

# BIBLICAL SUPPORT FOR DATING AN OVERTHINKER

By: Minister Micah

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I will be honest: when approached incorrectly, dating an overthinker can be one of the most exhausting things that a person can experience in a relationship. For the person who is not an overthinker, it can feel like a hole with a ladder, but the partner keeps pulling the ladder away and thinking past the way out the hole. It can be a slow and grueling process. I thank God for having received a script from the Holy Spirit to address this journey and how to respond to it in a biblical fashion. Let us jump into it.

**Encourage your partner to journal.** The Bible expresses in several places – Habakkuk, Isaiah, and Revelation – where God Himself advised His prophets to write things down. Not only does this create a space for us to communicate with God, it gets our thoughts and visions out and down on paper so we can think more clearly. I know a man who encouraged his overthinking girlfriend to start journaling. A week later, her journal was already filled with six pages front and back. He laughed as he admitted that he started to feel lonely because journaling dumped her mind free of everything, causing her to talk less. He said she slept more peacefully and had a chance to sort things out before pouring all her impeding thoughts on him. He did not know whether she would run out of ink first or journal paper, but his relationship became a lot healthier. Journaling – as well as exercise – are great outlets for overthinkers and will serve you well.

**Be short (Matthew 5:37).** Be short, clear, and to the point. Overthinkers' brains can sometimes be like the old-school tan aluminum filing cabinets we used to see in the libraries and schools. They were usually full, sectioned off with folders, still with room to spare. But each folder can easily get overwhelming as you add to it because you remember just how much is still there when you open the cabinet. The more you explain, the more you overwhelm the overthinker. Does this mean you cannot talk? Of course not. It just means you are considering how much you want to pour into what is already full. Pouring into a full glass will make a mess. You can save your partner a lot of time, energy, frustration, and stress by being short. Save everything else for when they ask questions. The questions will come. They just need time to sort everything out in their heads (and discard things if necessary).

**Resist the urge of telling them they are overthinking (Matthew 7:1).** I pride myself in saying, "I have never met an overthinker who was not intelligent." In my experience, overthinkers are extremely smart (which is part of why they overthink). They are aware that they overthink. You reminding them only makes them feel badly about what they are experiencing. It also neglects the fact that there may come a time when *you* are overthinking something. The last thing you want is for your partner to condemn you.

**Be patient (Romans 12:12).** When I say, "Patience," I am speaking literally of "waiting." Waiting is an art – a martial art, and it is time to earn your blackbelt if you want to win at this. Talk to your partner about busying yourself in a healthy way. Whether through a hobby, bible study, going out with trustworthy and reliable friends, busying yourself is a good way to pass the time. Overthinkers are aware that overthinking can consume time, so they are usually okay with you keeping busy while being patient. If you are a man,

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this could be a great time to get in some extra hours at work, as long as you speak to your partner about it to make sure it does not become an escape route.

**Be the demonstration of what you want to see (1 Corinthians 2:4).** In spiritually bound relationships, partners usually begin to copy each other in their activities. The Bible says that the husband receives salvation through the believing wife, and the wife receives salvation through the believing husband. Part of that salvation is being a demonstration of what God can do for us and through us. If you want your partner to pray more and worry less, show him/her how that looks and the fruit of it. If you want him/her to journal more, let them see you doing it.

With God's Help and His Word, we can successfully journey through the roads of dating an overthinker. I pray patience, peace, and resolution over your relationship and that you both may grow through your discussions and reasoning. I pray that God will be in the middle of every mental process that your partner experiences and bring closure to every issue. I pray the uprooting of every seed of confusion that may be sprouting throughout both your partner's life and your relationship. I pray and command the exit of every demonic influence, thought, and imagination that resides in your partner's mind and that you both will enjoy a fresh start on your journey to agreement and resolution. Grace and peace to the both of you. Amen.