



Make the Most of Your Single Life

5-DAY CHALLENGE

PRAYER JOURNAL WORKBOOK

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Challenge Day 1: You can trust God with the timing of your love story

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

- Romans 8:28

1. I don't know about you, but sometimes I find myself really wanting something, deeply longing for something, yet I forget to pray about it. Or maybe I do pray about it, but not nearly as much as I worry about it. (Do you do this too? Is it just me?) Take a few minutes to intentionally pray about your love life both today and in the future. Tell God about the longings in your heart and ask Him for the help, the guidance, and the provision that you need.

2. Now take a few minutes to pray for help as you wait on God's perfect timing. All too often, we try to muster up faith and patience and trust all on our own — but our good God is here to help us with everything, even things like trusting Him! So take a few minutes to ask God for help as you work to trust Him with this area of your life.

3. In our live video I told you that if I could go back and give myself a piece of advice in pretty much every tricky season of life, I would tell myself to take a deep breath, to relax, to really make the most of this season, and I would remind myself that I can trust God with both my present and my future. Those are the things I always needed to hear, and the truths I can see now that I have a bit of hindsight on those situations.

Now, I want you to imagine that it's 10 years from now. You've been married to someone **AMAZING** for the last 7 years, you have two beautiful kids, and while your life doesn't look exactly like you'd pictured, it's even better. Do you have that picture in your mind's eye? Now, from that place, write your current self a note with some advice and encouragement. 10 years from now, what will you wish you had done in this current season of your life? Take a few minutes to give your current self the advice you think your older self would want you to have.

Challenge day 2: You are so worthy of love!

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

- Psalm 139:14

Hanna’s Bagel Theory:

We talked about this in today’s Facebook Live video, but I wanted to make sure you had a copy that you could go back and reference!

“When I was in high school, a musical theater director of mine introduced me to his personal theory I like to call The Bagel Theory. Hear me out...

All of us musical theater kids, we were all bagels. My friend Chloe was a chocolate chip bagel; My friend Anna was a sesame bagel; I was a blueberry bagel. You get the idea. We were all great bagels, but we were each a different kind of bagel.

When auditioning for a certain role, Chloe, Anna, and I could all be up for the same part. We would all be uniquely great for the role, but at the end of the day, the casting director was looking for a certain type of bagel. Chloe may get the gig because they were looking for a chocolate chip bagel. It didn’t mean that Anna or I weren’t amazing bagels. We just weren’t the bagels they were looking for.

Suddenly, getting rejected for a part wasn’t a judgement of our talent or abilities, it was just a reflection of someone else’s preferences.”

- Hanna Seymour, author of *The College Girl’s Survival Guide* (@HannaESeymour on Instagram!)

1. Now that you've heard Hanna's Bagel Theory, take a few minutes to write about a time when you met a guy who was truly wonderful, but who just wasn't your type of bagel. Maybe he is someone who pursued you but no matter how much you tried, you just couldn't reciprocate his feelings. Or maybe it's a guy that you and a friend met together and while she was smitten, he just wasn't your type.

2. I love this theory and want to spend a few minutes applying it to situations in our own lives, because it gives us an important perspective that we can hold onto when we're on the other side of this equation. Just because you aren't this one guy's type of bagel does **NOT** mean you're a bad bagel. You are a wonderful person, a total catch, you have so much to offer a relationship. And the right type of person will see you as the right type of person. If someone isn't interested, it truly does not mean anything about your worthiness or attractiveness or lovability. We are all different, and unique, and we all bring such different things to the table, and that's a beautiful thing because we are all looking for such unique, special, and different things! Take a few minutes to reflect on this in the space below.

3. Imagine you were reading through Hanna's Bagel Theory with a girlfriend, and she immediately turned to you and said, "But what if I'm not somebody's type of bagel?" Write out what you would say to encourage her and remind her of truth!

It's often so much easier for us to see the truth about someone else than it is for us to see the truth about ourselves. The words of encouragement you just wrote for your friend, those are for you, my friend. You are beautiful and kind and funny and warm. You're smart, and talented, and have things to offer the world that are only yours to give. You are special, you matter, you are lovable. And if you don't want to take my word for it, we can call in the big guns and see what God has to say about you.

Here are just a few of the things God says to be true about you. (My favorite thing to do is to write these truths on sticky notes and to put them up on my bathroom mirror so I see them every single day! I find that the more I see God's truth about me, the easier it is for me to believe.)

God's truth about me:

God loves me and has chosen me. 1 Thessalonians 1:4

I have nothing to worry about, God is taking care of me. Matthew 6:25-34

I was created by God to do good, beautiful things. Ephesians 2:10

I am FREE! Galatians 5:1

I am a child of God. John 1:12

I am fearfully and wonderfully made. Psalm 139:14

I am chosen by God. 1 Peter 2:9

God delights in me. Zephaniah 3:17

God has not given me a spirit of fear, but of power, love, and a sound mind. 2 Timothy 1:7

In all things, God is working for my good. Romans 8:28

His banner over me is love. Song of Songs 1:4

I'm beautiful. There is no flaw in me. Song of Songs 4:7

4. Those are just some of the things God says to be true about you, but do you ever find that they can be so hard to believe? Take a few minutes to pray over these things, and ask God to help you believe them about yourself.

Challenge Day 3: You are more than your relationship status

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

- Ephesians 2:10

1. Has someone ever said the totally **WRONG** thing to you about your single or dating life? Maybe it’s one person in particular (a well-meaning friend or Aunt Susan at Thanksgiving), or maybe it’s a whole group of people (like your church or people on social media) or it might just be society as a whole. It’s so easy (and makes total sense!) to be angry about the discouraging, judgmental, and isolating messages we can receive as single women sometimes. But today I want you to take a few minutes to pray for the people who have hurt you in this way.

This might immediately make your stomach churn, but hear me out. When we’re praying for someone, it’s so much easier for us to see their humanity, to remember that we, as people, aren’t perfect and that most of the time we’re just doing the best we can. Not only that, but if the person in your life hurt you intentionally, or made you feel small or less-than on purpose, it’s often because they feel small, or less-than in their own life. The people who hurt us intentionally are usually hurting pretty badly themselves.

And so take a few minutes to pray for these individuals or for these groups or for our society as a whole. Pray that they’d have compassion,

insight, and a change of heart, or that they would start to be more aware, sensitive, and intentional with their words. But also pray for the pain that might be in their own lives, for the needs they may have, for the areas where they might be hurting.

When we do this, we really will start to see that we're all people, we all hurt sometimes, we all have areas of our lives that don't look like we want them to. And when we can see this in these other people (even in the people who have hurt us), it not only softens our hearts towards them, but it also helps us hear their words towards us with a different perspective.

2. Write a pep talk to a single friend reminding her that she's so much more than her relationship status. Remind her about the wonderful things that are true about her and her life whether she's in a relationship or not.

Again — it's often so much easier for us to see things in our friends than it is to see them in ourselves. Those words are for you too, friend.

3. Like I mentioned in our Facebook Live today, when it came to my time of being single, dating, getting engaged, getting married, and then now the fact that my husband and I have been married for a few years and don't have kids yet, I have heard thousands of opinions — things people have to say about what I'm doing or not doing, unsolicited advice, or even criticisms about the way I'm handling things.

No matter our season of life, there is someone who's going to want to weigh in about it. So today I want you to take a few minutes to make a list of the most important, most cherished, most trustworthy voices in your life. Make a list of the people who have earned the right to tell you what they think, the people who you trust to really love you and to give you good, honest advice.

The reason I want you to make this list today is because the next time someone gives an opinion who isn't on this list, it's going to be so much easier for you to thank them for their thoughts and then let them roll right off of you.

Of course, it's always hard and painful when someone says something insensitive to us. But having this list in your back pocket will help you recover more quickly. You'll be able to remind yourself, "There are people in my life that I trust to tell me the truth, to give me advice, and to weigh in on this subject. This person is not one of them, and I do not have to take their words to heart."

(This has helped me so much in my own life! I hope it's helpful for you too!)

Day 4: You will survive this heartbreak and joy beyond your wildest dreams will be waiting for you on the other side.

“Come to me, all you who are weary and burdened, and I will give you rest.”

- Matthew 11:28

1. Tell God about something that's hurting you, making you sad, or even breaking your heart these days. (I know this isn't easy, but I challenge you to be totally honest when you're talking to Him. Tell Him the whole truth about how you really feel about this. He can take it. :-))

2. Now, take a few minutes to invite God into this place where you're hurting. Ask for His comfort, His peace, and for Him to give you hope. Then, ask Him to repair and redeem this thing that was broken.

3. Last (but certainly not least), take a few minutes to ask God to use this hurt in your life for good. When our hearts are broken open like this, when our plans come to a halt (or crumble completely), it's in those moments that we can see God move the most. Ask God to use this broken situation, this broken piece of your heart, as a catalyst for something new and good and beautiful in your life.

Extra resources:

Love, if you do have a broken heart right now, there are two more resources I would love to share with you:

The Lipstick Gospel:

The Lipstick Gospel is the story of the worst breakup I've ever been through, and how God put my heart back together from it. It's a travel memoir, a story of transformation and hope, and if you're going through a breakup right now, or if you could use some encouragement in your faith, or if you want to get closer to God but don't know how, or if you are struggling saying yes to the plans God has for your life, or... gosh, a million other things... I would just love to share this book with you! Go to StephanieMayWilson.com/LipstickGospelDownload to download a copy of the book for free!

Podcast episode: How to survive a break up (and thrive!)

This is one of my favorite episodes of my podcast, Girls Night with Stephanie May Wilson. In this episode, my very best friend Michelle and I are sharing some of the biggest lessons we've learned about surviving the hurts and heartbreaks in our lives, and even thriving because of them. If you're grieving the loss of a relationship (or really, the loss of anything!) right now, I would love to share this episode with you! Just go to my Instagram (@SMayWilson) and click the link in my profile to find my podcast. You're looking for Episode #7.

Challenge Day 5: You make beautiful things out of dust.

“I have swept away your offenses like a cloud, your sins like the morning mist.
Return to me, for I have redeemed you.”

- Isaiah 44:22

1. As you think back on your love life, or on your life in general so far, are there any mistakes you feel like you've made? Things that are broken and you feel like it was you that broke them? Take a few minutes to tell God about those things, and then to ask for His forgiveness, as well as His help as you try to do things differently next time.

2. Is there anything you would like God to repair or redeem in your life or in your love life? Or is there any part of your life that just feels a bit, well, lifeless? Tell God about those things and then ask for Him to breathe new life into them.

3. As you think back on this week, what is something that really stands out to you, something that you really needed to hear, something that you want to make sure you remember? When we hear something and then take the time to reflect on it, that thing embeds itself more deeply in our hearts and our minds, helping it become something we actually remember and can apply. So with that in mind, take a few minutes to journal about the things that really stood out to you this week.

A note from Stephanie:

Hey sweet friend!

Thank you so much for joining me for this 5-day “Make The Most of Your Single Life” Challenge! These words and lessons and pep talks were so important and so helpful for me when I was single and dating and I’m so honored to have gotten to pass them along!

As you’re processing through these things this weekend, I’m praying that God does a big work in your heart — bringing you peace, reassurance, comfort, and hope like you’ve never felt before. (I know He can do it!)

Now, the 5-day Challenge may be finished, but there are some next steps I cannot wait to share with you! Keep an eye on your inbox, I’ll tell you all about it first thing Monday morning!

Talk to you then!

All my love,

Stephanie