



MON 2-20

- ♥ **SCRIPTURE** **2 Corinthians 13:11**
- ♥ **THOUGHT** "Dear brothers and sisters, I close my letter with these last words: Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you." [NLT] We are to be encouragers! When we cheer others on, we form a bond and sense of shared purpose. As a result, we end up feeling encouraged as well.
- ♥ **PRAYER** **God of love, thank you that your love is perfect. Help me to share encouraging words building up the people in our lives because of the way you have shown me love. Amen.**

NOTES: _____

TUES 2-21

- ♥ **SCRIPTURE** **James 1:19-20**
- ♥ **THOUGHT** "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires." [NLT] Why is this so challenging for us at times? Our tendency toward anger can sometimes be a result of past hurt that colors our responses during confrontation. Try this week to recite this breath prayer in moments of tension that might trigger feelings of anger: as you inhale, say, "Gracious God," and as you exhale, say, "calm my heart."
- ♥ **PRAYER** **Lord Jesus, I need your love to permeate my life. Forgive me for the times I have tried to talk over others or when I have allowed my pride to guide my words. Help me to remember in each moment that your presence is there to be my guide. Amen.**

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WED 2-22

- ♥ **SCRIPTURE** **Philippians 4:8**
- ♥ **THOUGHT** "Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse." [MSG] Focusing on the best, not the worst--this is what God does for us! What an amazing display of love, to overlook the worst rather than punish or shame us. Pray that God will help you do the same for others!
- ♥ **PRAYER** **Gracious God, thank you for your wisdom. Even though my pride feels like protection, I know that you call me to live humbly for a reason. Help me remember Christ's incredible display of humble sacrifice. Amen.**

NOTES: _____



THURS 2-23

♥ **SCRIPTURE** Proverbs 29:11

♥ **THOUGHT** "Fools vent their anger, but the wise quietly hold it back." [NLT] Sometimes when we do not have control over someone or some situation, it leads to anger. Wise believers find contentment in God's sovereignty and in submission to God. When we submit to God we are reminded of the way we are also called to submit, or serve each other. Letting go of control is key to controlling anger.

♥ **PRAYER** **Lord of my life, trying to control everything and everyone is exhausting. Thank you for offering rest in your arms. I trust you to guide me, and I pray you would help me to take steps to control my anger rather than trying to control others. Amen.**

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FRI 2-24

♥ **SCRIPTURE** Psalm 107:1

♥ **THOUGHT** "Give thanks to the LORD because he is good, because his faithful love lasts forever!" [CEB] God is a sure foundation for us to stand on and this truth is a source of hope. Despite the struggles going on in our lives, we have an everlasting hope in the goodness of God. Take a moment and write down a few thoughts of gratitude today.

♥ **PRAYER** **Great God, I want to keep your praise always on my lips. I know that if I constantly remind myself of who you are, I will experience more peace in my daily life. Remind me when I get distracted to reset my thoughts, so they are centered on you. Amen.**

NOTES: _____

SAT 2-25

♥ **SCRIPTURE** Psalm 86:5

♥ **THOUGHT** "You, Lord, are forgiving and good, abounding in love to all who call to you." [NIV] God's mercy is a boundless, abundant gift in our lives. We all fail at times in our relationships and though people sometimes turn away, God never does! Spend some time in silent prayer today asking God to point out anything in your relationships that needs to be corrected. Ask for help as you act with humility to make things right.

♥ **PRAYER** **God of Grace, thank you for forgiving me when I have hurt others. Help me to accept your grace and commit to living differently out of gratitude. Show me ways I need to make amends in my relationships, and give me the strength to make better future choices. Amen.**

NOTES: _____

DIGGING DEEPER



♥ **Intro** Sometimes relationships go south very quickly. The person once held dear becomes the enemy. How do we protect our relationships from that fate? We all have past baggage that we bring to a relationship and unless we work on it in a healthy way, it can come out and harm our connection.

♥ **Reflect**

- Describe the most healthy relationship you have ever witnessed or experienced. What made it special?
- Identifying our relationship baggage is crucial to moving to a healthy place. Often, it results from family or romantic relationships.
 - What are some specific experiences that have most contributed to your baggage?
 - How would you say it has specifically impacted a current relationship?
- Proverbs 4:23 says, "Guard your heart above all else, for it determines the course of your life." [NLT] In this verse, Solomon, famous for his wisdom, says to *guard your heart above all else*.
 - Do you agree with Solomon?
 - In what ways, positive or negative, has the condition of your heart influenced the course of your life?
- Unspoken emotions have a great deal of power over us. Why do you think verbalizing a specific emotion reduces that power?
- Sharing feelings isn't criticism, but rather, it is someone caring enough to provide observations.
 - Why do think we often feel defensive when someone close to us says, "When you do _____, I feel _____?"
 - What should our response be when someone shares their observations with us?
- Think of a conflict that repeatedly comes up within a relationship you have and make a plan to communicate your specific emotions to that person. What is your greatest fear in sharing these emotions?

♥ **Prayer** **Loving God, help me to look inside and honestly evaluate my heart. Point out in me the things that need to be dealt with and help me to lovingly share the feelings that are driving my behaviors. Renew my mind and restore my relationship as your love heals me. Amen.**



DIGGING DEEPER

♥ What did I learn? _____

♥ How might it apply in my life? _____

♥ What is a next step I can take? _____

Staying In Love