

MEDITATE & RECITE THIS BEFORE YOUR NEXT DATE



I am excited, hopeful, & enthusiastic for this date.

Lord, thank You for gifting me with a joyful & positive disposition so that I can be fully present in hopeful anticipation of what great gift You may have in store for me.

I am detached from the outcome of this date.

Lord, thank You for helping me remember that not every person will be a good fit for me & vice versa. Thank you for keeping me detached from the outcome of this date so that I am truly open to Your perfect will & can remain at peace.

I am free from anxiety, calm, & confident.

Lord, thank You for removing any anxiety or unrest I feel over this date & for reminding me to take the pressure off & simply enjoy the company of this person, knowing that You have everything under control.

I am trusting that the Lord will provide clarity when the time is right.

Lord, thank You for providing clarity according to Your perfect timing regarding the dating/courtship process with this person. Thank You for helping me to not rush into “solving” this relationship.

I am a valuable & worthy woman even if things don't work out with this person.

Lord, thank You for being the source of my worth through my identities as Daughter of God and Bride of Christ before anything else.