

# Navigating Singleness & Dating

*Love IRL*

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## OPENING QUESTION

“If you could give your ‘younger self’ one piece of advice about singleness or dating, what would it be?”

## SCRIPTURE READINGS

**Main Reading:**

1 Corinthians 7

**Extra Reading:**

Matthew 6:33

Romans 5:20

## KEY TAKE AWAYS

- Singleness is a real gift, not a problem to fix.
- Your relationship with God is the foundation for every other relationship.
- The question isn't “Am I in a relationship?” but “Does this help me follow Jesus?”
- Dating is for discernment toward marriage, not casual entertainment.
- God's grace is bigger than your past, and you're not meant to walk this alone.

## QUESTIONS

1. How have you experienced singleness being treated like a “problem” to solve?
  - a. What would it look like, practically, to treat singleness as a genuine gift from God in this season?
2. In what ways does the current state of your relationship with God shape how you relate to others (friends, dates, spouse)?
  - a. Is there one concrete step you sense God inviting you to take to deepen your walk with Him right now?
3. Thinking about Paul's idea of “undivided devotion,” how does your current relationship

- status (single, dating, married) help or hinder your ability to follow Jesus wholeheartedly?
- a. Are there boundaries or changes you need to make so that your relational life better aligns with God's call on you?
4. "If you're not ready to commit, you're not ready to date." How does that challenge or affirm your current view of dating?
- a. For those dating or wanting to date: what would it look like to approach dating as discernment toward marriage rather than just entertainment?
5. Are there past or present relational/sexual choices where you feel guilt or shame? How might bringing those into the light (with God and trusted people) change things?
- a. Who are the "iron sharpens iron" people you can invite into your singleness or relationship journey so you're not walking it alone—and what's a specific way you could involve them this week?

## **PRACTICE**

### **Build Your "Relationship Circle" and Take One Concrete Step**

**Goal:**

**Move from vague "*I should have community*" to a clear plan for *who* will walk with you and *how* you will involve them this week.**

#### **Step 1 – Identify Your 2–3 People**

Take 5–10 minutes (journal or notes app) and write down 2-3 specific names of people who:

- Love Jesus
- Are honest (not just "nice")
- And want your good, even if it's uncomfortable.

They could be:

A mentor / pastor / small group leader,  
A spiritually mature friend,  
A married couple you respect.

**If you can't name at least two, write that honestly and pray:  
"Lord, would you show me who I can invite into this part of my life?"**

## Step 2 – Decide What You’ll Share & Ask

For each person, write 1–2 bullet points on what you need to talk about. Be as specific as you can:

- “I’m in a relationship but not sure I can see it leading to marriage.”
- “I’m single and feel like something is wrong with me.”
- “We’re dating and struggling to stay sexually pure.”
- “I don’t know how to even start dating in a healthy way.”

And have know what you want from them:

- “Can we meet once this month so I can process my relationship with you?”
- “Will you pray with me for wisdom about my dating life?”
- “Can you ask me once a week how I’m doing with purity / boundaries?”
- “Would you and your spouse be willing to mentor us for a few months?”

Write down one concrete request for at least one person.

## Step 3 – Reach Out Within 48 Hours

Within the next two days:

- Pick one person from your list.
- Send a specific message (text, DM, or call) of your share & ask

**If your relationship status is in a good place, ask God to put an individual or couple on your heart that He wants to use you to bring them into alignment with Him.**

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## CLOSING PRAYER

Lord, thank you that you love each of us in whatever season we’re in—single, dating, or married. Help us to put you first, to honor you with our bodies, hearts, and decisions, and to walk in honesty and community instead of isolation. Heal what’s broken, guide what’s confusing, and use our relationships to reflect your love. In Jesus’ name, Amen.