

EP 227: Too Picky or Just Clear Standards? The Truth About Christian Dating

Let's talk about this whole idea that a lot of Christian women are single because they are too picky. Hi, my name is Keshia Rice. I am a dating coach.

I am a hypnotherapist, and I help women learn how to heal from their undesirable patterns that have allowed toxic relationships and learn how to recognize those patterns, do away with them, and then attract healthy, happy relationships. And this is something that I hear all the time. Women will come to me and they will say that they've been single for a while and when they go to their family and their friends about what is wrong with them, why is it that they're still single after all this time, they are getting told, oh, it's because you're too picky.

It's because your standards are too high. And I honestly find that a little bit hilarious because if you spend any time on Instagram or TikTok recently, you will see that there are so many videos of women who are crying and talking about the horrible ways in which their partners are treating them, the abusive relationships that they're in. And the comment section will be full of people saying, well, you should just choose better.

So tell me, which is it? Is it that women are supposed to be choosing better or is it that women are supposed to be settling for less than? Because those two can't both be the case, right? So we're going to talk about what it means to truly have reasonable standards and about the fact that having those clear standards is one of the most loving things that you can do for yourself and for your purpose partner, the person that you're going to eventually marry, right? So society is constantly pressuring women to settle and to just take any man. You may have been told before your biological clock is ticking, right? Or you're told that good men are hard to find. You're told that it is okay to marry a man who has potential if that potential is not all the actualize.

Especially if you are a Christian woman, you get this message because there's so many talking points about how a good saved Christian woman can also save her husband through her prayer and through her being so loving and nurturing and giving grace and church culture oftentimes adds extra weight. In fact, if you go back either my last video or the video before that, I did a whole video on how churches are keeping Christian women single, but there's also this added weight from churches that if a man loves God and he's willing to marry you, you should just be grateful for that. Like that's, that's all you really need.

And to that, I say that the bar is in hell, right? This messaging oftentimes leads women to doubt their discernment, doubt their intuition. And I think that is tragic because all this talk about feminine energy, that is one of the most quintessential feminine things. We don't ever talk about a man's intuition.

We talk all the time about female intuition and about how oftentimes we just have this knowing when something is wrong and when something is off and that is God given, which means that we shouldn't allow people to try to take that away from us and try to gaslight us and make us doubt that, you know, when a relationship is not in alignment with what it is that you need or in God's plans for your life, the enemy

would love for you to believe that your standards are coming from a place of pride. But the truth is those standards are rooted in God's protection for you. So let's talk about what it means to set standards because a lot of people confuse standards versus preferences, right? Preferences are the more superficial things.

So this is a person's career, their hobbies, their height, weight, things like that. And these are things that are very nice to have. They don't necessarily build a lasting marriage.

Standards on the other hand are about a person's fundamental character and how they are going to end up treating you. So this is talking about things like emotional stability, emotional maturity, financial stability, respect for your boundaries, their faith, their integrity. These are standards.

And this is one of the things that, you know, when I'm working with women in my From Toxic to Thriving coaching program, this is one of the foundational things that we do is talking about, okay, let's create a list of what it is that you want in a partner and how that lines up with what you see as God's purpose for your life and how a partner can help you achieve that. And we talk about having your standards and having your deal breakers and having your must have things. And then once you find someone who has those things, then we can also talk about preferences as well, because preferences are again a nice to have.

They are the bonus, but they shouldn't be the foundation for what you're expecting in a relationship. So you have to ask yourself that, are you rejecting good men over things that are shallow? Or are you rejecting men who fail to meet standards that honor you and honor your relationship with God? And also on the other hand, are you placing too much emphasis on the nice to haves? Are you staying with men who have your looks preferences or, you know, your financial preferences, but they treat you like trash and they don't uphold the standards that you say that you set for yourself? Because I see that happen as well. When you hold to your standards, the true standards, you're not being picky.

You are operating in purpose, right? When you are with a man who truly values a healthy, godly relationship, he's not going to be intimidated by the fact that you have standards. In fact, he's going to appreciate that because he holds himself up to a high standard and he's going to want that respected. And he's going to expect that the partner that he has also holds herself up to a high standard.

So standards keep you away from living a life of misery because they filter out men who are going to waste your time. They filter out men who aren't going to treat you well. And, you know, Proverbs 4 and 23 says above all else, guard your heart.

That is what standards help you do. They help you guard your heart by having these protections in place. By committing to, I'm not going to be in a relationship with someone who doesn't meet these standards.

So in order to walk this out in your daily life and your dating journey, you have to have a balance. Your checklist can't be so set in stone and so rigid that it keeps you from having a real connection. You know, again, when I'm working with clients on

their love list, your love list can't be like 20 pages, right? But at the same time, there is this balance of having what are those few must-haves? Because there are going to be some things that, you know, four or five things that you absolutely cannot be in a good relationship without.

And that's going to be individualistic. You know, that's going to be based on what it is that you need and desire in a relationship. So you definitely want to stick to those few foundational things and then be open to having the majority of your preferences met.

But you really want to also allow yourself to stay in prayer and stay in conversation with God to open up your eyes to help you hone your discernment, to recognize that sometimes God will send certain things, certain qualities in a person that you didn't really know you needed until you encountered that purpose. Because you don't need a man who is perfect, right? But you do need a man who is perfectly aligned with your purpose. So by understanding yourself, knowing those foundational must-haves and sticking to those, and then allowing some openness and continued conversation with God as you're going through your dating journey, you will find someone who aligns with that purpose.

So if this message resonates with you and you are struggling to know the difference between standards and being too picky, and I just want to say that if you are able to uphold the standard yourself, you're not being too picky. If a standard for you is someone who values education and you have spent years getting degrees, you're not being too picky. If a standard for you is financial stability and you have been working on your finances and creating that financial stability, you're not being too picky.

If a standard for you is someone who is self-aware, emotionally mature, and has done work on themselves, and you are out here seeing a coach, seeing a therapist, doing the journaling, doing the shadow work, you are not being too picky. Because you're not asking for anything that you can't do for yourself, right? But if you've been struggling with that, that is what I help women with in my From Toxic to Thriving coaching program. I help women learn how to uncover those past relationship wounds, learn how to break free from the toxic cycles of unhealthy relationships, and then learn how to step into dating with confidence and discernment.

It is a 12-week program. It is private one-on-one coaching, so individual attention, individualized plan, and it will help you learn how to go into dating with discernment and confidence as well. So if you're ready to stop doubting yourself and learn to really embody that confident woman who knows that she's fearfully and wonderfully made and knows that she deserves a great partner, then you can head to the link in my description and we can talk about working together.

Because at the end of the day, standards are not the problem. They are the solution.