A MOMENT TO RETURN TO YOURSELF

Secure in His love

Notice self-abandonment. Protect my voice and needs.

MY VOICE
does not need to disappear.

MY WORTH
is held in God’s love.

MY BELONGING
does not have to be earned.

FIVE WARNING SIGNS. PROTECTIVE RESPONSES.

01 Saying yes from fear

If I agree only to avoid rejection, pause before answering. I can give an honest no and keep my boundary.

02 Fearing distance

If distance triggers panic, pause before chasing. I do not need to bargain away my needs to restore closeness.

03 Silencing my values

If I silence convictions to stay accepted, name what matters. Belonging must leave room for my voice and values.

04 Carrying their emotions

If their mood takes over mine, notice what is theirs to manage. Caring does not require fixing their feelings.

05 Leaving myself behind

If demands repeatedly displace rest or dreams, restore one limit. My needs deserve a place in the relationship.

↳ Pause. Pray. Protect.

Return to God’s love. Name the pattern. Set a limit or step back when keeping closeness requires losing myself.

“I have loved you with an everlasting love.”

JEREMIAH 31:3

A SIMPLE PRAYER

Father, help me recognize when attachment is costing me my voice, values, or peace. Anchor my worth in Your love. Give me courage to stop abandoning myself, hold needed boundaries, and respond with clarity when I fear rejection. In Jesus’ name, Amen.

Rooted in Him, I can flourish through every season. • Jeremiah 17:7-8