A MOMENT TO RETURN TO YOURSELF

Love with open hands

Release control. Keep your discernment and boundaries.

MY PART

my choices, needs, and limits.

THEIR PART

their actions and decisions.

GOD'S CARE

holds me through uncertainty.

PRACTICE TRUST WITHOUT LOSING YOURSELF.

01 Name the fear gently

Notice fear of loss without shaming myself. Pause and ask: is this old fear, present evidence, or both?

02 Ask without controlling

Express my needs honestly. I can ask for care and reassurance without managing another person's choices.

03 Release the outcome

No amount of perfect behavior can guarantee someone's love. I can entrust uncertainty to God.

04 Let trust be earned

Let openness grow with consistent respect. Trusting God does not require ignoring red flags or harm.

05 Keep wise boundaries

I can love someone and limit their access to me. Releasing control does not mean abandoning protection.

06 Receive steady support

Bring my fears to God and seek trusted support. Needing help is human; I do not have to carry this alone.

"He is before all things, and in Him all things hold together."

COLOSSIANS 1:17

"Cast all your anxiety on Him because He cares for you."

1 PETER 5:7

A SIMPLE PRAYER

Father, hold my fears with patience. Help me release what I cannot control and act wisely on what I can. Teach me to love freely, notice truth, and keep healthy boundaries. Anchor me in Your care, even when relationships change. In Jesus' name, Amen.

I can release the outcome and still protect my peace and safety.