**Intentional Relationships: Valentines? Galentines? Guyentines?**

*Portions of the content taken from* [*Intentional Relationships For Singles*](http://www.intentionalrelationshipsolutions.org/)*, Chapter 2, Why Our Relationships Fail by Kris Swiatocho and Dan Houk*

What is going on? Why can't we just be happy with calling it "Valentine's Day"? Why do we now have to have new names that take the focus off romance and replace it with a name that communicates we are going to hang with our pals? Is this holiday so upsetting because it reminds us we are alone? That we haven't found the "one"?

OK, I understand it can be challenging when you don't have someone special. I have been single all my life. And I too would love to have some special bring me chocolates in the shape of a heart (that my hips do not need), flowers that cost way too much and will die in a week, and dinner at a fancy restaurant where your meal looks like a work of art on your plate. I would love to get that mushy card that says how much my eyes look like two pools of…what is it again? But most of you reading this article do not have that special person. Celebrating Valentine's Day can be a hard reminder of what you don't have versus what you do. Why is this? Because there is an unrealistic expectation of this holiday.

So, what is an unrealistic expectation? It's a thought that can lead to an opinion that can lead to an action without the necessary correct information. These unrealistic expectations can be something we created (due to our past or present) or our families, friends, work, the media, and even the enemy. For example, with friends, you expect everyone to feel or believe about things the same way. And when they don't, you get upset. This can damage your friendships. This attitude and unrealistic expectation trickles into every part of your life, even holidays. Instead of saying to yourself, you know Valentine's is a celebration of love and romance, and I want that. I am going to look at that holiday differently. I choose to celebrate God being my Valentine. I choose to find ways to express love to those around me---because of His great love for me. I choose to have realistic expectations that don't disappoint me, make me angry, or cause me to run away. And I can support those around me who have found the "one" and be thankful that THE ONE found you.

So, while you might attend a "Galentine" night, where a bunch of women get together to celebrate your friendships, which is good, don't shy away from attending a Valentine's night.

John 3:16 “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

*For more information on Kris Swiatocho and Dan Houk and the* [*Intentional Relationships For Singles*](http://www.intentionalrelationshipsolutions.org/)*, 12-week Bible study, please go to* [*www.IntentionalRelationshipSolutions.org*](http://www.intentionalrelationshipsolutions.org/)