A MOMENT TO RETURN TO YOURSELF

Rooted in God's love

Loved by God. Free to keep my voice and limits.

MY WORTH
is not a performance.

MY IDENTITY
is secure in Christ.

MY HEART
can stay open, with limits.

LOVE DOES NOT REQUIRE SELF-ABANDONMENT

01 Notice self-erasure

If keeping someone calm requires silencing my needs or changing who I am, pause. Fear of rejection must not decide my limits.

02 Keep my identity

My God-given qualities and convictions matter. I do not have to shrink, perform, or make myself indispensable to deserve love.

03 Release their approval

Another person’s mood does not define my worth. I can care about their feelings without making their happiness my responsibility.

04 Act on my limits

Say no when I mean no. Protect rest, needs, and values. Someone’s disappointment does not make a reasonable boundary wrong.

“I have summoned you by name; you are mine.”

ISAIAH 43:1

A SIMPLE PRAYER

Father, remind me that I belong to You. Help me recognize when I am giving myself away to keep someone pleased. Give me courage to hold my boundaries through disapproval, honor my needs, and love without losing myself. In Jesus’ name, Amen.

I can love deeply without losing myself.