goal of your identity. Wholeness isn't something you achieve *after* a girl says yes—it's something you *receive* when Jesus says, “*You are mine.*”

You're already loved. Already valued. Already whole.



Journaling Prompts

1. Do I secretly believe I'll be "more complete" once I'm in a relationship?

2. How would I live differently if I truly believed I am already whole in Christ?

3. What voices (culture, friends, media) have shaped my view of singleness?



Day 1: You Are Not Incomplete

Prayer for Today

Lord, help me reject the lie that I'm incomplete without a relationship. Thank You that I am fearfully and wonderfully made—on purpose, for a purpose. Remind me that You are enough and that I don't have to prove my worth through dating or romance. Help me to walk in the fullness I already have in You. Teach me to enjoy this season and to grow into the man You've created me to be. In Jesus' name, amen.





Day 2: The Waiting Season Is Not Wasted



Day 2: The Waiting Season Is Not Wasted

Your Verse

Isaiah 40:31 (NIV)

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Supporting Scriptures

- *Lamentations 3:25–26 (NIV)*
- *“The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.”*



Day 2: The Waiting Season Is Not Wasted

Devotional: What If This Season Has a Purpose?

Let's be honest—waiting can feel like punishment. When you're single and praying for the right relationship, it's easy to wonder if God is ignoring you or forgetting you.

But here's the truth: **waiting is not wasted when it's rooted in God's purpose.**

Isaiah 40 doesn't just tell us to wait—it promises *strength* for those who do. In fact, it says we will *soar*. That means the waiting room of singleness isn't a dead-end—it's a training ground. It's where your roots go deep. It's where you learn trust, develop maturity, and build spiritual muscle that a future relationship will require.

Lamentations 3 reminds us that God is *good* to those who wait on Him—not just when they receive what they're waiting for, but during the waiting itself. That means this time isn't meaningless.

You're not stuck—you're being shaped. And that shaping will prepare you for a stronger future.

Don't waste this season by resenting it. Use it to grow closer to Jesus, deepen your character, and become the kind of man who doesn't just wait for a godly woman—he attracts one.



Day 2: The Waiting Season Is Not Wasted

Journaling Prompts

1. How do I typically respond to seasons of waiting in my life?

2. What might God be trying to build in me during this season of singleness?

3. What practical steps can I take to grow spiritually while I wait?



Day 2: The Waiting Season Is Not Wasted

Prayer for Today

God, help me see this season not as a delay but as divine preparation. I confess that I often treat waiting like a curse, when You mean it as a blessing. Thank You for the promise that those who wait on You will renew their strength. Strengthen me today. Teach me patience, wisdom, and joy in this season. Don't let me waste it in frustration or fear—let me use it to become the man You've called me to be. In Jesus' name, amen.





Day 3: Purity Is Still Possible



Your Verse

1 Thessalonians 4:3–5 (NIV)

“It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God.”

Supporting Scriptures

- *2 Timothy 2:22 (NIV)*

“Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.”



Devotional: Fighting for Purity in a Culture of Anything Goes

Purity might sound like an outdated word—but in God's kingdom, it's still a holy pursuit.

In a world of instant gratification, porn, hookup culture, and dating apps built for casual sex, the fight for purity feels like swimming upstream. The temptation is real. And for single guys especially, it can feel impossible to stay sexually pure when the world mocks restraint and celebrates lust.

But God hasn't called you to blend in—He's called you to stand out.

1 Thessalonians 4 makes it clear: God's *will* is that you walk in holiness. That you honor your body and the bodies of others. That you pursue self-control—not out of shame, but because you know who you belong to.

2 Timothy 2:22 doesn't say "fight lust"—it says *flee*. Run from it. Don't reason with it. Don't try to outsmart it. Create boundaries. Cut off access. Surround yourself with brothers in Christ who walk with integrity.

Purity isn't about pretending you don't have desires—it's about submitting those desires to God and choosing something greater: **honor, freedom, and peace.**

It's not about what you're missing out on—it's about who you're becoming.



Journaling Prompts

1. Where do I struggle most when it comes to purity in this season?

2. What boundaries or safeguards can I put in place to protect my heart and mind?

3. How can I reframe purity as an act of strength and honor, not shame?



Prayer for Today

God, You know the temptations I face daily. You know the battles I fight silently and the shame I've carried at times. But I thank You that purity is not impossible with You. Help me flee what is destructive and run toward what is holy. Give me courage to set boundaries and wisdom to guard my heart. I want to live with honor—not because it's easy, but because it reflects You. Make me pure in heart, mind, and body. I trust You with my desires and my future. In Jesus' name, amen.





Day 4: Don't Settle for Less Than God's Best



Your Verse

Proverbs 3:5–6 (NIV) “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

- *Psalms 37:4 (NIV) “Take delight in the Lord, and he will give you the desires of your heart.”*



Devotional: You Don't Have to Rush into the Wrong Relationship

When everyone around you seems to be dating, engaged, or married, it's easy to panic. The pressure builds. Your timeline feels off. And you might be tempted to start lowering your standards or silencing your convictions—just to *have someone*.

But settling is dangerous.

Why? Because who you date and eventually marry will shape the rest of your life. Marriage isn't just romance—it's discipleship. It's partnership. And if you rush into something just to feel seen, you may end up feeling stuck, unseen, or spiritually drained down the road.

Proverbs 3 reminds you not to rely on your own understanding—especially when emotions are involved. God sees what you can't. He knows what's ahead. When you trust Him with your dating life, He promises to guide your path.

Psalms 37:4 doesn't mean you'll get whatever you want—it means when you delight in the Lord first, your desires align with His. He begins to give you what's best, not just what's fast.

So don't let loneliness drive you into a relationship God didn't send. Don't silence red flags. Don't compromise your faith to keep someone's attention. Wait for the one who runs toward Christ with you—not away from Him.



You're worth the wait—and so is the one God has for you.



Journaling Prompts

1. Have I ever felt tempted to lower my standards just to be in a relationship?

2. What red flags am I willing to ignore that I shouldn't?

3. How can I delight in the Lord more deeply while I wait?



Day 4: Don't Settle for Less Than God's Best

Prayer for Today

Father, I admit it's hard to wait when it feels like everyone else is moving on. I've been tempted to settle—to compromise my faith for comfort or company. But I want something more than just “someone.” I want the right one, in the right time, for the right reasons. Help me to trust Your timing and stay faithful to Your standards. Teach me to delight in You more than I crave attention or affirmation. I trust You with my future. In Jesus' name, amen.





Day 5: Identity Before Intimacy



Your Verse

Galatians 2:20 (NIV) “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

Supporting Scriptures

- *Ephesians 2:10 (NIV) “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”*



Devotional: Know Who You Are Before You Share Who You Are

One of the biggest mistakes many young men make is trying to find their identity in a relationship. They believe that once they're with someone, they'll finally feel confident, valued, and validated.

But no woman—no matter how amazing—can define your worth. That's *God's job*.

Before you enter into intimacy, you need to understand identity. Because if you don't know who you are in Christ, you'll ask someone else to tell you—and that's a heavy burden for anyone to carry.

Galatians 2:20 reminds us that our old selves are gone. We've been given a new identity in Jesus—one based not on looks, performance, or popularity, but on love, sacrifice, and redemption.

Ephesians 2:10 goes even deeper. You're not just *loved* by God. You're His *workmanship*. That means your life has purpose right now. Your value isn't waiting on a future spouse—it's active and alive in this very moment.

So before you give your heart to someone else, give it fully to God. Build your foundation in Him. Because when you know who you are, you won't tolerate someone who treats you like you're less.



Journaling Prompts

1. In what ways have I looked to others for identity or validation?

2. How does understanding my identity in Christ change how I view dating?

3. What practical steps can I take to root my identity deeper in God's Word?



Day 5: Identity Before Intimacy

Prayer for Today

Jesus, thank You for giving me a new identity. Forgive me for the times I've looked to women, status, or success to define who I am. Help me build my confidence on who You say I am: loved, chosen, redeemed, and called. Teach me to walk in that truth each day so I don't enter relationships out of insecurity or confusion. Fill my heart with peace in this season. You are more than enough for me. In Your name I pray, amen.





Day 6: Who You Pursue Reveals What You Value



Your Verse

2 Corinthians 6:14 (NIV)

“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?”

Supporting Scriptures

- *Proverbs 31:30 (NIV)*

“Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.”



Devotional: Choose Depth Over Attraction

Let's talk straight: Attraction is real. God wired you to notice beauty and be drawn to a woman you find physically appealing. That's not sinful—that's human.

But **what you pursue** reveals **what you truly value**.

If your heart is chasing after physical looks, surface-level connection, or temporary chemistry, you're setting yourself up for a shallow relationship that won't last through storms. Beauty may catch your eye—but it can't carry your calling.

2 Corinthians 6:14 warns about being *unequally yoked*. This means don't tie your soul to someone walking a different spiritual direction. A "yoke" was a farming tool that linked two oxen to plow a field together. If one pulls left and the other right, they'll struggle—and so will you.

Proverbs 31 shifts the spotlight from charm and beauty to **character**. A woman who fears the Lord is priceless. She's the kind of partner who will pray with you, grow with you, and fight for what's holy in your home.

So ask yourself: *Am I attracted to her values or just her vibe?*

Are you looking for a partner in purpose—or just a partner in your timeline?

Who you pursue says a lot about the man you're becoming.



Day 6: Who You Pursue Reveals What You Value

Journaling Prompts

1. What traits have I prioritized in past dating relationships—external or internal?

2. How does being unequally yoked show up in real life, not just in theory?

3. What kind of woman am I preparing myself for—and would she be attracted to who I am right now?



Day 6: Who You Pursue Reveals What You Value

Prayer for Today

Father, give me eyes to see people the way You see them. Teach me to value character over charisma, depth over appearance, and faith over hype. Guard my heart from settling for relationships that pull me away from You. Prepare me to be the kind of man who attracts a woman after Your heart. And give me the courage to walk away from anything that compromises my calling. In Jesus' name, amen.





Day 7: Trusting God's Timing, Not Your Own



Day 7: Trusting God's Timing, Not Your Own

Your Verse

Ecclesiastes 3:1 (NIV)

“There is a time for everything, and a season for every activity under the heavens.”

Supporting Scriptures

- ***Isaiah 60:22 (NIV)***

“The least of you will become a thousand, the smallest a mighty nation. I am the Lord; in its time I will do this swiftly.”



Devotional: Waiting Isn't Wasting When God Is Working

Singleness can feel like a delay. Like you're on the sidelines of life while everyone else is scoring. You've prayed, waited, hoped—and still nothing. No godly woman. No clear path. Just silence.

But here's what you need to know:

Delay is not denial.

God is not withholding something good from you—He's *preparing* something great for you. And that takes time.

Ecclesiastes 3 tells us there's a season for everything. That includes the season you're in right now. This isn't the "in-between." This *is* part of your story. It's the season where God is sharpening you, maturing you, and removing things that won't serve you in marriage.

Isaiah 60:22 is a beautiful promise. God may move slow in your eyes—but when His appointed time comes, things can shift in an instant. You don't have to force it. You don't have to manipulate it. You just have to **trust**.

Don't waste this season by wishing it away. Use it. Grow. Build. Heal. Worship. Serve. Surround yourself with wise brothers. Invest in your calling. Prepare for the man you'll need to be when the door opens.



You don't need a relationship to be significant. You already are.
God's timing is never late. It's always **perfect**.



Journaling Prompts

1. What have I been trying to rush that God may be asking me to release?

2. How can I shift my focus from waiting on a person to walking with God?

3. What has God been developing in me during this season that I can be thankful for?



Day 7: Trusting God's Timing, Not Your Own

Prayer for Today

Lord, I surrender my timeline to You. I confess that I've wrestled with impatience, comparison, and doubt. But I believe You see me, love me, and know what's best for me. Help me walk with faith, even when the path feels quiet. Remind me that You're working behind the scenes, preparing me and preparing what's next. I will trust You in this season, and I will praise You even before the breakthrough comes. In Jesus' name, amen.





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