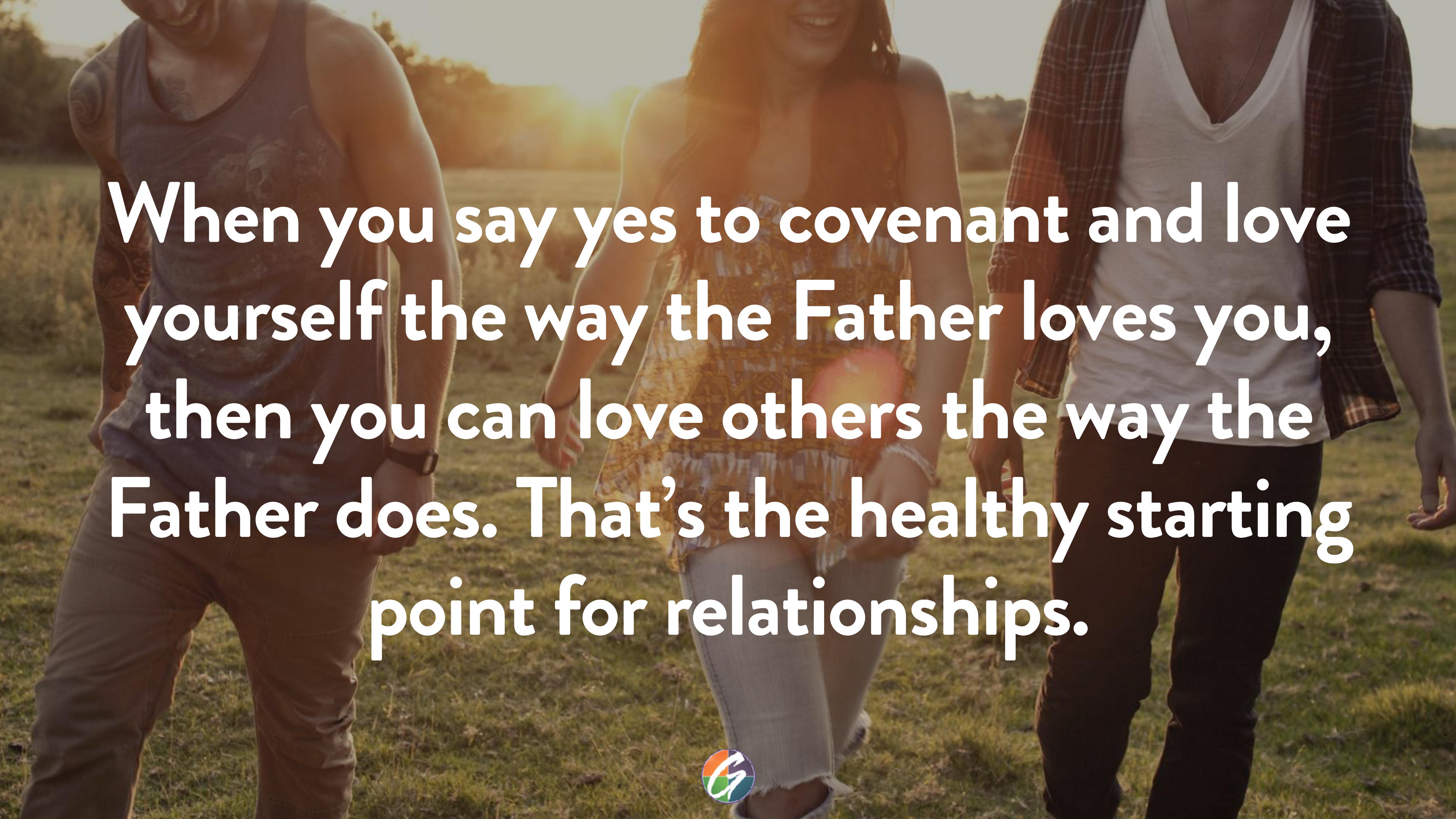


A photograph of three people walking away from the camera in a grassy field during sunset. The sun is low on the horizon, casting a warm glow over the scene. The people are dressed casually, and their shadows are cast on the grass ahead of them.

RELATIONSHIPS.

Is there an app for that?



A photograph of a group of people walking together in a grassy field during sunset. The warm, golden light of the sun creates a strong lens flare effect, illuminating the scene. The people are dressed casually, and their shadows are cast onto the grass ahead of them.

When you say yes to covenant and love
yourself the way the Father loves you,
then you can love others the way the
Father does. That's the healthy starting
point for relationships.



A photograph of three people walking through a grassy field towards the horizon at sunset. The sun is low, casting a warm glow over the scene. The people are dressed casually, and their shadows are cast long on the grass.

**Proverbs 12:18, 18:21
Matthew 6:21
Luke 6:43-45
James 1:26**





The Power of Communication



A photograph of three people standing in a grassy field at sunset. They are all smiling and holding hands. The person on the left is wearing a brown tank top and brown pants. The person in the middle is wearing a patterned dress. The person on the right is wearing a white tank top and plaid shorts. The sun is low in the sky, creating a warm glow.

Today's goal is to help us have safety in our relationships so we can share the truth about our thoughts, feelings and needs with one another and gain understanding.



A photograph of three people walking away from the camera in a grassy field during sunset. The sun is low on the horizon, casting a warm glow and long shadows. The people are dressed casually: one in a tank top and jeans, another in a patterned dress, and a third in a white t-shirt and plaid shorts.

Words are powerful:

“Just because we speak the same language
doesn’t mean we understand each other.”

Don Milam

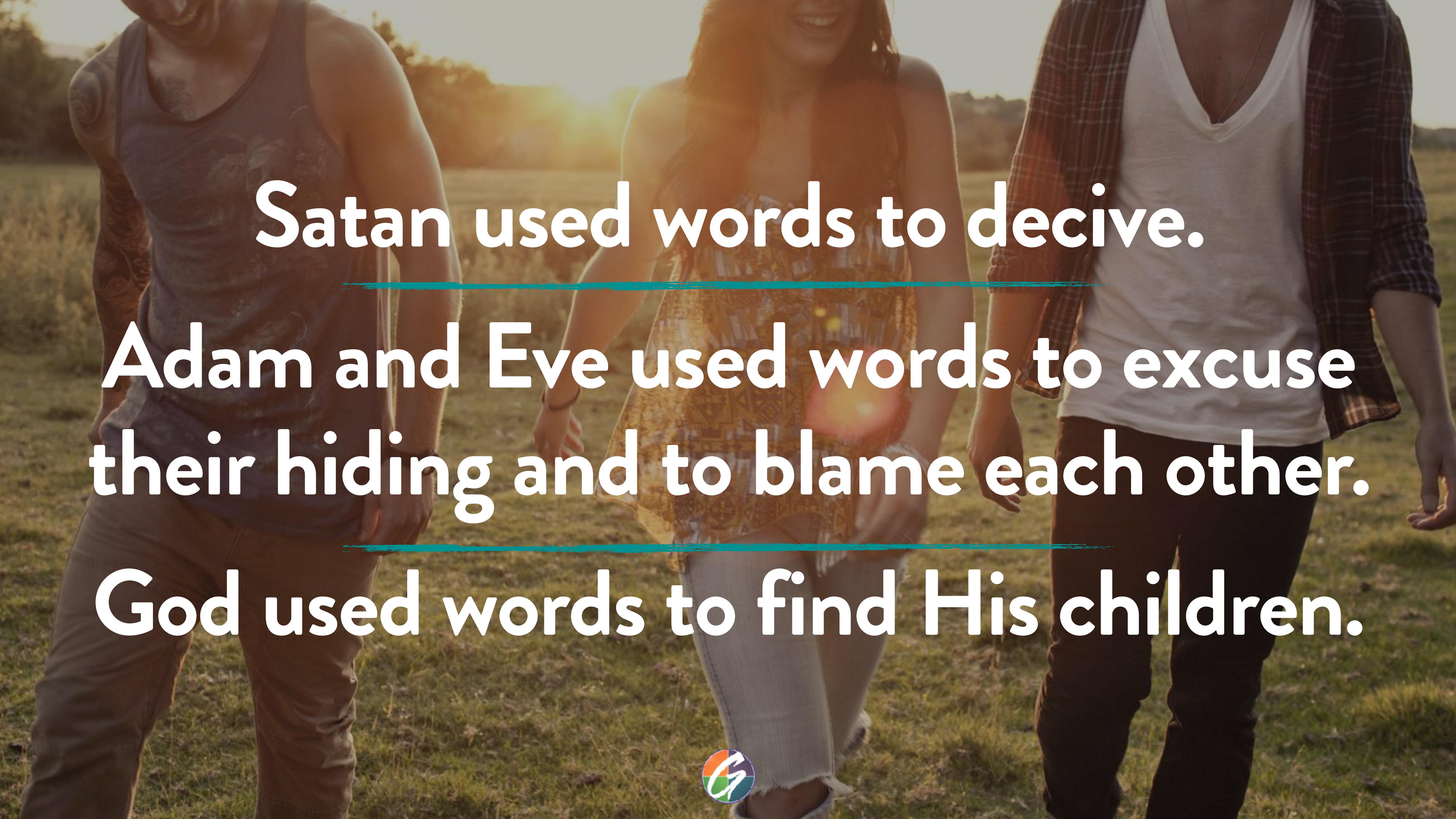




**There's an enemy at
war with us:**

1. Isolation
2. Deception
3. Works of the Flesh



A photograph of three people walking away from the camera in a grassy field at sunset. The sun is low on the horizon, casting a warm glow over the scene. The people are dressed casually: one in a tank top and jeans, another in a patterned dress, and a third in a plaid shirt and dark pants.

Satan used words to decive.

Adam and Eve used words to excuse
their hiding and to blame each other.

God used words to find His children.



A photograph of three people walking together in a grassy field during sunset. The sun is low on the horizon, casting a warm glow over the scene. The people are dressed casually, and their shadows are cast long on the grass.

Honor is when two powerful people in
a relationship are working together to
meet the needs of each other and the
situation.



A photograph of a diverse group of people walking together in a grassy field during sunset. They are smiling and holding hands, conveying a sense of community and healthy communication.

Our commitment to healthy communication:

1. Jesus doubling down.
2. Exchanging love.
3. Healthy relationships displace evil.



A photograph of three people standing in a grassy field at sunset. They are all smiling and holding hands. The person on the left is wearing a brown tank top and brown pants. The person in the middle is wearing a patterned dress. The person on the right is wearing a white tank top and dark pants. The sun is setting in the background, creating a warm glow.

Today's goal is to help us have safety in our relationships so we can share the truth about our thoughts, feelings and needs with one another and gain understanding.



A photograph of three people walking away from the camera on a grassy hillside. The sun is low in the background, creating a warm, golden glow and lens flare. The people are dressed casually: one in a tank top and jeans, another in a patterned skirt and t-shirt, and a third in a plaid shirt and dark pants.

4 Keys for Creating a Safe Place:

1. Care.
2. Praise.
3. Truth.
4. Surrender.



**Love is caring for
each other even
when you're angry.**



I'M RETURNING THESE
GLASSES I BOUGHT FOR MY
HUSBAND. HE'S STILL NOT
SEEING THINGS MY WAY.



Note to self:

Just because it pops
into my head does
NOT mean it should
come out of my
mouth.



A photograph of three people standing in a grassy field at sunset. They are all smiling and holding hands. The person on the left is wearing a brown tank top and brown pants. The person in the middle is wearing a patterned dress. The person on the right is wearing a white tank top and plaid shorts. The sun is setting in the background, creating a warm glow.

Today's goal is to help us have safety in our relationships so we can share the truth about our thoughts, feelings and needs with one another and gain understanding.



What can we do now?

1. Pick up a devotional.
2. Demonstrate care.
3. Praise a loved one, friend or co-worker this week and tell them one thing you admire about them.
4. In times of conflict or strong emotion, PAUSE, recognize your tone, then speak assertively.
5. Surrender your tongue, your communication, your social media and your email to Jesus.
6. Practice the real “F” word. (AGAIN!)

