

A PRACTICAL EBOOK FOR CHRISTIAN SINGLES

Single On Purpose

*Building the Life God Designed
Before You Build One Together*

*"The goal is never simply to find the right person.
The goal is to become one."*

Lloyd Allen

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*To every single person who has ever felt like they were
living in a waiting room —*

*You were never waiting.
You were always being prepared.*

— Lloyd Allen

TABLE OF CONTENTS

This ebook is a practical guide for Christian singles — those who are happily single and those preparing for marriage. Each of the ten points below contains a main thought, biblical grounding, and three real, actionable practices to apply immediately.

POINT 1	<u>Singleness Is Not a Waiting Room — It's a Throne Room</u> (Psalm 57:7)
POINT 2	<u>Build Your Empire First</u> (Genesis 2:15)
POINT 3	<u>Become Physically Attractive — Not for Them. For You</u> (1 Corinthians 6:19-20)
POINT 4	<u>Sharpen Your Mind Until It Cuts</u> (Ruth 3:11)
POINT 5	<u>Develop Emotional Wealth</u> (Proverbs 4:23)
POINT 6	<u>Become Spiritually Dangerous</u> (Isaiah 54:1 / 1 Corinthians 7:34)
POINT 7	<u>Become Genuine — So You Can Detect the Counterfeit</u> (Matthew 7:16)
POINT 8	<u>Your Standard Is Determined by Your Value</u> (Proverbs 31:10)

POINT 9

Learn to Love Before You Try to Be Loved

(1 Corinthians 13:4-5)

POINT 10

Protect This Season Fiercely

(Genesis 41:46 / Judges 16)

INTRODUCTION

Somewhere along the way, singleness got a bad reputation.

It became the thing to survive — the awkward season between childhood and real life, the empty chair at the family table, the question everyone asks but nobody answers well. Society treats it as a problem. The church sometimes treats it as a waiting room. And far too many singles treat it as a holding pattern — pausing their dreams, their growth, and their God-given potential until someone finally arrives to activate them.

This ebook exists to say something different.

Singleness is not a season to endure. It is a season to invest. The person you become in this window — the habits you build, the healing you pursue, the empire you establish, the character you develop — will determine everything about the life that follows. Whether that life includes marriage or not.

David wrote his greatest psalms before the throne. Joseph developed his greatest character before the palace. Ruth demonstrated her greatest loyalty before Boaz ever noticed her. The pattern is undeniable: God does His deepest formation work in the single season.

These ten points are not theory. They are a practical roadmap — theologically grounded, psychologically informed, and ruthlessly actionable. Each one contains a main thought, a biblical anchor, and three specific things you should actually be doing right now.

Not when you feel ready. Not when the right person shows up.

Now.

The goal is never simply to find the right person.

The goal is to become one — so completely that the right person cannot miss you.

— Lloyd Allen

Singleness Is Not a Waiting Room — It's a Throne Room

David wrote psalms, slew giants, and built unshakeable faith before he ever wore a crown. Your singleness is not a delay — it is a divine assignment. The person who waits to begin living until someone arrives will never truly live. Reign now.

*"My heart, O God, is steadfast, my heart is steadfast; I will sing and make music."
— Psalm 57:7*

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. Write Your Personal Mission Statement — This Week

Not a vision board. Not a prayer journal entry. A one-page, written declaration of who you are, what you are called to do, and what non-negotiables govern your life. David knew his assignment before he knew his throne. You cannot reign over a life you have never defined. Sit down. Write it. Date it. Read it every morning for 30 days and watch how quickly your decisions sharpen.

2. Stop Putting Your Real Life on Pause

Book the trip you keep saying you'll take when things settle down. Start the business. Enroll in the course. Join the ministry team. Move to the city. Audition. Apply. Launch. Every time you defer your life to a future relationship, you shrink your present calling and train yourself to need someone else to activate you. God does not call you to standby mode. He calls you to a life fully inhabited — starting today.

3. Audit How You Spend Your Alone Time

Your private hours reveal what you actually believe about your season. Pull up your screen time report right now. Check your playlist. Look at what you binge at midnight. A person who believes they are in a Throne Room does not spend their evenings numbing out — they spend them building, studying, praying, creating, and preparing. Restructure one evening per week into deliberate investment. One becomes two. Two becomes a lifestyle.

You are not waiting for your life to begin.

It already has. The question is whether you are showing up for it.

Build Your Empire First

God gave Adam an assignment before He gave him a companion. Purpose always precedes partnership. A person with nothing built is easy to manipulate and impossible to respect. You were never called to arrive empty-handed. Build something worth sharing before you invite someone to share it.

"The Lord God took the man and put him in the Garden of Eden to work it and take care of it." — Genesis 2:15

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. Identify Your Assignment and Work It Daily

What is the garden God has given you to tend? Name it. Schedule it. Work it every single day without waiting for motivation or a partner to inspire you. Discipline is the evidence of calling. A person who works their assignment in singleness arrives at marriage with direction, momentum, and purpose already in motion.

2. Build Your Financial Foundation Now

Open the investment account. Eliminate the debt. Create the budget. Build the emergency fund. Financial chaos is not romantic — it is a relationship liability. Money problems are the leading destroyer of marriages. Solve them before they arrive at your altar. What you build financially in this season becomes the foundation you both stand on later.

3. Create Something That Outlasts You

Start the ministry. Write the book. Build the business. Plant the church. Leave a mark that proves you were here. A person building something significant is extraordinarily attractive — and more importantly, they are fulfilling their God-given purpose with or without a spouse. Build for legacy, not for an audience.

Bring something to the table worth sitting down for.

Become Physically Attractive — Not for Them. For You

Your body is a temple under active construction. Discipline over your physical self is not vanity — it is stewardship and worship. How you treat your body communicates what you believe about the God who lives inside it. Get in order — not to impress someone, but to honor Someone.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." — 1 Corinthians 6:19-20

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. Build a Consistent Exercise Routine

Three days a week. Non-negotiable. Not for a wedding. Not for a date. For your energy, your confidence, your mental clarity, and your obedience to stewardship. Start small. Start now. Consistency over intensity — always. The discipline you build in your body spills over into every other area of your life.

2. Restructure What You Eat

You cannot think clearly, pray powerfully, or build effectively on a body you are neglecting. Reduce the processed food. Increase the water. Meal prep one day a week. Small, sustainable changes compound into transformation. Your body is not a trash can — treat it like the temple Scripture calls it.

3. Invest in How You Present Yourself

Hygiene. Grooming. Clothing that fits and reflects dignity. This is not superficiality — it is self-respect made visible. You do not need expensive clothes. You need intentional ones. When you carry yourself with care, you communicate to the world — and to yourself — that you believe you are worth presenting well.

Honor the God who lives inside you.

Start with the body He gave you.

Sharpen Your Mind Until It Cuts

Boaz didn't just notice Ruth's beauty — he noticed her reputation for wisdom, loyalty, and courage. Intellectual depth is permanently attractive. But more than attracting the right person, a sharp mind equips you to navigate life, lead well, and serve God with maximum effectiveness. Ignorance is never charming.

"And now, my daughter, don't be afraid. I will do for you all you ask. All the people of my town know that you are a woman of noble character." — Ruth 3:11

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. Read One Serious Book Per Month

Not just devotionals. Theology. Psychology. Biography. Finance. Leadership. Pick one book monthly and read it with a pen in hand. Underline. Argue with it. Apply it. The person who reads consistently thinks differently — and thinking differently changes everything about how you live, lead, and love.

2. Ask Better Questions Every Day

Intellectually lazy people accept the first answer. Curious people dig. Challenge your assumptions. Study the other side of your convictions. Ask why more than what. Intellectual growth is not about accumulating information — it is about developing the kind of mind that can hold complexity without collapsing.

3. Learn One New Skill This Year

A language. An instrument. A trade. Public speaking. Coding. Cooking. Learning something difficult builds cognitive resilience, expands your world, and proves to yourself that you are still capable of growth. Stagnant people make stagnant partners. Keep growing — aggressively and on purpose.

*A sharp mind is one of the most powerful things
a human being can bring into any room.*

Develop Emotional Wealth

You cannot give what you don't have. Unprocessed trauma, unresolved anger, and unchallenged insecurities don't disappear at the altar — they explode after it. The most dangerous thing you can bring into a marriage is an unhealed heart. Do the work now, while no one else is paying the price for your pain.

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. See a Therapist or Trained Counselor

Not because something is catastrophically wrong. Because something in every human being needs professional, objective, skilled attention. Therapy is not weakness — it is the most courageous investment a single person can make. Find a Christian counselor. Go consistently. Do the work nobody else can see.

2. Identify Your Triggers and Trace Them to Their Roots

When you overreact, something underneath is unresolved. Start journaling your emotional responses. Ask: where did I first feel this? What does this remind me of? Patterns do not break by accident. They break through honest, sustained self-examination and the willingness to sit in uncomfortable truth.

3. Build Honest Community Around You

Isolation is where wounds fester. You need people who know your full story and still show up. Find a small group, a mentor, or an accountability partner who is allowed to speak truth into your life without consequence. Emotional wealth is built in relationship — not in private performance.

Healed people build marriages.

Unhealed people detonate them.

Become Spiritually Dangerous

There is nothing more powerful than a single person fully surrendered to God with zero competing allegiance. No divided loyalty. No distraction. Paul called it a distinct advantage — the freedom to be wholly consumed by Kingdom purpose. This season of singleness may be the most spiritually potent window of your entire life. Use it.

"Sing, barren woman, you who never bore a child... because more are the children of the desolate woman than of her who has a husband." — Isaiah 54:1 | "An unmarried woman or virgin is concerned about the Lord's affairs: Her aim is to be devoted to the Lord in both body and spirit." — 1 Corinthians 7:34

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. Establish a Non-Negotiable Daily Prayer Discipline

Not a casual check-in. A structured, protected, immovable appointment with God. Morning. Same time. Same place. Journal what He says. Pray Scripture back to Him. Fast regularly. The single person who masters prayer before marriage becomes the spiritual anchor of everything that follows.

2. Plug Into Active Kingdom Service

Find a ministry and give yourself to it completely. Teach the class. Lead the team. Feed the community. Visit the sick. Your spiritual muscles grow under the weight of serving others — not in passive church attendance. Singles who serve with abandon develop a depth of character that no classroom can produce.

3. Study Theology — Not Just Devotionals

Know what you believe and why. Study the nature of covenant. Study biblical headship and submission. Study what Scripture actually says about love, sexuality, and marriage — before you need it. A person who enters a relationship with theological depth is extraordinarily difficult to manipulate and impossible to mislead.

*The enemy fears a single person
fully surrendered and spiritually armed.*

Become Genuine — So You Can Detect the Counterfeit

Gold recognizes gold. Authentic people attract authentic people — and instinctively detect fraud. But if you are performing, pretending, and people-pleasing your way through life, you will attract exactly what you are projecting. The deepest protection against the wrong person is becoming so genuinely yourself that only the right kind can find you comfortable.

"By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles?" — Matthew 7:16

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. Stop Performing for Approval

Identify one area where you consistently say what people want to hear instead of what is true. Your social media. Your relationships. Your church community. Practice saying the honest thing — kindly but clearly. Authenticity is a muscle. It weakens with disuse and strengthens with deliberate exercise. Start small. Build the habit of being real.

2. Know Your Core Values — And Live Them Publicly

Write down your five non-negotiable values. Then audit your actual life against them. Where are you living inconsistently? Where are you compromising privately what you profess publicly? The gap between your stated values and your actual behavior is exactly where counterfeits enter. Close the gap. Live the same life in every room.

3. Spend Time Alone Without Entertainment

Silence reveals who you actually are beneath the noise. Turn off the music. Put down the phone. Sit with yourself. What surfaces? What anxieties, desires, and unresolved questions emerge? The person who cannot be alone with themselves does not yet know themselves — and a person who doesn't know themselves cannot recognize genuine character in anyone else.

*Become so authentically yourself
that only the genuine can recognize you.*

Your Standard Is Determined by Your Value

You will consistently accept what you secretly believe you deserve. This is not motivational theory — it is observable human behavior. Low self-worth produces low standards, and low standards produce devastating relationships. The Proverbs 31 woman was not found at the bottom. She was found at her level. Raise your value — your standards will follow.

*"A wife of noble character who can find? She is worth far more than rubies." —
Proverbs 31:10*

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. End Every Relationship Currently Below Your Standard

Not harshly. Not dramatically. But honestly. If someone in your life consistently disrespects you, drains you, or pulls you away from your calling — that relationship has a cost. Name it. Address it. And if nothing changes, release it. Every relationship you tolerate below your standard teaches your heart to accept less than it deserves.

2. Define Your Standard in Writing Before You Date Again

Not a superficial checklist. A serious, Spirit-led document. What character qualities are non-negotiable? What spiritual maturity is required? What behavioral patterns disqualify someone immediately? Write it before emotion clouds your judgment — because it will. A written standard is an anchor when feelings attempt to negotiate your values away.

3. Invest Daily in Your Own Worth

Read. Pray. Dress intentionally. Speak kindly to yourself. Pursue excellence in your work. Self-worth is not arrogance — it is accurate assessment of what God says you are. Psalm 139 declares you are fearfully and wonderfully made. Live like you believe it. The standard you hold for others will never exceed the value you place on yourself.

What you accept reveals what you believe you deserve.

Raise both — simultaneously.

Learn to Love Before You Try to Be Loved

The most dangerous person entering marriage is the one who arrives needing to be filled. Love is not a feeling you stumble into — it is a discipline you deliberately grow into. First Corinthians 13 is not a wedding passage read for sentiment. It is a training manual to be practiced alone, in advance, under zero pressure, before you desperately need it.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs." — 1 Corinthians 13:4-5

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. Practice Patience With Difficult People Right Now

The family member who irritates you. The coworker who frustrates you. The person in your church who tests your last nerve. These are your training ground. Love is not practiced in ideal conditions — it is forged in friction. How you treat difficult people today is exactly how you will treat your spouse on a hard Tuesday ten years from now.

2. Practice Generosity Without Expectation

Give your time. Give financially beyond your comfort. Serve without recognition. Help without keeping score. Selfish people make catastrophic spouses. Generosity is not a personality trait — it is a spiritual discipline cultivated through repeated, deliberate, unrewarded practice. Start now while the stakes are low and the habit is forming.

3. Memorize and Apply 1 Corinthians 13:4-7 This Month

Not recite it. Apply it. Take each quality — patient, kind, not easily angered, keeps no record of wrong — and identify one specific, daily situation where you can practice it. Turn Scripture from inspiration into instruction. The person who has mastered love before marriage brings an extraordinary gift to their covenant. Most people arrive hoping to receive it. Be the one who already knows how to give it.

Stop arriving needing to be filled.

Arrive already full — and overflowing.

Protect This Season Fiercely

Samson wasted his singleness on shallow pleasures and destructive companions and became a cautionary tale. Joseph used his to build integrity, resilience, and administrative brilliance — and emerged from his lowest point to lead a nation. The difference between them was not talent or calling. It was stewardship. This season is unrepeatable. Spend it with ruthless intentionality.

*"Joseph was thirty years old when he entered the service of Pharaoh king of Egypt."
— Genesis 41:46 | "He awoke from his sleep... and did not know that the Lord had left him." — Judges 16:20*

THREE THINGS YOU SHOULD ACTUALLY BE DOING

1. Guard Your Relational Boundaries Without Apology

Identify the people, environments, and habits currently draining your season. The relationship that is emotionally consuming but going nowhere. The friend group pulling you away from your calling. The situation you keep returning to out of loneliness. Set the boundary. Hold it without guilt. Samson's destruction began with one compromised boundary. Yours will too — or it won't, because you held the line.

2. Design Your Season With Specific, Measurable Goals

This year — not someday. Write three goals for your spiritual growth, three for your professional development, and three for your personal health. Assign deadlines. Review monthly. A season without structure becomes a season wasted by default. Joseph didn't accidentally develop the character that qualified him for the palace. He was being shaped — purposefully, painfully, and productively.

3. Treat Loneliness as Fuel — Not as an Emergency

Loneliness is the single person's greatest vulnerability and greatest teacher. When it arrives — and it will — resist the urge to fill it immediately with noise, screens, or the wrong person. Sit in it. Pray through it. Let it drive you deeper into God and forward into your purpose. Every person who has ever built something significant did it through seasons that felt profoundly alone. You are in good company.

This season will not return.

Samson wasted his. Joseph invested his.

One became a tragedy. The other became a dynasty.

Choose.

CONCLUSION

You have just read ten of the most important truths a single person can internalize.

Not ten things to think about. Ten things to do. Ten areas of your life to build, develop, protect, and steward — with the same intentionality that Joseph brought to every room he was ever placed in, whether that room was a pit, a prison, or a palace.

The people who transform their marriages are always the people who first transformed themselves. They did not wait for a relationship to motivate them. They did not defer their healing, their mission, or their growth to a future season. They did the work — quietly, faithfully, and without an audience.

That is who you are being called to become.

Not perfect. Not without struggle. But intentional. Healing. Building. Growing. Fully alive in the season you are actually in — not the one you are waiting for.

The throne room is not a metaphor. It is where God has placed you right now. The question is not when your life will begin. The question is what you will build with the life you already have.

Reign. Build. Become.

The rest will follow.

— Lloyd Allen

ADDITIONAL RESOURCES

If this ebook has spoken to you and you want to go deeper —

JOIN THE MARRIAGE Q&A COMMUNITY

Get real answers to your real questions about love, relationships, and marriage — from a biblical, therapeutic, and practical perspective.

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Real questions. Biblical answers. A community that does life together.

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