A MOMENT TO RETURN TO YOURSELF

Fullness with discernment

Care for your soul. Keep hold of truth.

MY NEEDS
deserve honest care.

MY LONGING
does not overrule caution.

MY PEACE
does not require denial.

STAY OPEN TO CONNECTION. STAY FAITHFUL TO TRUTH.

01 Pause with the longing

Name my need and bring it to God. Loneliness is real, but it does not have to choose my relationships.

02 Keep hold of truth

Do not excuse lies or wrongdoing to preserve a bond. Name what is wrong and respond with grace and courage.

03 Let trust be earned

Attention and affection do not establish trust. I can want connection and still wait for consistent, mutual respect.

04 Protect my own needs

Keep rest, meaningful activities, and time with God. Seeking approval must not displace my needs or boundaries.

05 Be emotionally honest

Bring sorrow, longing, and joy to God. Practice gratitude without dismissing pain or silencing concerns.

06 Choose connection wisely

Let closeness grow slowly. Seek support without chasing acceptance or treating one relationship as my rescue.

“The Lord is my shepherd, I lack nothing.”

PSALM 23:1

A SIMPLE PRAYER

Father, help me face truth even when I fear losing a relationship. Teach me to recognize lies, name wrongdoing, and respond with grace and courage. Meet me in my longing. Help me care for my needs and choose relationships with wisdom. In Jesus’ name, Amen.

I can welcome connection without abandoning self-protection.