



# 30 Day Prayer Challenge (for singles)

eighteenthirty

# So, you're single.

This season can sometimes feel like a curse, but the truth is—it's actually a blessing. Over the next 30 days, you'll be praying over specific topics that relate to your singleness. I want to encourage you, don't walk through this prayer challenge alone. Find someone else to pray through this with you for accountability, but also because you'll have the opportunity to grow together and talk about what God is teaching you through this prayer challenge. Each day you'll receive a theme and a scripture. The rest is up to you! Talk to God about this topic and about the scripture that you've read. A great tool to use during the next 30 days is a journal. If you decide to write down your thoughts and prayers, you can look back through your prayers at the end of the 30 days to see how God has grown you and what you've learned!

If you haven't yet, text "single" to +18333559864 for special updates and encouragement.



# Week 1: Identity & Healing

## Day 1 – Contentment in Christ

Philippians 4:11-13 — Learning contentment in every season through Christ.

“

God, give me contentment today. Help me to be grateful in the situation and the circumstances that you have placed me in right now. I want to make the most of this season. Thank you for the opportunities I have in my life through singleness. Help me to steward it well. Amen.

## Day 2 – Identity

Ephesians 1:4-5 — Chosen, loved, and adopted by God.

“

God, help me to remember that my relationship status does not define me, but instead, You do. As my maker, You are the only one able to tell me who I am. I am so grateful for that. Thank you that I am chosen and loved by You. Thank You that I get to be a part of your family. Amen.

## Day 3 – Healing From My Past

Psalms 147:3 — God heals the brokenhearted and binds wounds.

“

God, help me to remember that my relationship status does not define me, but instead, You do. As my maker, You are the only one able to tell me who I am. I am so grateful for that. Thank you that I am chosen and loved by You. Thank You that I get to be a part of your family. Amen.

## Day 4 – Letting Go of Comparison

Galatians 6:4-5 — Focus on your own walk, not comparison.

“

God, help me to remember that I don't need to compare myself to anyone else. Help me to not compare my relationship status or my relationship to anyone else's. Help me to be content and grateful for where you have placed me right now. I trust you with my life. Amen.

## Day 5 – Emotional Health & Wholeness

Proverbs 4:23 — Guard your heart above all else.

“

God, I pray that you would help me to protect my heart. Help me not to fall victim to fantasizing or to what I see on social media. I pray that you would guide what I take in every day—the things I hear, watch, and even the conversations I have. I know that my heart is a precious gift from you. Help me to steward it well. Amen.

Prayer

## Day 6 – Patience in the Waiting

Isaiah 40:31 — Strength for those who wait on the Lord.

“

God, I pray that you would fill me with your patience today. Give me strength to wait on you. And, help me to make the most of the time you have given me right now. Help me to make the most of every opportunity you've given me right now. Thank you for this moment that I'm in. Amen.

Prayer

## Day 7 – Trusting God with Your Timeline

Ecclesiastes 3:11 — God makes everything beautiful in its time.

“

God, you're in charge of my time and my story. Thank you that your timing is perfect. Help me to remember this and to wait on you WELL. Help me not to rush ahead of you, and help me to not fall behind. I trust you today. Amen.

Prayer



"He has made everything  
beautiful in its time. He has also  
set eternity in the human heart;  
yet no one can fathom what God  
has done from beginning to end."  
Ecclesiastes 3:11

# Week 2: Discernment — Wisdom & Clarity

## Day 8 – Discernment in Dating Decisions

James 1:5 — God gives wisdom generously when we ask.

“

God, I pray that you would give me wisdom today in the decisions surrounding my dating life. Help me to not miss opportunities you put in my path, and also help me to say no to the things that aren't from you. Surround me with wise community that will help me to see things clearly as well. Guide my steps today. Amen.

## Day 9 – Recognizing Red Flags & Green Flags

Matthew 7:16–20 — You will recognize them by their fruit.

“

God, help me to recognize and be discerning about the fruit coming from potential dates. Help me to not be distracted by chemistry and help me to not compromise. Instead, help me to be wise about who I am investing in. Guard me from getting unnecessarily hurt by people with bad character, and guide me toward people who seek to honor you. Amen.

## Day 10 – God-Honoring Desires

Psalms 37:4 — Delighting in the Lord shapes our desires.

“

God, today, help my delight to be in you. Help me to be grateful for your presence in my life. I know that when my delight is in you, my desires will be for things that are FROM you. Help me to desire you more than any person or anything that might pull me away from you. Amen.

## Day 11 – Courage to Obey God

Joshua 1:9 — Be strong and courageous; God is with you.

“

God, fill me with courage today. Give me the courage to say yes to what is good for me and no to things that will hurt me. Sometimes it can be hard to do that, so I need your help. Open my eyes clearly to those things and then give me the strength to stand firm in what you have revealed to me. I trust you. Amen.

## Day 12 – Hearing God’s Voice Clearly

John 10:27 — Jesus’ sheep know His voice.

“

God, help me to hear your voice above every other voice today, even my own. Sometimes it can be hard for me to discern what is from you and what isn’t, but I know that the more I spend time with you, the easier it will be to know the difference. Help me to prioritize spending time with you. Amen.

Prayer

## Day 13 – Freedom from Fear of Missing Out (FOMO)

Proverbs 3:5–6 — Trust the Lord instead of leaning on yourself.

“

God, I trust you today, but help me to continue to trust you more and more. Sometimes I’m afraid that I’ll miss out on things. That’s hard for me. Sometimes it even causes me to get into trouble. Help me to trust you more than I trust my own feelings. I know your ways are better. Amen.

Prayer

## Day 14 – Surrendering Control

Luke 9:23 — Daily surrender and following Jesus.

“

God, you have called me to surrender everything to you—my heart, my life, all of my desires. I want to follow you, so help me to continue surrendering to you every day. Help me to surrender my relationships to you and not put anything before you. I trust you with all of this. Amen.

Prayer



"Do not arouse or  
awaken love  
until it so  
desires."  
Song of Songs 2:7

# Week 3: Dating with Purpose — Character & Boundaries

## Day 15 – Becoming the Person You’re Praying For

Romans 12:1–2 — Be transformed by the renewing of your mind.

“

God, I know the key to having a healthy relationship is to start by being a healthy person myself. I pray that you would be renewing my mind. Help me to look, think, and act more like you. I pray that that would be true of the person I'll marry someday too. Help us to both have a renewed heart and mind. Amen.

Prayer

## Day 16 – Healthy Boundaries

Proverbs 25:28 — A life without self-control is vulnerable.

“

God, help me to have healthy boundaries in my relationships. I know that boundaries start with me and not anyone else. I get to choose them, and I am the only one who can keep them. Fill me with self-control and help me not to cross any lines that shouldn't be crossed. I want to honor you with my body, emotions, and time. Help me to do that well and show me what types of boundaries you would have for me. Amen.

Prayer

## Day 17 – Sexual Integrity

1 Thessalonians 4:3–5 — God's will is sanctification and purity.

“

God, I want to honor you with my body. I know that my sexuality is a precious gift from you. You have made it, and it is a good thing. Help me to steward it in a way that honors you. Help me to not look like the culture, but to have God-honoring, healthy sexual practices. Help me to get help when I need it, and help me to encourage others to honor you with their body and mind as well. Amen.

## Day 18 – Clear Communication

Ephesians 4:25 — Speak truthfully with one another.

“

God, help me not to mince my words when it comes to my boundaries, thoughts, or desires. Help me to speak honestly with the person I'm dating or will date in the future. Communication is so important, and I want to do it well so I can have healthy relationships in my life. Help me to have the courage and ability to communicate clearly. Amen.

## Day 19 – Freedom from People-Pleasing

Galatians 1:10 — Seeking God's approval over people's.

“

God, help me to not try to people-please, but instead to please you. I know that the person that is for me will be more excited about me honoring you than anything else, so help me to hold firm in my convictions. Your plans and your will for me is better than anything else. Please help me in this. Amen.

## Day 20 – Guarding Your Heart

Song of Songs 2:7 — Do not awaken love before its time.

“

God, help me to not move faster than your will and design for me. Help me not to move too fast emotionally, spiritually, or physically in my relationship. Guard me from fantasizing and creating false futures or characteristics of the person I'm talking to. Help me to be honest about who they are and where we are at in our relationship. Help me to not take steps beyond what honors you physically in my relationship. Heal me from the moments that I've done this before and give me a fresh start today. Amen.

## Day 21 – Dating Without Anxiety

Philippians 4:6–7 — God's peace guards hearts and minds.

“

God, I pray that you would guard my heart and mind with your peace today. Help me not to overthink my relationship, but to look at it clearly and with wisdom. Help me to trust you with my relationship and relationship status. I know that you have good plans for me and that you are working for my good. Amen.



"But seek first his kingdom  
and his righteousness, and  
all these things will be  
given to you as well."  
Matthew 6:33

# Week 4: Hope — Faith, Community & the Future

## Day 22 – Trusting God with the Unknown

Jeremiah 29:11 — God's plans are for hope and a future.

“

God, I don't know what the future will bring, but I know that you have good plans for me. You will bring the right person into my life at the right time and will guide me in that relationship as well. My hope is in you and not in another person. Thank you for always being there for me. Amen.

## Day 23 – Faith Over Fear

2 Timothy 1:7 — God gives power, love, and self-discipline—not fear.

“

God, because your spirit lives in me, I have power to overcome and move through difficult seasons of my life. I am filled with your love and can share that with others. And, you have given me self-control too. I know that any fear or worry that I may have is not from you. Help me to speak truth to lies, and to remind myself of the power that you have given me. Amen.

## Day 24 – Healthy Community While Single

Hebrews 10:24–25 — Encourage one another in community.

“

God, I can't go it alone. Help me to be surrounded by a healthy community who will encourage me in my singleness and in other areas of my life as well. Thank you for the gift of community and that I'm not alone. Show me who I need to be connecting with. Put the right people in my path. Amen.

## Day 25 – Praying for a Future Spouse

Proverbs 18:22 — Marriage as a gift from the Lord.

“

God, marriage is your plan. Help me to see it as a good thing, no matter how I've experienced it in my house, in my past, or on the internet. Help my spouse to be someone that loves you and wants to honor you with their whole life. Give me eyes to see that person and put them in my path in your timing. Amen.

## Day 26 – Freedom from Bitterness

Ephesians 4:31–32 — Forgive as Christ forgave you.

“

God, help me to forgive past relationships, those I’m currently dating, and even myself. Forgiveness isn’t easy, and sometimes it’s a process. That’s why I need you. Thank you for the ways you’ve forgiven me. Help me to forgive like you have forgiven me. Amen.

## Day 27 – Joy in the Present Season

Psalms 16:11 — Fullness of joy in God’s presence.

“

God, help me to have joy right here and right now. Help me to be grateful for where you’ve placed me. Help me to experience your joy in new ways today. Fill me with your spirit. Amen.

## Day 28 – Hope That Doesn’t Disappoint

Romans 5:3–5 — Hope rooted in God’s love does not disappoint.

“

God, thank you that even hard things can lead me to hope. Thank you that the hope that I have in you will never disappoint me. Thank you that you’ll never let me down. Help me to place my hope in you and not in a relationship status or any other person. Amen.

## Day 29 – Alignment with God’s Will

Matthew 6:33 — Seek first the kingdom of God.

“

God, help me to seek you first. I know that when I put you first and pursue your kingdom, I will find fulfillment and happiness. Help me to seek you and help my future spouse to seek you as well. I know that when we do this, we’ll have a happy relationship. Thank you for allowing me to be a part of your kingdom and family. Amen.

## Day 30 – Complete Surrender of Your Love Story

Proverbs 16:9 — We plan our way, but the Lord directs our steps.

“

God, thank you that no matter what, you have a plan for me. Thank you that you are guiding my steps and that I don’t have to wear all the pressure of my plans, but instead, I can trust yours. You have a good plan for my relationships and my future marriage. I surrender all of this to you. Amen.

Congratulations on completing  
this prayer challenge!

Remember that reliance on God  
is daily practice, whatever your  
relationship status is. We pray  
that you would continue to  
spend time with Him, growing in  
your relationship with Him and  
others, as you seek to honor  
Him daily.

If you journaled over the past  
30 days, take some time to look  
back and see how God has  
grown you over the past month.

And, be sure to share your  
accomplishment and whatever  
you have learned with a friend!

God has a very good plan for  
you and your relationships.

"The Lord God said, "It is not  
good for the man to be alone."  
Genesis 2:18

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