

7 Biblical Truths for Thriving While Single

(Without Losing Hope for Marriage)



A Christ-centered guide for Christian singles learning contentment, purity, and joy while waiting.

You are not behind. You are not forgotten. And your single season is not a spiritual waiting room.

Singleness in the Christian journey is often portrayed as a 'spiritual waiting room,' a time to simply endure until marriage arrives. But what if it's not a pause, but a purpose? What if God is actively shaping and equipping you right now, in this season? This guide is for the Christian single who desires more than just survival. It's for those who long for contentment, purity, and joy, even while holding onto hope for marriage. Let's dismantle the lie that life only begins when you say 'I do.'

These truths are designed to challenge your perspective and empower you to thrive, not just survive, your single season.



"God is not withholding life from you until marriage. He is forming Christ in you now."

TRUTH #1: SINGLENESSE IS NOT A PUNISHMENT

Refute the idea that
marriage = spiritual reward



Oftentimes, singleness carries a stigma. As though it's a consequence for something lacking in our lives or God's disapproval of us somehow. But scripture paints a different picture.



1 Corinthians 7:32–35 highlights the unique opportunities singleness provides for undivided devotion to God. This isn't about being better than married people, but recognizing the time you have available to you to focus on God.

Psalms 84:11 lets us know that God withholds no good thing from those who walk uprightly. If marriage is 'good' for you in God's timing, He will provide it. Your present singleness is not a sign of His disapproval.

Instead, view your single season as an invitation to serve God wholeheartedly, without the divided time and loyalty that marriage will bring.

TRUTH #2: CONTENTMENT IS LEARNED, NOT CIRCUMSTANTIAL

Contentment does not mean you give up your desire for marriage

We often believe that marriage will magically solve our discontentment, filling the void we feel. But true contentment comes from within, from a heart anchored in Christ, no matter the circumstances.

Philippians 4:11-13 teaches us that contentment is a learned skill. Paul states he has learned to be content in every situation. This means it can be learned! And you can learn to be content while you're still single.

Reflection Question: *Where have I believed marriage will give me peace that only God can? How can I actively cultivate contentment in my life today?*



TRUTH #3: LONELINESS IS A SIGNAL, NOT A SIN

Loneliness is a universal human experience. As singles, we can be tempted to think it's a sign of failure or something we should be ashamed of. But loneliness is simply a signal pointing us toward deeper needs.



Psalm 68:6 reminds us that 'God sets the lonely in families.' This promise isn't just about biological families but also the family of God, the church. Find your community, serve alongside others, and build meaningful connections.

John 15:15 shows that Jesus calls us friends, not servants. If Jesus needed companionship and connection on earth, it shows that loneliness is not something shameful, and being open to human interaction is normal and healthy.



TRUTH #4: PURITY IS ABOUT INTIMACY, NOT RULES

Purity isn't a list of rules to follow until marriage. It's about protecting the sacredness of intimacy and honoring God with our bodies.

1 Thessalonians 4:3–5 calls us to abstain from sexual immorality, understanding that our bodies are temples of the Holy Spirit. Purity is not merely about physical acts, but about cultivating a heart that desires to please God above all else.

It's about seeking a deeper, more intimate relationship with God, finding fulfillment in Him rather than fleeting pleasures. This perspective shifts our focus from restrictive rules to a passionate pursuit of holiness.

"Purity flows from love, not fear."

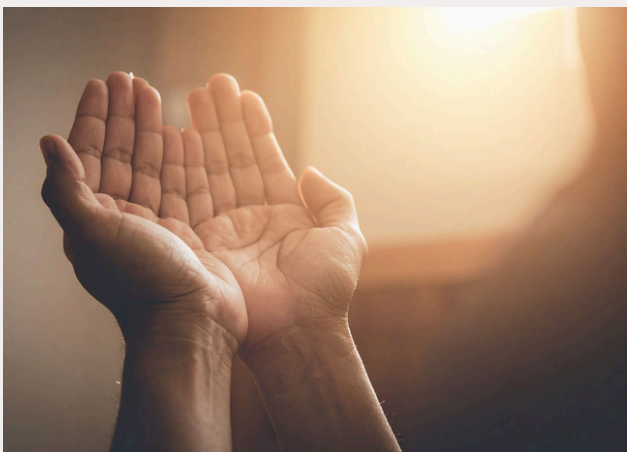


TRUTH #5: YOUR IDENTITY IS ALREADY COMPLETE IN CHRIST

Singleness can often feel like a deficiency, as if we're incomplete without a partner.

Colossians 2:10 declares that you are already complete in Christ. Your worth, your value, your identity are secure in Him, regardless of your marital status.

This truth frees us from the pressure to find our identity in relationships. We can embrace our singleness as a unique opportunity to explore our gifts, pursue our passions, and serve God wholeheartedly, knowing that our identity is secure.



TRUTH #6: GOD USES WAITING TO PREPARE YOU, NOT DELAY YOU

Waiting is rarely easy. It can feel like God is withholding something good from us, delaying our happiness. But Scripture reveals that God uses waiting to prepare us for what's ahead.

Romans 8:25 speaks of patiently waiting for what we do not yet have. This waiting is not passive, but active, a time of growth, refinement, and deepening our trust in God's perfect timing.

Isaiah 40:31 promises that those who wait on the Lord will renew their strength. This strength isn't just physical but also emotional and spiritual, equipping us to face whatever lies ahead, whether it's marriage or continued singleness.



Hebrews 6:10-12 - "through faith and patience we inherit the promises."



TRUTH #7: THRIVING IS POSSIBLE NOW

You don't have to put your life on hold until marriage.
Thriving is possible now, in your current season.

John 10:10 declares that Jesus came to give us life, and life more abundantly! That means over and above; beyond measure. This abundant life isn't contingent on marriage; it's available to you today.



Embrace your singleness as an opportunity to pursue your passions, deepen your relationship with God, and make a difference in the world. Invest in your friendships, serve your community, and live each day with purpose and joy.

You are not behind.
You are not forgotten.
And your singleness is not a mistake.
God is doing meaningful work in you—
right now.

"You were never meant to walk this season alone."



READY TO THRIVE?



Hello there!

I'm Monique De Leon, an Author, Speaker and Mentor. I help Christian singles experience contentment in Christ, walk in sexual purity, grow spiritually, and overcome loneliness while waiting for marriage.

If this stirred something deeper in you, I created an 8-week discipleship journey for Christian singles who want more than survival—they want transformation.

For those who want to grow in:

- Contentment in Christ
- Spiritual maturity
- Sexual purity
- Healing from loneliness
- Thriving faithfully while waiting for marriage

Thriving in Singlehood is an 8-week LIVE, interactive mentorship and discipleship program for Christian single men and women. Give me 8 weeks to help you navigate singleness, build faith, make better choices and gain confidence in Christ. Program includes live weekly teaching sessions, a physical book and workbook that will be mailed to you, weekly Bible studies and more.

Here is a \$50 discount when you enter the word: **THRIVING** at checkout.

Find me at:

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