

PREPARING FOR MATE SELECTION: A BIBLICALLY BASED DISCIPLESHIP RESOURCE FOR YOUNG SINGLE WOMEN

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The topic of mate selection holds a prominent position in fields ranging from psychology to popular culture, and rightfully so. Second only to a commitment to follow Christ, the most critical decision single individuals face concerns the person they will marry. The prevalence of problems like cohabitation, divorce, and family violence testify to the fact that too many mate selection choices are turning out tragically. This project tested the potential of seminar-based training to equip single women to undertake the challenging journey toward finding a spouse.

The field presentation consisted of a one-day seminar for single women, providing a biblically-based learning experience designed to offer insight, support, and interaction to build confidence in women for their futures in healthy marriages. The project addressed specific concerns that women face in the process of forming such a marriage relationship.

Assessment of the field presentation, accomplished by comparing pretest and posttest surveys of the participants, found a significant need for mentoring single women on the topic of mate selection. Specific changes in attitude revealed in the comparison included: (1) improved confidence in their ability to experience healthy relationships with the opposite sex, (2) better appreciation for the benefits dating offers in finding a potential spouse, (3) greater insight into important character traits for discerning a potential spouse, and (4) increased confidence in their futures in a happy marriage.

The surveys conducted in the seminar validate the need for discipleship during the “pre-engagement” life stage. Also, they suggest the potential of biblically-based seminars to provide training that can lead to better mate selection decisions and healthier marriages.