

Discussion Topics:

Stream 1: THOUGHT

Renew your mind — shape your beliefs.

1. Will you give in or stand up? (1 Corinthians 7:35)
2. Who made you, for what purpose? (Genesis 1:31)
3. Rethinking Attractiveness (1 Samuel 16:7)
4. God's Purpose in Loneliness (Psalm 68:6)
5. Identity Before Intimacy (Ephesians 1:3–6)
6. The False Promise of “The One”
7. Breaking Agreement with Shame
8. The Truth About Timing and Trust
9. When Desire Feels Delayed
10. Reimagining Readiness

Stream 2: EMOTION

Let God transform your heart — heal + align your desires.

11. Grieving What Didn't Happen
12. Emotional Boundaries with Hope
13. Fear of Rejection
14. The Crisis of Comparison
15. Temptation and Emotional Health
16. Dealing with Sexual Desire
17. Healing Attachment Wounds
18. Letting God Hold the Unmet Desire
19. Moving Beyond Fantasy

20. Contentment and Emotional Resilience

Stream 3: BEHAVIOR

Becoming ready — build rhythms of obedience and wholeness.

21. Becoming a Person Worth Marrying

22. Healthy Habits for Single Living

23. Stewarding Time and Purpose

24. Pursuing Purity in Practice

25. Stewarding Friendship and Family

26. Fight vs. Flight: Handling Conflict Well

27. Serving with Your Gifts

28. Stewarding Finances and Future

29. Building a Christ-Centered Dating Life

30. Practicing Rest and Rhythm

Stream 4: WITNESS

Let your life tell God's story — make singleness a testimony.

31. When Singleness Becomes Service

32. Spiritual Family as a Gift

33. Living "Set Apart," Not Alone

34. Hospitality as Evangelism

35. Healing as a Witness

36. Using Your Gifts in Mission

37. Faithful Waiting as a Testimony

38. Serving the Body with Joy

39. Sharing Your Story

40. Revealing Christ Through Your Community