



*a 21 day post-breakup journal  
so you can bounce back  
without rebounding*

# MAKING A CLEAN BREAK

*Bonnie Pue*

*Resource developed by The Union Movement*

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*Making a Clean Break is a tool to help individuals process through the complicated emotions and thoughts that come when dating relationships end.*

*This journal cannot replace the value added from family and authentic community. Counselling may also be necessary in some circumstances and we encourage you to consider that as well.*

*If you have any questions along the way, please reach us at [info@theunionmovement.com](mailto:info@theunionmovement.com).*

# MAKING A CLEAN BREAK

*a post break-up journal from The Union Movement*

*Making a Clean Break*

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*Looking Back*



## DAY 1

### WHEN IT DOESN'T GO THE WAY YOU HOPED IT WOULD

In the Bible, the book of Proverbs explains, *"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."*

When a dating relationship doesn't go as you hoped, it can leave you feeling heartsick. Suddenly it may feel like everyone around you is dating or getting engaged, and you are left behind in the dust.

You may find yourself flooded with overwhelming "what if's".  
*"What if....I am single forever?"*  
*"What if....I could have done things differently?"*  
*"What if....something is wrong with me?"*

Perhaps you are also being bombarded by a confusing concoction of memories. Some that are amazing, others that carry the weight of regret. Regardless, it is safe to say that the more that you hoped for a "happily ever after", the more jarring this break up will feel.

Remember, whenever something ends, it is healthy and appropriate to take time to mourn the loss. Even if it was your decision, even if you know it was the right thing to do, **every loss requires a mourning process.**

**You may be tempted to either pretend that you are fine or stay locked up in the past.** If you want to make this a clean break up, where you are able to bounce back without rebounding, you're going to need to courageously sort through some mixed emotions.

Emotions are inconvenient at times, but they are useful indicators (and designed by God) to show us that we have things to process.

As you process your disappointments, sadness, or regrets in the coming days, we want to remind you of one thing:

**You are NOT alone.**

You were designed for relational connection, with God, family, and friends. People cannot love us perfectly, but our Savior is the most faithful connection you will ever have. Even in the darkest of nights when there is no one else there to bring us comfort, Jesus shines as a bright morning star to remind you of the hope that dawn is coming. Keep your eyes on Him when all else feels lost.

Psalm 30:5 tells us, "Crying may last for the night, but joy comes in the morning."

There is joy on the other side of this process for you. On the following page, we have made some space for you to begin processing some of your thoughts. If you feel up to it, imagine that your words here are a conversation with God Himself. Share with Him about your struggle and ask Him for wisdom and comfort.

**What are the "what if's" that have been playing over in your mind?**

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**What emotions have you been facing since you broke up?  
Are any of those emotions particularly difficult to admit?**

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**Where had you hoped this relationship would lead? What  
were your expectations of the other person?**

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*Today's prayer: "Lord, I need You to help me through this time. Please give me the wisdom to see clearly and the courage to face what I'm feeling. I open my heart to Your Holy Spirit today and remember that He is the Comfort and Counselor that You promised for me as Your child."*

"CRYING MAY LAST FOR THE NIGHT,  
BUT JOY COMES IN THE MORNING."

Psalm 30:5

## DAY 2

### A LINGERING HEART CONNECTION

Whether it was a slow, fading break up or a sudden split that has left you with emotional whiplash, it is very likely that you are left with a feeling of lingering heart connection. Why? Why can't you just "get over it" and move on?

It is valuable to recognize the multiple layers of connection (attachment). These layers do not exist independently of each other, but rather grow and are contained in relationships. Over the days (months? years?) that you were dating that person, you were likely connecting in deeper and deeper ways. Your rates and willingness to attach may have been different (and even a source of fights?) Regardless, the deeper you connect (and the stronger the expectations of each other), the harder it is to separate from one another in a break up.

As you read on, see if you can identify where you were at, and pray for understanding of why your heart is struggling with the distance. (*Hint: The struggle doesn't mean that you were meant to be together. It is a natural process of standing as a single again.*)

PROXIMITY
SAMENESS
BELONGING
SIGNIFICANCE
LOVE
EMOTIONAL INTIMACY

The first natural layer of connection is simply found in "proximity". It has a focus on each other's physical presence. You enjoy their nearness and want to hear their voice, hold their hand, or share a car ride. Togetherness is the goal.

Next is the layer of "sameness". You connect based on what you have in common. Perhaps you enjoyed hiking together or listening to the same genre of music. It feels good to be understood.

Third in the layers is "belonging". This is when you feel attached to someone because you belong to the same kinds of things. It could be a faith community, a sports team, or a political worldview. You find comfort knowing that you are together in it.

The next level of attachment is when you begin to feel "significant" to one another. The other person begins to really mean something to you for who they are, not just what they do for you or what you share in common.

At the fifth layer, feelings of "love" emerge. It is the concoction of affection, of the desire to serve or help the other person. You will naturally desire exclusivity and may struggle with jealousy or protective against anything that threatens the connection.

Finally, the deepest level of attachment is "emotional intimacy". One way to describe this is that there is a desire to share all secrets with the other person. It actually feels unnatural to keep information from one another or to have anything "come between" the two of you. You want to know and understand the other person and you desire to be known and understood.

These deepening layers of attachment brings higher levels of vulnerability with a natural proclivity to avoid rejection. Because of past relationships or childhood experiences, the two individuals within a relationship may not align in their attachment. Some may rush to attach as deeply as possible, while others may be terrified of the vulnerability or the resulting commitments.

As you read through these descriptors of relational attachment, you may be able to see where things were for your dating relationships. In the coming days, we will spend some time strategizing to make sure that your needs of connection are being met outside of a romantic, exclusive relationship.

Once again, remember that though the love of people can prove unsteady and imperfect, unpredictable and even a source of pain, Psalm 36:7 tells us, *"How priceless is Your unfailing love, O God! People take refuge in the shadow of your wings."*

Today as you reflect on the past, we pray that you will find comfort under the shelter of God's unfailing love.

**After learning about the layers of relational connection, what did you recognize or learn about your break up?**

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**Is it difficult for you to be vulnerable with people? Do you tend to "trust too fast" or "trust too slow"? How did this impact your dating relationship and now the break-up?**

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**Were there any secrets that you shared in this relationship that you'd never shared with anyone else? If so, how does that make you feel?**

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*Today's prayer: "God, I am trying to lean on Your love to get me through this. Will You please cover me and help me connect with You in a deepening way in the coming days? I need You to lend me some of Your strength and wisdom to sort through. Please help me with this lingering heart connection. In Jesus' name, I pray. Amen."*

"SEARCH ME, GOD, AND KNOW MY HEART;  
TEST ME AND KNOW MY ANXIOUS THOUGHTS.  
SEE IF THERE IS ANY OFFENSIVE WAY IN ME,  
AND LEAD ME IN THE WAY EVERLASTING."

Psalms 139:23-24



*Looking Back*

## DAY 3

### A TOUGH TRIP DOWN MEMORY LANE

We're gonna cut to the chase. This may not be fun at all, but it is essential.

If you have ever moved, you've likely experienced the frustration of unpacking boxes in your new place. A lot of people will opt to just shove boxes down in the basement, or in a hallway closet because they aren't really sure where trophies from grade 5 and postcards from the Grand Canyon should go. Sometimes those boxes stay untouched for years, just taking up space.

When it comes to matters of the heart, memories and emotions from the past don't often "stay in their box". Instead they can spring up at the least convenient times, sabotaging attempts of a future love life or a productive day at college or work.

*So, today we're going to do some inventory of your memories, and invite the Spirit of God to help you sort through some things. Let this verse be your prayer today:*

**Search me, God, and know my heart; test me and know my  
anxious thoughts. See if there is any offensive way in me, and  
lead me in the way everlasting.**

**Psalm 139:23-24**

Remember that some of these memories will feel like good ones, some like bad ones, and others may leave you feeling confused. That's okay. The goal will not be to cling tightly to **any** of them as souvenirs, as a pacifier for your sorrow, or as reminders of your failures. The goal will be to entrust all of the past into the capable hands of a Redeeming, Forgiving, Trustworthy God.

**So, what are some key events/memories that come to mind that can be sorted into these boxes? (Feel free to grab some extra paper if you need more space!)**



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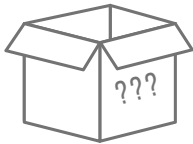
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Another area of memories worth acknowledging (and entrusting to God in prayer) are the seemingly small things that keep your heart circling back again and again. Because those "small things" have such strong emotions attached to them, they can feel like a sliver in your foot that affect your attempts to walk forward. Here is another chance to identify and sort 'em through:



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This exercise is really just the start. You likely can think of a few more boxes that could be included here! The goal is to create a pattern of acknowledging the memories as they surface, and through simple prayers, entrusting it to the Lord. Don't run from the feelings, but remember that the Spirit of God can stand beside you through it all. You can pray something like this:

*Today's prayer: "Lord, I entrust this memory of \_\_\_\_\_  
to You. Will You help me? I am asking for Your redeeming grace  
to wash over my mind, to take the sting out of the bad memories,  
to comfort me in the loss of the good times, and to give me  
wisdom about the things that confuse me."*

Tomorrow we will venture into the memories from sexual experiences. No matter "how far you went" with your ex, sexual connection releases hormones into our mind that bond you deeply with another person. That's a whole different kind of memory to sort through.

**How does it feel, sorting and releasing these memories?**

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*Looking Back*

## DAY 4

### THE STING OF REGRET

Over the years we've heard from countless young men and women who have shared that some of their deepest regrets in life have come from sexual encounters and experiences. Often with tears in their eyes, often speaking at just a whisper, they recount how they DID THINGS THEY NEVER WANTED TO DO in order to keep some sense of love alive.

To achieve closeness. To experience pleasure.

But the closeness and pleasure didn't last, and now they were dealing with the sting of regret for not setting better boundaries.

#### **Vulnerability begs for loyalty.**

Whether you have exposed deep parts of your heart or parts of your body to someone in a vulnerable way, when that relationship breaks down, it is natural to feel regret and loss.

The Bible tells us that God's command for His people is to run from lust (yes, easier said than done. We will spend some time talking strategy on Day 20.) 1 Corinthians 7 explains, "It is not good for a man to touch a woman." In the original language, this word "touch" contains the idea of "lighting a fire". This is certainly not referring to the sexual intimacy and experiences that a husband and wife have in marriage (which actually isn't supposed to be lust at all!). God's says that sex is meant to be between one man and one woman in covenant with one another. So that their deep vulnerability would be safe in the deepest promise of loyalty.

The Bible frequently relates the nature of sexual desire to that of the nature of fire. There is a proper place for the powerful force of fire. It is the fireplace. Within a fireplace, the fire brings warmth, comfort, and light. But outside of that healthy boundary, fire spreads, burns, and destroys.

God's boundaries for His children really are in order to protect us from as much heartache as possible. He knows us better than we know ourselves and He knows how we work best.

If you've been burned, today is not about making you feel ashamed for what you've done. Rather, it is wise to take some time to identify why you feel the way you do and to bring a message of hope that because of what Jesus did on the cross, suffering and dying for your sins, you can experience new life through the power of His resurrection.

You may have known what you were doing when you engaged in those sexual experiences. You may be kicking yourself that you "knew better". Or, this may be news to you about God's directions for sexuality. Either way, the pathway to healing is to acknowledge what would have been right, to be real about what you did wrong, and to determine and strategize about how to not return back to that way. This is repentance.

In the space provided here, we want to welcome you to begin to unpack what you've read here today. We know that this issue is far more complex than two pages in a journal could contain. This is just a starting place, and we pray that you'll follow this through.

**What stands out to you after reading about sex and God's commands for you?**

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The Bible says that we are to confess our sins to God and we will find forgiveness. It also tells us that as we confess to one another (specifically to another follower of Christ), and have them pray for us, we will begin to heal.

**Who do you have in your life that you could (bravely) talk to about these matters? Can you reach out to them today to find a time to talk?**

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**Even if you did not cross any of God's boundaries for sexual expression, what are your thoughts after reading today's message about vulnerability and loyalty? Does it help you put some things into context?**

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*Today's prayer: "Thank you, Jesus, for Your sacrifice on the cross. Today, I'm asking for forgiveness for all the ways that I ignored Your commands and instructions regarding my sexuality. I need You to clean my conscience. I don't want to live with this guilt and sense of shame anymore. I'm choosing to believe what the Bible says - that You are a Redeemer. Help me know that I that I am not beyond Your mercy."*

*Looking Back*

## DAY 5

### THE GIFT THAT NO ONE DESERVES

When we started The Union Movement, I remember chatting with a young woman who was going through the difficult process of healing from the trauma of sexual assault. She was asking us about the work we intended to do, and then said, "Do you know what everyone needs to know?..."

**Forgiving someone does not mean that what they did was okay.**

Male or female, you may have also experienced the trauma of sexual assault. Or you may be feeling wounded because of broken promises, manipulation, unfaithfulness, or perhaps carelessness or apathy. Regardless, when you begin the process of forgiveness, it does not mean that what the other person did was okay.

**To forgive is to choose to stop feeling anger or resentful.**

Forgiveness does not begin with a feeling, but rather with a choice. It is the conscious decision to cancel a debt. You are deciding to stop trying to be judge over the case, and instead, trusting God as the most righteous Judge who watches over all.

**Forgiveness protects you from the poison of bitterness and self-pity.**

When you choose to forgive, you begin to untangle past pain from your future. You relinquish desire for revenge, and opt to stop replaying the painful scenes over and over again. This protects you from self-pity which would drain you of your strength.

In order to truly forgive, it is likely that you will need to honestly grieve the pain or loss that happened to you. You may need to confess some things to a trusted friend or mentor and invite them to pray through it with you.

**Forgiveness is not often a "once and for all" decision, but an ongoing process.**

Forgiveness builds you a new mental pathway with a new automatic response to the memories of how you were wronged.

When we realize how God has forgiven us, we are more ready to offer forgiveness to others. When we receive mercy, then we can give mercy more freely.

God doesn't forgive us because "it wasn't a big deal." Our sin was actually SUCH a big deal, that Jesus faced a death sentence in our place. God is both a Righteous Judge and a Merciful Saviour. Your connection with Him doesn't have to do with your good behaviour, but your faith to receive grace through Christ. No one deserves grace, yet you can access it through Jesus!

**Ephesians 4:32 instructs, "Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."**

**What are some things that you need to offer forgiveness for?**

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**Why has forgiveness been so difficult for you to offer?**

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**Are there things from this relationship that you know you will also need forgiveness for?**

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*Today's prayer: "Lord, even as I recognize that I need YOUR forgiveness, I also see that I need to keep forgiving \_\_\_\_\_ for what they did to me. Please help me to extend mercy in the same way that You have shown me mercy. I determine now to release the desire for revenge or playing the "judge". In Jesus's name I pray these things.*

"BE KIND TO ONE ANOTHER, TENDER-HEARTED,  
FORGIVING EACH OTHER, JUST AS GOD IN  
CHRIST ALSO HAS FORGIVEN YOU."

Ephesians 4:32

*Looking Back*

## DAY 6

### OWNING YOUR MISTAKES

Something that you've probably learned in life by now is that you can't just wait on other people to own their mistakes before you will own yours. As we discussed yesterday, each of us are in need of mercy and forgiveness too.

It takes great courage to admit your mistake. Yes, to yourself. But also to the person that you have wronged.

Jesus' instructions on the matter are recorded in Matthew 5:23-24. Here it is in the Message translation:

**"If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God."**

God doesn't want you to pretend that everything is fine if it is not.

God doesn't just want you to be at peace with Him. Scriptures specifically direct us, *"If it is possible, as much as it depends on you, live peaceably with everyone."* (Romans 12:18)

Even your ex-girlfriend or boyfriend?! Yes - everyone.

It is significant that this verse in Romans specifies "If it is possible" and "as much as it depends on you". There will certainly be circumstances where you are ready and willing to apologize, or own your mistakes, but the other person is not ready to hear from you or to forgive. You cannot control another person's response, but you are in charge of you.

**Remember: peace and reconciliation does not mean getting back together.**

You broke up for a reason. It could have been incompatibilities or it could have been a toxic or unhealthy situation. It could have been an issue of timing or simply trying to be obedient to what you felt God leading you towards. Owning your stuff and offering forgiveness for what the other person did does not mean that you should get back together.

As you consider the need for admitting your mistakes, welcome a trusted mentor or friend into the process with you. You may be in a situation where face-to-face communication with your ex will not be beneficial. Someone on the outside of the situation can help you figure out what is wise for you!

Humility can feel vulnerable and embarrassing at the beginning, but remember that God is opposed to the proud and gives grace to the humble. Moving forward includes cleaning up the mess that you've made.

**What are some mistakes and messes that you are realizing you need to take ownership for?**

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**What are some key words that you can say to express your remorse for what you did wrong? (Do your best to avoid vague apologies that could just add to a sense of confusion!)**

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**How do you expect your ex will respond to your apology and request for forgiveness? Do you think that it is a good idea, or the right timing for a conversation about these things? Is there a wiser strategy for your unique circumstance?**

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*Today's prayer: "Dear Lord, in response to Your instructions, I do want to own my mistakes. I need Your grace to help me walk in humility and not make excuses for what I did. Please give me wisdom to know how to proceed in cleaning up my part of the mess. I want to live at peace with everyone. In Jesus' name, amen."*

"HUMBLE YOURSELVES BEFORE THE LORD, AND  
HE WILL LIFT YOU UP."

James 4:10

*Looking Back*

## DAY 7

### REFLECTIONS

You've covered a lot of ground in these last 7 days. You've begun to process disappointments, as well as sorted through some of the memories you carry from this relationship. You've faced the regrets from sexual experiences, determined to forgive, as well as own (and apologize for) the mistakes that you've made.

Today, we want to encourage you to take some time to write freely about any of the things that still feel tangled up inside. Consider inviting God to "read over your shoulder" as you write, as a way of praying through it all. We are so proud of you for taking the time, and doing the hard work to make this a clean break.

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## *Lessons for Today*

Day 8. A Good Look in the Mirror

Day 9. Letting Go (and Not Getting Jealous)

Day 10. Remembering the Big Picture

Day 11. Single, but Not Lonely

Day 12. Deeper Connection with Christ

Day 13. The Significance of Singleness

Day 14. Reflections

*Lessons for Today*

## DAY 8

### A GOOD LOOK IN THE MIRROR

Albert Einstein said, "*Adversity introduces a man to himself.*" From my own experiences, I have discovered that in times of difficulty, struggle, and even suffering, I've never been more aware of myself. My weaknesses, my desires, my sin, and even my determinations become glaringly obvious.

Now that you are single again, and are facing the challenges that come along with that breakup, it is a great time to S L O W down, avoid the temptation to distract yourself, and P A U S E to take a good look at yourself in the mirror.

Who are you?

Who are you becoming?

What things do you need to grow in?

Where are you weak or broken?

What are you passionate about?

What are you good at?

What new opportunities do you want to seek out?

When you are in a dating relationship, you often spend so much time learning and discovering who the other person is or who you are together, that your own identity can get lost or smothered. Many people have told us that they have even felt that they lost a sense of who they were.

Maybe you already know this, but it is important to remember that a healthy, thriving relationship should not swallow up two people, but rather should be a merging of two individuals who can make room for and support each other's unique strengths and passions.

Your significance does not come from being someone's significant other. If you have forgotten that, now is a perfect opportunity for you to ask the kind Spirit of God to help you see who He has made you to be.

Scripture tells us that before you were even formed in your mother's womb, you were known by God. Regardless of the circumstances surrounding your conception or your birth, God caused breath to fill your lungs and has had His eye on you. He loves you as a father loves a child, and watches over you with a sense of destiny, knowing who you can grow to be. He longs to see all of your human potential unfold, because He knows it will be a blessing to the world around you!

**When you look at yourself in the mirror, what do you know is true about you?**

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**What are the weaknesses and flaws that you have discovered about yourself in the adversity of this breaking up process?**

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**When you hear that God loves you as a father loves His child, what is your response?**

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*Today's prayer: "Father in heaven, as I think about who I am, and who You have made me to be, I still feel unsure about so much. Your Word says that all of creation is waiting for the revealing of the sons and daughters of God and that You offer us spiritual adoption into Your family. Will You help me understand my identity as Your child? In Jesus's name, amen."*

"YOUR EYES HAVE SEEN MY UNFORMED  
SUBSTANCE; AND IN YOUR BOOK WERE ALL  
WRITTEN THE DAYS THAT WERE ORDAINED FOR  
ME, WHEN AS YET THERE WAS NOT ONE OF THEM."

*Psalms 139:16*

*Lessons for Today*

## DAY 9

### LETTING GO (AND NOT GETTING JEALOUS)

As we talked about on Day 2 about the Lingering Heart Connections, when we grow in connection with someone, it is natural to expect and desire loyalty. Jealousy actually becomes quite natural. I'm not talking about the controlling, manipulative jealousy, but more like the reasonable expectation that there your partner would choose and protect your relationship as a priority.

When individuals are still wrestling with high levels of insecurity, then they are painfully aware of **anything** that looks like a threat to the connection. Even if the other person hasn't given any reason to distrust them, the insecure individual will still be tempted to smother and hold tighter than is healthy.

Now, in your situation, that relationship connection has now been broken. Your -ex doesn't owe you anything, but it will take your heart some time to follow along with that logic. The more intimate you were in this relationship, the longer you were together, and the bigger the promises and expectations about the future were, the harder it can be to detangle.

One minefield that has to be navigated is that of social media. You may be confronted regularly with images of their life and even of new friends or connections that they are making.

What can you do TODAY to have a clean break from your PAST for the sake of your FUTURE?

The first thing you must do is recognize and confront this unrealistic jealousy as a sin. Jealousy is not a pet that you can just keep on a leash and nurture without any consequences.

James 3:14-16 explains it like this:

**"But if you have bitter jealousy and selfish ambition in your heart,  
do not be arrogant and so lie against the truth.  
This wisdom is not that which comes down from above,  
but is earthly, natural, and demonic.  
For where jealousy and selfish ambition exist,  
there is disorder and every evil thing."**

Let's boil that down. Essentially that explains that the reasoning (the wisdom) that comes from jealousy does not come from a heavenly source, but rather from a fleshly one. It will not lead to anything good, but to further destruction in your life.

If you have been wrestling with jealousy when you see your ex in their life without you, you can have grace to understand WHY, but you must not permit it to remain.

Every time jealousy rises up in your heart, it is your responsibility to internally confront it and determine once again to trust the Lord with your future and theirs.

**Have you been struggling with jealousy as you've seen your ex living their life or building new relationships? What does this make you feel tempted to do?**

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**What are some of the ways that you could make your life easier in this regard? Are you following along closely with them on social media? Do you have friends gossiping with you often about it? What do you need to change?**

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**Are you afraid that if they find love (or start dating, or get married) before you do that it will somehow be an indication of your lack of worth? What can you do to remember your identity as separate from your relational status? Who can you talk to about it?**

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*Today's prayer: "Father God, I thank You for Your consistency in the midst of all the changes in my life. Today I determine not to allow jealousy or selfish ambition to rule over me. I release \_\_\_\_\_ into Your hands. I confess that I cannot control their choices, nor should I try to. Please help me to trust You with MY future and to find my worth in You. In Jesus' name I pray, amen."*



*Lessons for Today*

## DAY 10

### REMEMBERING THE BIG PICTURE

**"My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.  
Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be."**

**Psalms 139:15-16 NIV**

When we go through difficult seasons (like losing a romantic relationship), one of the challenges can be to remember what your purpose is, as an individual. In times like that, verses like the one here are a welcome reminder.

**Your destiny is secure in God.**

God can see the span of your life, from your first breath until the very end. He is watching over you, and cheering for you whenever you take a step of faith-filled obedience. His favour on your life is not limited to your relational status. Though this relationship did not go the way you had anticipated, God in heaven is not shocked! And your life has tremendous purpose. Read that again:

**Your life has tremendous purpose.**

Do you know why you are alive?  
Do you have places of contribution that make you come alive on the inside?

If you've yet to discover your purpose, it's time to lean into that unnerving question.  
If you feel like you lost your way, it's time to return back to the path of purpose.

**"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."  
Ephesians 2:10 NASB**

When you remember these truths then the single man or woman can be thrilled to know that your life can be meaningful. Yes, there will always be the monotony of bill paying, cleaning bathrooms, or making dentist appointments, but there can also be a sense that your life plays into the bigger picture. You can live on the lookout for the moments of connection with a stranger or the problems in society that you can help solve. These are some of the "good works" that God in heaven has prepared for you.

You can paint or write or produce films to the glory of God.  
You can hike or swim or bench press to the glory of God.  
You can study physics or read classic literature to the glory of God.  
You can make new friends and explore new cultures to the glory of God.

The list is endless, and your life can begin to feel a bit more like a treasure hunt and less like a rat race. You were made for a life beyond that kind of striving.

**Do you have a sense of what you are created for? What makes you come alive? What makes you feel fulfilled?**

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**If you could do ANYTHING in the world, and money not an issue, what would it be? What do you dream of? (This could be multiple things!)**

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**What is something that you could do this week that would be a small step in the direction of your dreams and purpose?**

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*Today's prayer: "Father in heaven, even in this difficult time, I don't want to forget that my life has immense purpose, and that my destiny has certainly not been eliminated just because I am single. Please guide me to those "good works" that You have set up in advance for me to do. I don't want to live a life paralyzed by fear, doubt, or laziness. Please help me, Holy Spirit, to think differently! In Jesus' name, I pray. Amen!"*

"FOR WE ARE HIS WORKMANSHIP, CREATED IN  
CHRIST JESUS FOR GOOD WORKS,  
WHICH GOD PREPARED BEFOREHAND SO THAT  
WE WOULD WALK IN THEM."

Ephesians 2:10

*Lessons for Today*

## DAY 11

### SINGLE, BUT NOT LONELY

Dietrich Bonhoeffer, a German theologian who lived about a hundred years ago, was famous for his writings and practices in communal living. He once said,

*"Let him who cannot be alone beware of community.  
Let him who is not in community beware of being alone."*

Over the years, I have found that people often find themselves stuck in one extreme or the other. Some people are desperate to keep their social calendar filled so that they never have to face silence and their own thoughts or memories. They haven't yet learned to enjoy their own company or individuality. Other people will hide away because of insecurities, distrust, or even laziness. They haven't yet discovered the joy and strength of community.

It is possible to find a healthy balance, and according to Scripture, you were made for it. In 1 Corinthians 12, you can read about how Christ-followers are referred to as the church, but the church is not just the individuals, but the collective. This chapter of the Bible brings the analogy that we are all parts of a whole, just as the cells of our body are all parts of something bigger. There is no body without the cells, but neither can the cells survive alone.

**"Now you are Christ's body, and individually members of it."**

**1 Corinthians 12:27**

There are a wide range of relationships available to you that are not romantic in any way. Tomorrow we will zone in on how to grow deeper in your connection to the "head of the body" who is Jesus Christ, but He arranged things so that we can also get legitimate relational needs met by one another.

Even if you don't have a biological family who can provide companionship for you, the church, the body of Christ, is designed to fill in those gaps. Your life can be deeply enriched by spiritual mothers and fathers, by brother-sister friendships, and also by the people whom you are serving and mentoring.

In our culture nowadays, we tend to think that each age group or generation belongs to itself, like, if you are in Grade 11, you have to hang out with other high schoolers. If you're in college, you should hang out with other college-age students. If you are young parents, find some parent friends, and if you are retired, of course, you'd like to be with other retired folk.

Now, of course, it is normal to enjoy relating to people who are in the same stage of life as us, but don't fall for the lie that generations must stick to themselves. This is a ploy of the enemy to ensure that wisdom does not get transferred from one age to another. You can determine today to invite a variety of people into your life.

Of course, if you would like to get married someday, a healthy community cannot fill all of those needs, particularly your sexual desires or longing for covenant companionship. But, while you are seeking God for what is next and His timing for that special relationship, you CAN be single and not lonely.

**Do you tend to be someone who resists community or someone who resists alone time? How can you bring better balance to your social calendar?**

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**Do you currently have relational connections with people from other stages of life? How often do you see them? Are you purposefully trying to learn from others, or sharing your life with those who could learn from you?**

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**Have you purposed to find a place to gather with other parts of the "body of Christ"? Have you tried to exist in your faith as a single-celled organism? After reading 1 Corinthians 12, do you have any thoughts or questions that you want to hold onto?**

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*Today's prayer: "Lord, sometimes my single status really is a lonely thing. I want to be able to rely on someone, but while I am single, please guide me so that I can grow in a variety of friendships and relationships. I want to serve others and I know that I have things that others need. I'll be keeping my eyes open for any new connections You might have for me. In Jesus' name, amen."*

"FOR EVEN AS THE BODY IS ONE AND YET HAS  
MANY MEMBERS, AND ALL THE MEMBERS OF THE  
BODY, THOUGH THEY ARE MANY, ARE ONE BODY,  
SO ALSO IS CHRIST.  
FOR BY ONE SPIRIT WE WERE ALL BAPTIZED INTO  
ONE BODY, WHETHER JEWS OR GREEKS, WHETHER  
SLAVES OR FREE, AND WE WERE ALL MADE TO  
DRINK OF ONE SPIRIT.  
FOR THE BODY IS NOT ONE MEMBER, BUT MANY."

1 Corinthians 12:12-14



*Lessons for Today*

## DAY 12

### DEEPER CONNECTION TO CHRIST

If you've been around Christian culture much, you may have heard someone say, "Everyone has a God-shaped hole in their heart." Normally there is a follow-up explanation about how we as humans often try to fill up this sense of "lack" with countless pieces that never fit the puzzle.

This may resonate with you today. You may have been striving to find fulfillment in educational or career achievement, in the party scene, or in sculpting a perfect image. None of that will satisfy you.

And there are married people all over the world who are confused because they thought that saying "I Do" would be the answer to their search for meaning.

There is a story in the Gospel of John, chapter 4 where Jesus has a pivotal conversation with a woman who has been jumping from one relationship to another. In fact, she has FIVE ex-husbands, and is currently living with her boyfriend. Jesus met her in the outskirts of the town, at the well where she had come to get water, and He uses metaphorical language to let her know that her need was legitimate, but that she had been going to the wrong source.

**"Everyone who drinks this water will be thirsty again,  
but whoever drinks the water I give them will never thirst.  
Indeed, the water I give them will become in them  
a spring of water welling up to eternal life."  
John 4:13**

Her "thirst" for relationship (belonging, connection, being known) was legitimate, but the ultimate source of refreshing that would give her life is found in Jesus Christ.

You may relate to her today. You may be a divorcee, or an infamous chain-dater. You may feel desperate for a special someone to notice you, choose you, or admire you. I want you to know that there is a place of connection with your Creator and Saviour that will satisfy you in a way that no human relationship can.

You can come to Christ just as you are. Don't let guilt or regret keep you from that source of Living Water. Christ loves you so much that He was willing to DIE for you. He doesn't want anything to come between you. Scripture says that it is like Jesus is standing outside your front door, knocking, wondering if He can join you for a mealtime. A time of friendship, joy, and connection. You may not consider yourself a Jesus-follower, or you may have walked closely with Him. Either way, there is a place of greater belonging and connection for you today.

Just like any relationship, it takes intentionality to build that connection. God is Spirit, so it takes new skills to be able to connect to Him with your spirit. The Scriptures are an incredible guide to help us know and understand more. It takes time to begin to know God, and it is worth every minute. It is this connection that will ultimately sustain you and bring deepest satisfaction to you.

**How would you describe your current connection to God? Is it more of religious practice or a real friendship?**

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**What are some things you can begin to do today to invest energy and time into your relationship with Christ? What spiritual practices are currently a part of your life? What is missing? (worship, prayer, reading of Scripture, participation in a faith community, meditation, serving others, etc)**

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**What are some things that you tend to turn to when you are feeling relationally "thirsty"? Have you considered before that your need is legitimate, but that you need to watch over what sources you turn to?**

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*Today's prayer: "Holy Spirit, the Scriptures say that You are with me always. I know that I have a need for belonging and connection, and I need Your help to make sure that I am finding fulfillment in You and not running to humans. Will You please fill me today and in these coming days. I want a new normal in my life. A new normal of deeper connection with You. In Jesus' name I pray, amen."*

"EVERYONE WHO DRINKS THIS WATER  
WILL BE THIRSTY AGAIN,  
BUT WHOEVER DRINKS THE WATER  
I GIVE THEM WILL NEVER THIRST.  
INDEED, THE WATER I GIVE THEM  
WILL BECOME IN THEM  
A SPRING OF WATER WELLING UP  
TO ETERNAL LIFE."

John 4:13

*Lessons for Today*

## DAY 13

### THE SIGNIFICANCE OF SINGLENES

You are significant, even without a significant other.

I want to remind you of this beautiful fact today. There is polarizing messages all around us in this world. Some messaging drives you towards finding love, hooking up, and settling down. Other messages scoff and say you don't need anyone but yourself, and that commitment is a ball and chain to drag you down. You may even wrestle these thoughts within yourself.

The modern church tends to talk about marriage as though it is the gateway to a meaningful life. As though, as a Christian, your wedding day should be the ultimate goal.

But, what does Scripture say? One short verse comes to mind right away:

**"...whatever you do, do all to the glory of God."**

**1 Corinthians 10:31**

There is also a notable portion of Scripture found in 1 Corinthians 7 where the author talks through the unique challenges and opportunities available to you either as a single person or as a married person. One status is ultimately not more holy or fulfilling than the other.

I love to see the freedom that single people can operate in as they wholeheartedly seek God's will for their lives. If they need to pack up and move somewhere to follow the Spirit's leading, they can do so with less complexity than a married-with-children person would.

Florence Nightingale lived in the 1800's, and everyone expected her to marry, but she felt a distinct passion and calling from God to enter into the field of nursing. At the time, that career was a lowly one, but she ended up making medical history as she transformed practices. Her singleness allowed her to change the world.

Like we explored back on Day 10 "Remembering the Big Picture", you have a purpose on earth that reaches far beyond your relational status. You may desire marriage and children one day (and those are great things that also reflect the heart of God on earth!), but as Jim Elliot brilliantly said,

*"Let not our longing slay the appetite of our living."*

If you are single right now, then do it to the glory of God. If you will marry one day, then determine that you will also do THAT to the glory of God. One person's life is not more significant than another.

**What are the messages that you feel regarding your relational status? Do you tend to think of marriage or singleness as "better"?**

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**Are there any people or external sources in your life that are putting extra pressure on you to "find the one"?**

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**Do you see a new beauty in this season of being single? What do you think you could use that freedom for?**

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*Today's prayer: "Father, I understand even more now that my success or significance in life has less to do with my relational status and more to do with the posture of my heart. I am choosing again today to surrender my future into Your capable hands and to remember Your faithfulness to me. I want to bring glory to You, no matter what stage of life I am in. Please guide me in this journey of purpose. In Jesus' name, amen."*

"BUT I WANT YOU TO BE FREE FROM CONCERN.  
ONE WHO IS UNMARRIED IS CONCERNED ABOUT  
THE THINGS OF THE LORD, HOW HE MAY PLEASE  
THE LORD; BUT ONE WHO IS MARRIED IS  
CONCERNED ABOUT THE THINGS OF THE WORLD,  
HOW HE MAY PLEASE HIS WIFE, AND HIS  
INTERESTS ARE DIVIDED..."

1 Corinthians 7:32-34



*Lessons for Today*

# DAY 14

## REFLECTIONS

Here you are at the end of a second week of processing and reflecting. We hope that you have taken time to talk through these concepts with a trusted friend, parent, or mentor so that you can solidify the lessons you're learning. Next week, we are inviting you to think through what you might want your future to look like.

Before we get there though, take some time today to expound further on any of the themes that we covered this week. Identity, purpose, community, and finding satisfaction in a relationship with Jesus Christ through the Holy Spirit. Consider inviting God to "read over your shoulder" as you write, as a way of praying through it all. We are so proud of you for taking the time, and doing the hard work to make this a clean break.

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*Today's prayer: "As I turn another page in this journal and begin to make some deliberations about the future, I ask for Your guiding hand to cover me. I don't want to miss out on any of the joys or growth that You have destined me to experience in this season of being single. As I continue to release the past, I determine to trust you with my future. In Jesus' name, amen."*

## *Looking Forward*

- Day 15. Trusting God with Your Future
- Day 16. Bouncing Back, but Not Rebounding
- Day 17. Finding The One
- Day 18. Who You Really Want to Be
- Day 19. Making Sure You Don't Settle
- Day 20. God's Call to Sexual Purity
- Day 21. Reflections

*Looking Forward*

## DAY 15

### TRUSTING GOD WITH YOUR FUTURE

**"Trust in the LORD with all your heart and lean not on your own understanding;  
in all your ways submit to Him, and He will make your paths straight."  
Proverbs 3:5-6**

The looming question that you must answer is, "Is God trustworthy?" You can pose this question in other ways:  
"Do I have evidence that leads me to believe that God knows best?"  
"Is God good?"  
"Is God strong enough to lead me into a fulfilling future?"

If you are going to be a follower of Christ, you will face this question again and again over the course of your life. You will be tempted to ignore the particularly difficult Scriptures and teachings of Jesus. You will be tempted to take matters into your own hands instead of waiting patiently for God's timing.

When it comes to following God's instructions for relationships and sexuality, it can feel like a big risk. You may feel like if you don't compromise in your convictions or cultivate sexual tension in your friendships, you'll never find love. You may be tempted to run to online dating or hook-up apps. You may find yourself obsessing about what you look like at all times, hoping that you'll cross paths with "the one" any given moment.

Yesterday we talked about how your value is not defined by your relational status, but it can take some time to really believe it. The proof that you believe it is that you will release the urge to run back to toxic relationships or to find another new one to try to satisfy you.

It is worth praying and asking the Lord, "Do you want me to set aside some time to remaining single?"

Sometimes trusting God feels like you are like the disciple, Peter, standing on the edge of a boat that is being rocked by stormy seas. You can see Jesus out walking on the water, inviting you into a beyond-normal life. This is the call to every Christian. To live a life focused on doing the will of our Heavenly Father. Are you ready and willing to step into that kind of life?

Matthew 6:33 is a great promise for us all. Record it here:

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**Do you find it tempting to "take matters into your own hands" for the sake of your future?**

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**What are some ways that you can begin to grow in your trust in God?**

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**Take a moment to explore how you'd feel to remain single (on purpose) for a little while. What would that commitment change about your life? What would be difficult about it? How would you know it was time to be in a relationship again?**

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*Today's prayer: "Lord, I confess that I get tempted at times to take my future into my own hands. I want to remember the truth that I read in Matthew 6, that if I seek Your kingdom and Your righteousness, You can help guide me to the rest of my needs and even my dreams. Please help me know when the right time could be to open that part of my heart to a relationship again. Please help me surrender and trust you in this journey. In Jesus' name, amen."*

"TRUST IN THE LORD WITH ALL YOUR HEART AND  
LEAN NOT ON YOUR OWN UNDERSTANDING;  
IN ALL YOUR WAYS SUBMIT TO HIM, AND HE WILL  
MAKE YOUR PATHS STRAIGHT."

Proverbs 3:5-6

*Looking Forward*

## DAY 16

### BOUNCING BACK, BUT NOT REBOUNDED

Let's take a moment today to talk about the possibility of the relational rebound. In previous days we've talked about regrets, offences, disappointments, and confusing emotions. Whenever more arise, I hope that you are still sorting through them with the tools we shared. This is not an overnight thing, but an ongoing journey.

Your wholeness is worth all the time needed to heal fully. Remember that if you won't take the time to deal with the root issue, those issues will resurface again in the future.

In the coming days, if the dust around your break-up is just starting to settle, remember that this is NOT a good time to:

1. text or DM an ex
2. download a dating app or go on a blind date
3. isolate yourself
4. binge watch rom-coms
5. find a romantic song list on Spotify

You get the idea...however, it is a GREAT time to:

1. talk with a mentor and get some advice
2. develop new personal habits
3. take steps in the direction you feel called to

Let's look at little closer at each one.

#### **SEEK OUT A MENTOR**

Proverbs 11:14 says, **"Where there is no guidance, a people falls, but in an abundance of counsellors there is safety."**



This isn't about finding someone who will tell you what you want to hear or even about one person who will shepherd you from now until death, but it is about surrounding yourself with people that you respect and would like to learn from. Ask them out for coffee, or send them an email with some specific questions.

**DEVELOP NEW HABITS**

Now is the perfect time to direct some energy into becoming who you really want to be. We will explore this more on Day 18, but for now, begin thinking about some areas of health you know you want to grow in.

**TAKE A STEP IN THE DIRECTION YOU FEEL CALLED TO**

In past days, we've talked about how your calling and destiny are settled in Christ. You can take one step today to get you closer to where you feel you should (send an email, volunteer for something, take a course or read a book on the topic, sit down and write out some goals, go to an interview for a job that you'd really love, etc.)

I get excited to consider how your future will just grow brighter and brighter as you lean into this new season!

**Do you struggle with the urge to rebound into another relationship?  
How can you determine to bounce back without turning to another person to satisfy you right now?**

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**Who are some people in your life that you respect and could learn from? How could you connect with them more intentionally? What is a question you would like to ask them?**

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**What is a step you are going to take today to move closer to the goals you have?**

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*Today's prayer: "Father God, You have made it clear in Scripture that I am valuable to You. I am determined to continue to trust You and wait for Your perfect timing. I'm not going to be a rebound for someone else, and I will also not do that to anyone else. As I try to walk out Your will for my life, I am asking for Your wisdom to guide me. Thank You. In Jesus' name, amen!"*

*Looking Forward*

## DAY 17

### FINDING THE ONE

You may be dealing with the wrestle of wondering WHEN you could be ready to date again. People who are journeying in life along with you will be able to help you discern the answer to that question, but an equally important question to settle is WHO you want to date.

There are romantic moments in books and movies that can lead us to a distorted expectation of what a passionate, loving connection would look like. We find ourselves on the hunt for a soul mate. For the other half that will complete us. For "Mr." or "Mrs. Right". But then, it leaves you wondering if you'll know if they are "the one".

As you look towards the future, take some time to consider these two questions:

"Is there only ONE right person for each of us?"

We would say that there is a right TYPE of person for you. *Remember that it has less to do with body shape, and more to do with the values that this person lives by and worldview that they are building their life upon.*

"What really is compatibility?"

Is it that you laugh at the same kinds of humor?  
Is it having the same studying or career aspiration?  
Is it the fact that you both happen to love hiking?

In our opinion - yes, maybe that could be a part of your compatibility. But, more importantly, compatibility emphasizes the direction that person is going with their life and if you could be partners on that journey.

1 Corinthians 6 uses the imagery of "being equally yoked". It is not specifically referring to dating or marriage relationships, but those are included. When this letter to the church in Corinth was written, far more people would have understood the analogy because their culture was far more agrarian. It was common knowledge that yoking oxen or horses that were "incompatible" would end up exhausting and even injuring the animals. But, if they were equally yoked, able to pull in the same direction, they would accomplish exponentially more than either one could do alone.

When I was a younger woman, I was challenged by the idea that marriage relationships were more about living with PURPOSE together than about ENTERTAINMENT. Some of my greatest joy in our marriage has been in our shared vision for family, ministry, and the expression of our faith. My hope is that you could experience that same joy.

Of course you will want to be with someone that you are physically attracted to, and that you enjoy being with. Having things in common will bring you a lot of joy, but don't forget that hobbies will come and go in life, and physical appearance will inevitably morph over the years, but a heart that clings to honor, compassion, and honesty will bring you blessing throughout the years.

**What has been your view on compatibility and finding "the one"? Were you challenged to think differently?**

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**What are some of the values that are most important to you? With that in mind, what "type" of person do you know you need to be with?**

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**Relationships with "unequally yoked" partners are quite common. What has you observed about these marriages or relationships as opposed to the marriages that appear more "equally yoked"?**

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*Today's prayer: "In the name of Jesus, I announce today that I am not desperate to find someone to 'complete me'. In fact, Lord, I invite YOU to show me and fill up all the places in me that feel empty or lacking. Will You please give me wisdom in the coming days to discern who (and what type of person) would be a good team mate for me. I need Your grace to be patient in the wait. I choose not to strive or settle. In Jesus's name I pray. Amen."*

"WHERE THERE IS NO GUIDANCE, A PEOPLE  
FALLS, BUT IN AN ABUNDANCE OF COUNSELLORS  
THERE IS SAFETY."

Proverbs 11:14

*Looking Forward*

## DAY 18

### WHO YOU REALLY WANT TO BE

Before you can really determine what type of person you want to partner with in dating and marriage, can you identify what type of person do you want to be?

If your life was a company, what would you want your brand to be? That may be a strange way to think about it, but the truth is that you are building something and your life is the collection of the hundreds and thousands of small choices that you are making. What do you want to be known for? Who are you when no one is looking? Because that is who you truly are, and that is the person you will not be able to hide from a spouse!

Today, take the chance to honestly evaluate your own character through these 5 scales. Afterwards, you can take some time to identify some key areas for growth that can dramatically impact your future. On the dashed line, indicate which adjective you're closer to. Some of you may be naturally hard on yourself, while other may make excuses. Neither route is helpful. Simply consider your regular interactions and behaviours and try to be honest.

**Lazy**

**Hard-working**

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**Deceitful/Manipulative**

**Truthful**

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**Focused on Self**

**Helpful**



**Fearful/Worried**

**Confident/Courageous**



**Judgemental**

**Honoring**



**Some of those "scales" could have felt painful. What did you recognize about yourself? What are the top areas that you'd most like to focus on in the next two or three months?**

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**What is a practical thing you can do today or tomorrow that can help you practice becoming the type of person that you *want* to be?**

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**Take a couple moments to write down what type of person you want to be remembered as? Are you taking steps to move you in that direction? Is there a person you can learn from? A book you can read?**

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*Today's prayer: "Lord, Your word says that humans naturally look at the outward appearance of one another, but that You are always looking deeper, into our hearts. Will You show me what You see in me? I know some of it needs to change, but that some of it brings You joy. I want to yield myself to becoming more and more like Your Son. I ask for Your grace today as I take steps in that direction. In Jesus' name, amen."*

*Looking Forward*

## DAY 19

### MAKING SURE YOU DON'T SETTLE

Something we often hear is that people are afraid that if they don't settle for someone, they'll never get a chance to "settle down". Don't do it. Don't ignore the Spirit of God. Don't ignore your friends who are warning you. Don't ignore your mom and dad who are lovingly watching out for you!

Perhaps your last relationship taught you (in a painful way) what really matters in a healthy relationship. Maybe you ignored your conscience for too long, went further than you wanted to, and stayed longer than you should have.

Ephesians 5 is a powerful chapter that lays out valuable non-negotiables for the character of those who claim to be a follower of Christ. Take a moment now to read that whole chapter, and zoom in on verses 15-17:

**"So then, be careful how you walk, not as unwise people but as wise, making the most of your time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is."**

Those who are passionate about their connection with God desire to find the will of the Lord is for their life. It is not impossible to discern, but it does mean you have to keep your head up and seek out wisdom.

Remember that marriage is not like buying a pair of shoes, where you can just keep the receipt and return them if they cause blisters. God established covenant as the deepest form of commitment that two people can make. Scriptures explain repeatedly that in marriage the two individuals merge and become "one flesh", at the body, soul, and spirit levels.

Even in circumstances of adultery where Jesus gives gracious allowance for separation or divorce, the death of that marriage is extremely painful. In a world that has belittled the commitment of marriage, you've likely had a front row seat to the pain that results, but that doesn't mean that we should give up hope of it *ever* working. Even if your own parents couldn't figure out "happily ever after" doesn't mean that you cannot.

This is the beauty of learning from mentors and being a part of community. You can learn to grow beyond your natural limitations. Ecclesiastes 4:9-11 says,

**"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.  
But pity anyone who falls and has no one to help them up.  
Also, if two lie down together, they will keep warm.  
But how can one keep warm alone?"**

A marriage that brings health and thriving to both individuals is worth fighting for and planning ahead for.

As the famous saying goes, "Failing to plan is planning to fail." So, right now, while you are a single individual, will you invest the time to lay out your convictions and non-negotiables when it comes to finding a life-partner? (If you don't feel ready to think about that right now, we absolutely respect that. This may be something you can return to in the future!

**What did you learn from your last relationship about your own standards and convictions that are all the more important to you?**

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**Take some time to list out the qualities in a future spouse that are important to you. The goal here is to remember that beauty and charm will fade in time, but a person's personality and character is what will really count as the years go by.**

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**Do you have someone in your life that you can learn about healthy marriage from? Who are those people? What questions would you like to ask them?**

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*Today's prayer: "Dear Lord, my goal is not to be judgementally examining everyone I encounter, but to keep my eyes open to what really matters in finding a life partner. Please help me to be gracious and to know what really matters in the long run. Again today, I surrender my ideas of my future to You, trusting that You will make my path straight. In Jesus' name, amen."*

"TWO ARE BETTER THAN ONE, BECAUSE THEY  
HAVE A GOOD RETURN FOR THEIR LABOR:  
IF EITHER OF THEM FALLS DOWN, ONE CAN  
HELP THE OTHER UP.  
BUT PITY ANYONE WHO FALLS AND HAS NO  
ONE TO HELP THEM UP.  
ALSO, IF TWO LIE DOWN TOGETHER, THEY  
WILL KEEP WARM.  
BUT HOW CAN ONE KEEP WARM ALONE?"

Ecclesiastes 4:9-11

## DAY 20

### GOD'S CALL TO SEXUAL PURITY

If you have been around the church for any amount of time, you've likely heard instruction around sexual purity and the Christian standards of morality.

Potentially, you have resisted those ideas - *"Why does God get a say in my sex life?"*

Connected with this may be fear of being controlled, a pride that anyone gets to speak into your choices, or a distrust for God's intentions. Am I right?

Or, you may actually believe in these Christian tenets, yet feel ashamed that you have found no power within yourself to live within those boundaries. You may have wondered, *"Why would God give me such a strong sex drive and then ask me to keep it under strict control?"* Connected with THIS may be a deep sense of shame (that you may even blame humans for) or you have stumbled into self-hatred and felt that you have to earn back God's favor.

The goal is that you would not be trapped by either of those options, but would experience the freedom that Christ died to give you. One thing that we know for sure is that a prohibition alone will never give you the strength to withstand sexual temptation.

The book of Romans explains, though the law itself is good, it only introduces us to our own sinful nature. However, the promise of the good news of Jesus Christ is that REVELATION of why and a TRANSFORMATION of your desires can take place when you yield your entire life to God.

Salvation is not about praying a prayer in order to get a free pass out of hell one day. Salvation is part of the package-deal that comes with a surrendered life to the Lordship of Christ. Yes, even the parts of your life that happen in private.

Scripture makes it clear that you cannot be a disciple of Jesus and it not impact your sexual choices.

1 Corinthians 6:9-11 is one of my all time favourite portions of Scripture. (It starts out intensely, but stick around for the end.)

*"Or do you not know that wrongdoers will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor homosexuals, nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. And that is what some of you were."*

Now, don't get it wrong here. This is not about judging others. It is about judging yourself according to the standards of God. The gospel of John says that Jesus came in the fullness of truth and grace. Are you willing to approach yourself (and others) in that mode of operation?

According to these verses, no one has a chance of receiving the kingdom of God! It looks like our choices have sealed our fate. Except for what Jesus did. Oh precious Jesus. Read what comes next:

**"But you were washed, you were sanctified,  
you were justified in the name of the Lord Jesus Christ  
and by the Spirit of our God."**

Do you know what it is like to feel clean? Do you know what it is to be set apart and walk in self-governance, where your sexual desires do not rule over you, but rather you rule over them by the grace of God?

That's where sexual purity begins. Not by our own efforts, but as a gift released to us by a loving heavenly Father. Righteousness is a part of our inheritance as children of God. I am praying for you right now, dear reader, that you will open your heart to receive this invisible gift that will transform your visible world. Like the way wind blows through the trees and shakes the dry and broken branches, so that new growth can come unhindered.

Sexual purity is not primarily about the history of your body but the direction of your heart. It is about wholeness and living unhindered in this dark world.

**When you think of sexual purity, do you respond more with frustration that God would place limits on you? Or shame that you struggle to live under those boundaries?**

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**What can you begin to do NOW that will strengthen you in sexual integrity and purity? If you are unsure of what it means to honor God and surrender this part of your life to Him as a disciple, who can you talk to that can teach you?**

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*Today's prayer: "Lord, I confess to you that I have felt confusion and frustration when it comes to my sexual expressions and identity. Can You please help me understand WHY You have put these boundaries around it all? And, I want this gift of righteousness that You are offering."*



"SO THEN, BE CAREFUL HOW YOU WALK,  
NOT AS UNWISE PEOPLE BUT AS WISE,  
MAKING THE MOST OF YOUR TIME,  
BECAUSE THE DAYS ARE EVIL.  
THEREFORE DO NOT BE FOOLISH,  
BUT UNDERSTAND WHAT THE  
WILL OF THE LORD IS."

Ephesians 5:17

*Looking Forward*

## DAY 21

### REFLECTIONS

You are here. You've come through 21 days of purposeful "breaking up". Did we cover some unexpected ground? Are you seeing yourself differently? Are you seeing your past differently? Are you seeing God differently?

The reality is that these topics are **huge**. They are wrought with emotion and the decisions that people make change everything. For good or for bad. We likely could have written a 400-day journal and still not covered all of the unique pieces of your experience!

This is just one part of your journey, but we hope that by directing you towards processing with the Holy Spirit and with trusted people in your community, you are feeling more ready to tackle the days ahead. Whether you find a life partner, or you live a fantastically impactful single life, we pray that your past will not loom as a shadow over your future.

Why don't you take some time here today to reflect and process what you've been learning?

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*We would love to hear from you if there is a way that we can help you further on your journey. We're not kidding. That is literally why we do what we do as The Union Movement.*

*Follow along with us on the socials.*

*Email us.*

*DM us.*

*And be sure to check out our online resources.*

***You can find out more about our blog, podcast, and e-courses at [www.theunionmovement.com](http://www.theunionmovement.com)***

*Bless you.*

*You are not alone.*

*There is hope.*

**info@theunionmovement.com**  
**@theunionmovement**



## ABOUT THE AUTHOR

*Bonnie Pue and her husband, Bryan, have been married since 2007 and live with their 6 sons in western B.C., Canada. She loves hiking on nearby trails, getting absorbed in a good book, or laughing around the dinner table with friends and family.*

*You can find more from her on IG @bonniepue*



## ABOUT THE UNION MOVEMENT

*Bonnie and Bryan founded The Union Movement to help people find wholeness in the areas of identity, sexuality, and relationships. They bring a gospel-centred approach, encouraging churches and leaders to serve their community for holistic, long-lasting sexual health.*

*You can find more from them on IG @theunionmovement and their website: [www.theunionmovement.com](http://www.theunionmovement.com)*



## **Broke up? Now what?**

**Making a Clean Break is a tool to help individuals process through the complicated emotions and thoughts that come when dating relationships end.**

Each day features encouragement, insights, questions to guide self-reflection, and a prayer of surrender, inviting God's presence and wisdom into your process.

*This 21 day journal is designed to help you:*

- *sort through disappointments and unmet expectations*
- *recognize levels of attachment*
- *learn why vulnerability begs for loyalty*
- *release regrets (and learn from mistakes)*
- *process hurt and understand the significance of forgiveness*
- *establish a new normal*
- *lean into your God-given purpose*
- *find identity in Jesus, not in your relational status*

**The relationship may be gone, but your destiny is not. This resource is here to help you bounce back without rebounding.**

