

@FEMANDFAITH

# 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.*