

Sean Lowe on 'The Bachelor' Experience: 'I Just Kept Praying'

Editor's Note: Sean Lowe fell in love with Catherine Giudici and they married in a nationally-televised fairy tale last January. But this is just the beginning for the newlyweds.

In his new autobiography, *For the Right Reasons*, Sean tells all about the backstage drama that fuels *The Bachelor* and *The Bachelorette*, how he overcame heartbreak to find his true love, and the personal struggles and Christian faith that have made him the man he is today.

Staying True to Christ While in the Spotlight

Going on *The Bachelor*, I had absolutely no experience on TV. And I didn't have a clue how I would be portrayed on the show. I didn't set out to publicly state my faith on TV, my goal was really just to be myself. So you can imagine my surprise once the show started to air on TV the amount of people that came up to me and said thank you for standing up for your faith.

I made the choice at a very young age, 12 years old, to follow Christ and it's just a part of me and a part of my life. So, I didn't make a special effort to do that on the show. I do it in my everyday life and it just showed through on the show.

The Biggest Challenge I Faced

The Bachelor is such a weird thing to get involved with because you are completely on your own. Even though you're being watched by millions of people.

They take your phones, there's no Internet access, and when

you're the only guy, you don't have people to lean on or to look to for advice. That can be really difficult sometimes.

It sounds silly because it's a dating show on TV, but there were a lot of times where I would question whether I was making the right decisions. I kept praying, "God, what should I do here? Please just lead me in the right direction." Being unsure about the decisions you're making is really hard when you would love some feedback from someone you trust, but you're all alone.

Help Along The Way

Starting with *The Bachelorette*, I took my Bible and a few devotionals to read each morning. I did it this morning, and that's just how I like to start my day. Spending that alone time with God and hearing what He's trying to tell me is a great way to stay grounded amid the craziness. I just soak up His Word and that's what I did on the show as well

Learn more about Sean's new autobiography here, *For The Right Reasons, America's Favorite Bachelor on Faith, Love, Marriage and Why Nice Guys Finish First*.