



MON 2-6

♥ SCRIPTURE

1 Peter 3:8-9

♥ THOUGHT

"Summing up: Be agreeable, be sympathetic, be loving, be compassionate, be humble. That goes for all of you, no exceptions. No retaliation. No sharp-tongued sarcasm." [MSG] Ouch, that's a tough ask--how hard is it for you to avoid retaliation or sarcasm? Often we struggle because we feel like we must maintain our pride, but God calls us to humble ourselves!

♥ PRAYER

Holy God, you have called me to a life of humility and kindness, but in our world, that is very hard to live out. I need you every hour to guide, strengthen, and be my source of satisfaction. Help me to let go instead of always trying to win. Amen.

NOTES: _____

TUES 2-7

♥ SCRIPTURE

1 Thessalonians 5:11

♥ THOUGHT

"So continue encouraging each other and building each other up, just like you are doing already." [CEB] This advice Paul gave to the church will serve us well in every relationship that we have. If we have the mindset of doing and saying only what will build up our spouse, parent, child, or friend, we will no doubt make life better for them. As we plant seeds of encouragement and kindness, we will eventually see the fruit of our actions, and a beautiful cycle will begin to unfold.

♥ PRAYER

God of love, you have shown me such kindness, and it has changed my life for the better. Give me a renewed passion to bless the lives of the precious people I am around each day. Amen.

NOTES: _____

WED 2-8

♥ SCRIPTURE

Proverbs 11:2

♥ THOUGHT

"Pride leads to disgrace, but with humility comes wisdom." [NLT] Pride and humility lead to very different outcomes. In the moment when we are wronged, our pride can lead us to mount a defense. We create a wall that must be overcome with even more force. When we display humility in the face of mistreatment, we wisely disarm the other party, providing no additional reason for conflict. As it depends on us, we are called to bring peace.

♥ 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 2-9

- ♥ **SCRIPTURE** **Psalm 16:11**
- ♥ **THOUGHT** "You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever." [NLT] Our relationship with God is what ultimately fulfills us. We place a heavy burden on others in our life when we look to them to give us joy and purpose. Is there someone you need to let off the hook of unrealistic expectations?
- ♥ **PRAYER** **Almighty God, thank you that I have been given everything I need to experience a life of joy with you. Help me to treasure the people in my life and strive to encourage and love them without outrageous expectations that they are not equipped to meet. Your love is enough. Amen.**

NOTES: _____

FRI 2-10

- ♥ **SCRIPTURE** **Philippians 4:19**
- ♥ **THOUGHT** "And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus." [NLT] Paul's word to the people in Philippi reminds us that God's riches are more abundant than we know. Riches like peace, joy, purpose, and contentment surround us when we center our lives around Jesus.
- ♥ **PRAYER** **Precious Jesus, I am so grateful when I think of the life you offer me. I confess that sometimes my faith weakens, and I chase after earthly things to find happiness. Forgive me when I turn away and seek satisfaction elsewhere. Amen.**

NOTES: _____

SAT 2-11

- ♥ **SCRIPTURE** **Psalm 90:14**
- ♥ **THOUGHT** "Fill us full every morning with your faithful love so we can rejoice and celebrate our whole life long." [CEB] What would life be like if we actually began each day with this prayer filling our minds? How would our daily interactions with our loved ones change? Our long list of dissatisfactions can overtake our minds very quickly if we aren't intentional with our thoughts. What if our satisfaction in God led to the satisfaction of our loved ones?
- ♥ **PRAYER** **God, how wonderful that your love helps me to move through my circumstances with peace instead of allowing them to control me. Thank you for freeing me to glorify you by loving others selflessly rather than depending on them for my happiness. Amen.**

NOTES: _____

DIGGING DEEPER



♥ **Intro** **What in all relationships, makes them strong whether you are married, single, divorced, or never plan on being married? So many relationships and marriages fail because we're not prepared or equipped or skilled in making them work. How can we set healthy expectations for solid relationships?**

♥ **Reflect**

- Who is the most die-hard romantic you know? How do they talk about their significant relationships?
- What do people often expect their significant others to bring into their lives that can really only come from God? What do you think is the result?
- Think about an area of your life that you aren't happy with; how have you held others responsible for that disappointment? What would change if you looked to God and to yourself to improve that area?
- In John 13:34-35, Jesus gives us key instructions: "Let me give you a new command: Love one another. In the same way I loved you, you love one another. This is how everyone will recognize that you are my disciples—when they see the love you have for each other." [MSG]
 - At our core, being Jesus followers commits us to living differently. Why do you think we sometimes fail to apply that commitment to our primary relationships?
 - How would treating your most significant relationship as Jesus would ultimately end up changing that relationship?
 - Are there emotions you can identify that hold you back from making the necessary changes for your love toward that person to resemble Jesus' love for you?
- Change begins with our choices! Ephesians 5:21 gives great advice--"Out of respect for Christ, be courteously reverent to one another." [MSG] Would you say that this describes your interaction within your personal relationships? In practical terms, what might it mean to be "courteously reverent" the next time you see your significant other? What about with your parents or your children?

♥ **Prayer** **Lord Jesus, you set the bar high and I know my best life will be built choice by choice as I do my very best to pattern my behavior after yours. Knowing that truth and living it out are two different things, and I need your strength to make practical changes. Guide me with your grace and truth. Amen.**



DIGGING DEEPER

♥ What did I learn? _____

♥ How might it apply in my life? _____

♥ What is a next step I can take? _____

