



# Thriving in Singleness: Embracing Healthy Choices



Explore how singleness offers a unique opportunity  
for spiritual growth and healthy lifestyle decisions  
rooted in faith.

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## Introduction

**Singleness** is a season of life often misunderstood or overlooked, yet it holds profound value and potential for personal growth. In this study, we will explore how those who are single can embrace this phase with joy, purpose, and intentional healthy lifestyle choices. Being single is not merely a waiting period; it is a vibrant chapter filled with opportunities to deepen your relationship with God, nurture your body, and cultivate habits that will sustain and enrich your whole life.

Often, society places heavy emphasis on marriage, sometimes leaving singles feeling overlooked or incomplete. However, the Bible provides encouraging perspectives that highlight singleness as a gift and calling itself. It is a unique time to focus on your spiritual development, serve others wholeheartedly, and pursue wellness in all areas of life. Singleness can be a season marked by freedom to invest in your faith and health without distractions that often come with other life stages.

Throughout this study, we will reflect on Scripture that encourages healthy choices—physically, emotionally, and spiritually—while navigating singleness. You'll be invited to consider how your relationship with God empowers you to make choices that honor Him and bless your body, mind, and soul. We will also look at practical wisdom on maintaining balance, avoiding loneliness, and cultivating community that supports your well-being.



*Embrace this time with hope and faith*, knowing that your singleness has purpose and power. Let this study inspire you to foster a healthy lifestyle rooted in God's promises, filled with joy and confidence in your calling.





# Day 1: God's Purpose in Singleness



## Day 1: 🌱 God's Purpose in Singleness

## Your Verse

*1 Corinthians 7:32 NIV "I would like you to be free from concern."*

## Supporting Scriptures

- *Matthew 6:33 – "But seek first his kingdom and his righteousness, and all these things will be given to you as well."*
- *Isaiah 40:31 – "But those who hope in the LORD will renew their strength."*



# Devotional: Embracing Freedom and Focus in Singleness

**Singleness is not a lack but a gift.** Paul explains to the Corinthian church that singleness frees a person from worldly concerns, allowing undivided devotion to God. This freedom can be used to deepen your walk with the Lord, focus on kingdom work, and live intentionally. Being single provides space to seek God first without distraction.

From a healthy lifestyle perspective, this season is an opportunity to adopt habits that nurture body and soul. When your mind is set on God's purposes, it is easier to make choices aligned with wellness — such as rest, exercise, and balanced eating. Strength flows from hope in the Lord, empowering you to live joyfully and fully.

*Reframe singleness as a divinely given season of focus.* Instead of viewing it as limitation, see it as abundant freedom to pursue what truly matters.



Day 1: 🌱 God's Purpose in Singleness

## Reflect and Apply

1. How does viewing singleness as a gift change your perspective on this phase of life?

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2. In what ways can you use your freedom to deepen your relationship with God?

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3. What practical habits can you begin to adopt that honor God and strengthen your health?

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Day 1: 🌱 God's Purpose in Singleness

# Journaling Prompts

1. List three ways you can intentionally seek God more deeply during your singleness.

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2. Describe any negative feelings about singleness you want to release to God.

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3. Write down one healthy habit you want to develop this season and why.

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Day 1: 🌱 God's Purpose in Singleness

## Prayer for Today

**Dear Lord**, thank You for the gift of this season of singleness. Help me see it as a time of freedom to devote myself fully to You. Strengthen my heart and guide my choices so that they honor You and care for my whole person. Teach me to trust and find joy in Your purpose for this time. May I live with hope, health, and faithfulness in all I do. *In Jesus' name, Amen.* 🙏🌿 ✨❤





## Day 2: 💡 Wisdom for Healthy Living



## Your Verse

*Proverbs 3:7-8 NIV "Fear the LORD and shun evil... it will refresh your body and nourish your bones."*

## Supporting Scriptures

- *1 Corinthians 6:19-20 - "Your body is a temple of the Holy Spirit... honor God with your body."*
- *Psalms 34:8 - "Taste and see that the LORD is good; blessed is the one who takes refuge in him."*



Day 2: 💡 Wisdom for Healthy Living

# Devotional: Honoring God Through Healthy Choices

**Wisdom from Scripture guides not only our spiritual but physical well-being.** Proverbs reminds us that reverence toward God brings refreshment to our bodies and nourishment to our bones. This divine wisdom encourages healthy habits grounded in respect for the body God has given us.

Paul's teaching in 1 Corinthians reveals that our bodies are temples of the Holy Spirit. Honoring God means caring intentionally for our physical health through balanced nutrition, regular movement, and rest. This care supports a lifestyle that reflects the holiness God desires for us and sustains us in our daily challenges.

*When you choose to live wisely in your singleness, you glorify God and equip yourself for vibrant living.* Seek God's goodness and delight in practices that refresh your entire being.



## Reflect and Apply

1. How does knowing your body is God's temple influence how you treat yourself?

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2. What areas of your lifestyle might need more balance or care?

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3. In what ways can your faith motivate you to pursue healthy habits consistently?

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# Journaling Prompts

1. Reflect on current habits that honor or harm your body; write honestly about both.

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2. Set one specific goal related to physical health motivated by faith.

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3. Write a prayer thanking God for your body's strength and capabilities.

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Day 2: 💡 Wisdom for Healthy Living

## Prayer for Today

**Father God**, thank You for the gift of my body, Your temple. Help me to make wise choices that honor You—through rest, nutrition, and movement. Guide me to cultivate habits that refresh my spirit and strengthen my health, so I may serve You wholeheartedly. Teach me to cherish the life You’ve entrusted to me, living fully and faithfully. *In Jesus’ name, Amen.* 🙏🍏🧘❤️







## Day 3: ✨ Finding Contentment in God Alone



Day 3: ✨ Finding Contentment in God Alone

## Your Verse

*Philippians 4:11-13 NIV "I have learned to be content... I can do all this through him who gives me strength."*

## Supporting Scriptures

- *Psalm 16:11 - "You make known to me the path of life; in your presence there is fullness of joy."*
- *Hebrews 13:5 - "Never will I leave you; never will I forsake you."*



Day 3: ✨ Finding Contentment in God Alone

## Devotional: Contentment Through Christ's Strength

Contentment is a profound choice, especially in singleness, where society often pressures us to seek fulfillment elsewhere. Paul's testimony teaches us that contentment springs from dependence on Christ's strength, not circumstances. This inner peace frees you from comparison or longing for something you do not currently have.

When your joy is rooted in God's presence, your heart is satisfied. This satisfaction influences healthy living by reducing stress and emotional eating, and it fosters mental and spiritual wellness. Trusting God's constant presence can alleviate loneliness and encourage peace in your singleness.

*Today, embrace contentment as a powerful means to nurture your whole self. Let your strength and joy flow from intimacy with Christ alone.*



## Reflect and Apply

1. What areas of your life challenge your contentment, and how can God's strength help?

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2. How might improved contentment contribute to healthier lifestyle choices?

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3. In what ways do you experience God's presence daily to sustain joy?

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# Journaling Prompts

1. Describe what contentment feels like to you right now.

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2. Write about times God has helped you feel strong despite difficulties.

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3. Set a personal reminder to seek God's presence when tempted to feel lonely.

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Day 3: ✨ Finding Contentment in God Alone

## Prayer for Today

**Lord Jesus**, help me learn contentment in every situation through Your strength. Teach me to find joy in Your constant presence and peace in Your unchanging love. Guard my heart against feelings of loneliness or want, and fill me with Your fullness. May this contentment bring balance, health, and wholeness to my life. *Thank You for never leaving me. Amen.* 💪 ✨ ❤️ 🙏





## Day 4: Building Community and Support



## Day 4: 🧡 Building Community and Support

## Your Verse

*Ecclesiastes 4:9-10 NIV "Two are better than one... If either of them falls down, one can help the other up."*

## Supporting Scriptures

- *Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds."*
- *Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*





## Day 4: 🧡 Building Community and Support

# Devotional: Nurturing Community for Spiritual and Emotional Health

Healthy living in singleness involves not only physical wellness but also strong social connections. Scripture emphasizes God's design for community and mutual support. Being single does not mean being isolated; rather, it is a time to build meaningful relationships that encourage growth and healing.

Seek communities where your faith and lifestyle goals are supported. Friendships, mentorship, and church involvement provide emotional resilience and accountability. Healthy relationships are a source of joy and help protect against loneliness, which can impact mental and physical health negatively.

*Invest in relationships that nurture your soul and body.* Remember, God calls us to walk life together, sharing burdens and celebrating victories.



Day 4: 🧡 Building Community and Support

## Reflect and Apply

1. Who currently supports and encourages your faith and health goals?

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2. What steps can you take to deepen existing friendships or build new ones?

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3. How does community inspire you to make healthier choices?

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Day 4: 🧡 Building Community and Support

# Journaling Prompts

1. List people you can reach out to for support and encouragement.

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2. Write about a time community helped you grow spiritually or emotionally.

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3. Plan one activity to connect with a friend or group this week.

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Day 4: 🧡 Building Community and Support

## Prayer for Today

**Gracious God**, thank You for Your gift of community. Help me to build and nurture relationships that support my spiritual and physical well-being. Teach me to encourage others and accept help when I need it. May these friendships inspire healthy choices and deepen my faith journey. Fill me with Your love as I walk together with others. *In Jesus' name, Amen.* 😊 ❤️ 🙏 🌿





## Day 5: Living Purposefully in Singleness



Day 5: 🧑 Living Purposefully in Singleness

## Your Verse

*Romans 12:11-13 NIV "Never be lacking in zeal, but keep your spiritual fervor... Share with the Lord's people who are in need."*

## Supporting Scriptures

- *Colossians 3:23 - "Whatever you do, work at it with all your heart, as working for the Lord."*
- *1 Timothy 4:8 - "For physical training is of some value, but godliness has value for all things."*



## Devotional: Passion and Purpose Fueling Healthy Living

Living purposefully means investing your energy wisely during singleness. Paul urges believers to maintain zeal and fervor, engaging fully in service and personal growth. This mindset helps you balance spiritual priorities with healthy lifestyle habits that sustain long-term well-being.

When you serve others and pursue godliness, your life becomes a vibrant testimony of God's mercy and grace. Physical wellness complements spiritual health, equipping you to serve joyfully and effectively. Embracing purpose fuels motivation to maintain balance — in work, rest, nutrition, and exercise.

*Let this season be marked by intentional, passionate living that honors God and nurtures your whole being.* Your singleness is a sacred opportunity to prepare for all He has ahead.



Day 5: 🧑 Living Purposefully in Singleness

## Reflect and Apply

1. What passions or callings is God stirring within you during singleness?

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2. How can purposeful living improve your health and spiritual walk?

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3. In what ways can you serve others that also nurture your wellness?

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## Journaling Prompts

1. Identify one way you can serve or contribute to your community this week.

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2. Describe how purpose motivates you to make healthy choices.

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3. Write a prayer committing your time and energy to God's purposes.

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Day 5: 🧘 Living Purposefully in Singleness

## Prayer for Today

**Lord**, ignite a passionate purpose within me for this season of singleness. Help me live with zeal, embracing healthy habits and serving others wholeheartedly. Strengthen my body and spirit so I may glorify You in all I do. Teach me to balance passion with rest, and zeal with wisdom. I commit my time, energy, and choices to Your glory. *Thank You for this sacred opportunity. Amen.* 🔥💪🙏❤️





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