



OF DATING & LIVING SINGLE

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'S

A

BE ACCOUNTABLE TO PEOPLE WHO KNOW YOU BEST, LOVE YOU MOST, & WILL TELL YOU THE TRUTH.

Hebrews 13:16 – 17 (NKJV)

¹⁶ But do not forget to do good and to share, for with such sacrifices God is well pleased. ¹⁷ Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you.

Proverbs 27:17 (NKJV)

As iron sharpens iron, So a man sharpens the countenance of his friend.

James 5:16 (NKJV)

¹⁶ Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

B

BE 100% CONVINCED THAT NO ONE ON EARTH LOVES YOU MORE THAN GOD. YOU BELONG TO HIM, & HE WILL TAKE CARE OF YOU.

1 Corinthians 6:19 – 20 (AMP)

¹⁹ Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]? ²⁰ You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own].

Psalms 55:22 (New Century Version)

²² Give your worries to the LORD, and he will take care of you.

C

DON'T LEAVE CHRIST OUT OF YOUR RELATIONSHIPS.

Romans 1:16 (NKJV)

¹⁶ For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.

D

**DATE WHEN YOU ARE READY. GIVE
YOURSELF TIME TO HEAL. LET
RELATIONSHIPS FLOURISH IN THEIR
OWN TIME & WAY.**

Song of Solomon 2:7 (NKJV)

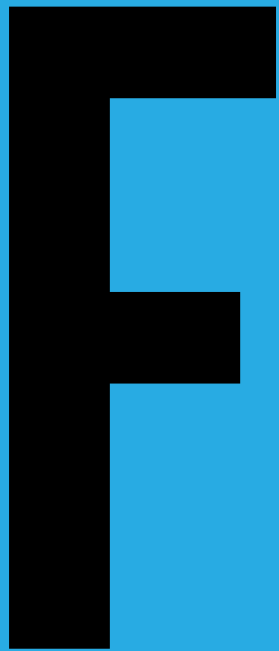
⁷ I charge you, O daughters of Jerusalem,
By the gazelles or by the does of the field,
Do not stir up nor awaken love
Until it pleases.

E

EQUALLY YOKED DATING LEADS TO EQUALLY YOKED MARRIAGES.

2 Corinthians 6:14 (NKJV)

¹⁴ Do not be unequally yoked together with unbelievers.
For what fellowship has righteousness with lawlessness? And
what communion has light with darkness?



FACE YOUR FEARS & MOVE FORWARD TOWARDS THE ABUNDANT LIFE THAT GOD DESIRES FOR YOU.

2 Timothy 1:7 (NKJV)

⁷ For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Psalms 34:4 (NKJV)

⁴ I sought the LORD, and He heard me, and delivered me from all my fears.

G

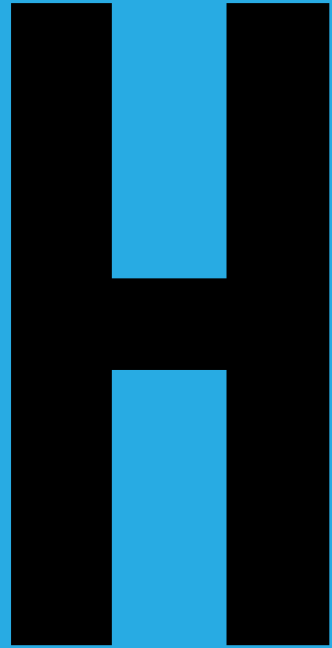
GIVE UP THE “I” IN SELFISHNESS & SELF-CENTEREDNESS

Philippians 2:3 (NKJV)

³ Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

Philippians 2:3 (MSG)

³ Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.



ASK GOD FOR & SEEK HELP WHEN NEEDED & HEALING WHERE NEEDED.

James 1:5 (AMP)

⁵ If any of you lacks wisdom [to guide him through a decision or circumstance], he is to ask of our benevolent] God, who gives to everyone generously and [without rebuke *or* blame, and it will be given to him.

2 Corinthians 1:3 – 4 (NKJV)

³ Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

Psalm 103:1 – 8 (NKJV)

Bless the LORD, O my soul;
And all that is within me, *bless* His holy name!

² Bless the LORD, O my soul,
And forget not all His benefits:

³ Who forgives all your iniquities,
Who heals all your diseases,

⁴ Who redeems your life from destruction,
Who crowns you with lovingkindness and tender mercies,

⁵ Who satisfies your mouth with good *things*,
So that your youth is renewed like the eagle's.

⁶ The LORD executes righteousness
And justice for all who are oppressed.

⁷ He made known His ways to Moses,
His acts to the children of Israel.

⁸ The LORD *is* merciful and gracious,
Slow to anger, and abounding in mercy.

YOU ARE NOT INCOMPLETE! YOU ARE COMPLETE & ENOUGH.

Colossians 2:9 – 10 (NASB)

⁹ For in Him all the fullness of Deity dwells in bodily form, ¹⁰ and in Him you have been made complete, and He is the head over every ruler and authority;

Ephesians 3:20 (NKJV)

²⁰ Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,

2 Corinthians 12:9 (NKJV)

⁹ And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

J

GET CLOSELY ACQUAINTED WITH JESUS WHILE YOU ARE SINGLE.

John 17:3 (NASB)

³ And this is eternal life, that they may know You, the only true God,
and Jesus Christ whom You have sent.

Ecclesiastes 12:1 (NKJV)

Remember now your Creator in the days of your youth,
Before the difficult days come,
And the years draw near when you say,
“I have no pleasure in them”:

K

KNOW THE **GREEN** FLAGS, **RED**
FLAGS, YOUR **DEAL BREAKERS**, &
WHAT YOU CAN TOLERATE IN
DATING RELATIONSHIPS.

GREEN FLAGS

These are the things that you **want** from relationships. They're **always positive** and are **based on mutual-respect and appreciation.**

Examples:

- Listens to you
- Compromises when necessary
- Gives you space for individual friendships and alone time
- Takes care of themselves
- Accepts your past without judgement
- Respects your individuality and makes you feel safe to express yourself openly
- Admits their mistakes and is able to apologize when wrong
- Stops doing things that make you uncomfortable and honors your boundaries

RED FLAGS

These are warning signs that a person has **unhealthy patterns** or *behaviors*.

Examples:

- Overly controlling behavior
- Lacks trust
- Physically, verbally, emotionally, or mentally abusive
- There is alcohol and substance abuse
- Narcissistic
- Have anger management issues
- Codependent
- Unable to resolve conflicts
- Constantly jealousy
- Gaslights you (minimizes your thoughts, opinions, feelings, or words)



DON'T BE GUIDED BY YOUR LUSTS.

1 John 2:16 (NKJV)

¹⁶ For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.

1 John 4:4 (NKJV)

⁴ You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

M

MANAGE YOUR SEXUAL DESIRES & COMMIT TO PURITY. THE HOLY SPIRIT HAS GIVEN YOU SELF-CONTROL, PATIENCE, PEACE, & WISDOM. GOD WANTS TO PROTECT YOU FROM GUILT, EMOTIONAL & SEXUAL SOUL TIES, SHAME, TORMENT, REGRET, UNPLANNED PREGNANCY, STDS, EMBARRASSMENT, HEARTBREAK, REJECTION, DEPRESSION & ABANDONMENT.

1 Corinthians 6:18 (NKJV)

¹⁶ Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.

FREE – pheugo (verb)

To run away (literally or figuratively); to shun; to vanish; escape; flee (away)

“FLEEING” LOOKS LIKE...

- Changing your thinking and actions; Stopping what you’re doing and doing something different; Being intentional; putting forth effort; planning
- Asking God to help you
- Getting up and going home
- Knowing yourself and what tempts you and avoiding it
- Getting up out of your own bed and getting ready for work instead of laying down and giving in to temptation
- Sleeping in your own bed at your own house by yourself
- Avoiding watching things on television or online that will tempt you

N

**THERE IS NO NEED TO COMPARE
YOUR LIFE, TIMES, & SEASONS TO
ANYONE ELSE.**

2 Corinthians 10:12 (NKJV)

¹² For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.

O

BE OPEN TO GOD'S WILL & SHORTEN THAT LIST.

Desirable Traits of a Christian Mate:

- | | |
|------------------------|-------------------------------|
| • Christian | • Honest |
| • Good tempered | • Kind |
| • Christian character | • Communicator |
| • Obedient to God | • Patient |
| • Respectful of others | • Someone you find attractive |
| • Forgiving | • Responsible |

1 Samuel 16:1 – 23 (NKJV)

¹ Now the LORD said to Samuel, “How long will you mourn for Saul, seeing I have rejected him from reigning over Israel? Fill your horn with oil, and go; I am sending you to Jesse the Bethlehemite. For I have provided Myself a king among his sons.” ² And Samuel said, “How can I go? If Saul hears *it*, he will kill me.” But the LORD said, “Take a heifer with you, and say, ‘I have come to sacrifice to the LORD.’” ³ Then invite Jesse to the sacrifice, and I will show you what you shall do; you shall anoint for Me the one I name to you.” ⁴ So Samuel did what the LORD said, and went to Bethlehem. And the elders of the town trembled at his coming, and said, “Do you come peaceably?” ⁵ And he said, “Peaceably; I have come to sacrifice to the LORD. Sanctify yourselves, and come with me to the sacrifice.” Then he consecrated Jesse and his sons, and invited them to the sacrifice.

1 Samuel 16:1 – 23 (NKJV)

⁶ So it was, when they came, that he looked at Eliab and said, “Surely the LORD’s anointed *is* before Him!” ⁷ But the LORD said to Samuel, “Do not look at his appearance or at his physical stature, because I have refused him. *For the Lord does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.*” ⁸ So Jesse called Abinadab, and made him pass before Samuel. And he said, “Neither has the LORD chosen this one.” ⁹ Then Jesse made Shammah pass by. And he said, “Neither has the LORD chosen this one.” ¹⁰ Thus Jesse made seven of his sons pass before Samuel. And Samuel said to Jesse, “The LORD has not chosen these.” ¹¹ And Samuel said to Jesse, “Are all the young men here?” Then he said, “There remains yet the youngest, and there he is, keeping the sheep.” And Samuel said to Jesse, “Send and bring him. For we will not sit down till he comes here.”

1 Samuel 16:1 – 23 (NKJV)

¹² So he sent and brought him in. Now he *was* ruddy, with bright eyes, and good-looking. And the LORD said, “Arise, anoint him; for this *is* the one!” ¹³ Then Samuel took the horn of oil and anointed him in the midst of his brothers; and the Spirit of the LORD came upon David from that day forward. So Samuel arose and went to Ramah.

¹⁴ But the Spirit of the LORD departed from Saul, and a distressing spirit from the LORD troubled him. ¹⁵ And Saul’s servants said to him, “Surely, a distressing spirit from God is troubling you. ¹⁶ Let our master now command your servants, *who are* before you, to seek out a man *who is* a skillful player on the harp. And it shall be that he will play it with his hand when the distressing spirit from God is upon you, and you shall be well.” ¹⁷ So Saul said to his servants, “Provide me now a man who can play well, and bring *him* to me.”

1 Samuel 16:1 – 23 (NKJV)

¹⁸ Then one of the servants answered and said, “Look, I have seen a son of Jesse the Bethlehemite, who is skillful in playing, a mighty man of valor, a man of war, prudent in speech, and a handsome person; and the LORD is with him.”

¹⁹ Therefore Saul sent messengers to Jesse, and said, “Send me your son David, who is with the sheep.” ²⁰ And Jesse took a donkey loaded with bread, a skin of wine, and a young goat, and sent them by his son David to Saul. ²¹ So David came to Saul and stood before him. And he loved him greatly, and he became his armorbearer. ²² Then Saul sent to Jesse, saying, “Please let David stand before me, for he has found favor in my sight.”

²³ And so it was, whenever the spirit from God was upon Saul, that David would take a harp and play it with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him.

P

DON'T **PLAY YOURSELF. ASK QUESTIONS & ACCEPT THE ANSWERS GIVEN. KNOW WHAT QUESTIONS NOT TO ASK WHEN FIRST MEETING SOMEONE AND ON A FIRST DATE.**

James 1:19 (NKJV)

¹⁹ So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

QUESTIONS TO ASK:

- What are your personal goals?
- Tell me about your childhood?
- What do you enjoy doing in your free time?
- What's something you're proud of?
- Who are the special people in your life?
- What's your primary love language?

QUESTIONS NOT TO ASK:

- What's your credit score?
- How much money do you make?
- What kind of car do you drive?
- Why are you single or divorced? Why did your last relationship end?
- Why aren't you married?
- Why don't you have any children? Why do you have so many children?
- How many partners have you had?
- Have you ever expressed interest in or been involved with someone of the same sex?

THINGS TO DO:

- Let someone know where you are going, with who, and when you return home.
- Take the time to make sure that you are well-groomed. Make a good first impression.
- Brag about your children and family
- Discuss your goals, dreams, and accomplishments
- Ask them about themselves; Don't make the conversation all about you.
- Remember who you are and whose you are. Be a man that a woman wants to submit to and a lady that carries herself respectably.
- Offer up a compliment; Let the person know that you enjoyed yourself.
- Use your manners; Thank them for their time, company, and the invitation.

THINGS NOT TO DO:

- Invite someone to your house that you don't know well --- unless you're taking a friend and it's a group gathering.
- Invite someone out to a place that you cannot afford; Don't expect anything in return for paying for the date.
- Bring another person on a date
- Focus on your phone
- Talk about your ex or the opposite sex in a negative way

Q

**QUIT QUITTING: COMMIT TO
SERVING GOD, SELF-CARE, & GOD'S
PLAN FOR YOUR LIFE.**

R

**REMEMBER THAT SINGLENESS HAS ITS
ADVANTAGES. DON'T MAKE MARRIAGE AN
IDOL & THE ULTIMATE PRIZE IN LIFE.**

1 Corinthians 7:32 – 35 (NKJV)

³² But I want you to be without care. He who is unmarried cares for the things of the Lord—how he may please the Lord. ³³ But he who is married cares about the things of the world—how he may please *his* wife. ³⁴ There is a difference between a wife and a virgin. The unmarried woman cares about the things of the Lord, that she may be holy both in body and in spirit. But she who is married cares about the things of the world—how she may please *her* husband. ³⁵ And this I say for your own profit, not that I may put a leash on you, but for what is proper, and that you may serve the Lord without distraction.

S

**SHOW YOUR TRUE SELF & NOT
YOUR REPRESENTATIVE.**

T

TAKE YOUR TIME. GOD IS NOT IN A HURRY.

Psalms 139:16 (NKJV)

Your eyes saw my substance, being yet unformed. And in Your book, they all were written,
The days fashioned for me, *When as yet there were none of them.*

Ecclesiastes 3:1 (NKJV)

To every thing there is a season, and a time to every purpose under the heaven:

U

**USE YOUR VOICE TO STRENGTHEN YOUR
RELATIONSHIPS. LISTEN.
COMMUNICATE AFFECTIONATELY. BE
HUMBLE, HONEST, ATTENTIVE, &
RECIPROCAL.**

V

VALUE GOD'S GIFTS OF FAMILY & FRIENDSHIPS.

Psalms 68:8 (NKJV)

God sets the solitary in families;

1 Timothy 5:8 (AMP)

⁸ If anyone fails to provide for his own, and especially for those of his own family, he has denied the faith [by disregarding its precepts] and is worse than an unbeliever [who fulfills his obligation in these matters].

Exodus 20:12 (NKJV)

¹² “Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.

Genesis 2:24a (NKJV)

²⁴ Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

W

**DON'T WASTE YOUR LESSONS &
PAIN. LEARN FROM YOUR MISTAKES
& MAKE THE NECESSARY
ADJUSTMENTS.**

X

EXAMINE YOUR PERSONAL MOTIVES & REASONS FOR PURSUING A RELATIONSHIP.

1 Thessalonians 4:3 – 6 (NASB)

³ For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; ⁴ that each of you know how to possess his own vessel in sanctification and honor, ⁵ not in lustful passion, like the Gentiles who do not know God; ⁶ and that no one violate the rights and take advantage of his brother or sister in the matter, because the Lord is the avenger in all these things, just as we also told you previously and solemnly warned you.

Y

YOU MUST MAKE YOUR RELATIONSHIP WITH GOD THE FIRST-PRIORITY IN YOUR LIFE.

Matthew 6:33 (AMP)

³³ But first *and* most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.

Matthew 22:37 (NKJV)

³⁷ Jesus said to him, “You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’

Z

**SINGLES, IT'S NEVER TOO LATE TO
BECOME ZEALOUS FOR GOD &
LIVING GOD'S WAY.**

Zealous – To desire earnestly, to strive after, busy one's self with; to exert one's self for one that he may not be torn from

Titus 2:11 – 14 (NKJV)

¹¹ For the grace of God that brings salvation has appeared to all men, ¹² teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, ¹³ looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, ¹⁴ who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself *His* own special people, zealous for good works.