

Week 2: How You Learned to Love

Day 2: Healthy Love Is a Home, Not a High

Listen with Tay: Tay will record this day's reading herself.

Scripture: "Love is patient, love is kind." (1 Corinthians 13:4)

Survivors often confuse dysfunction with passion. The racing heart. The highs and lows. The hot and cold. We called it chemistry, but much of the time it was our nervous system replaying an old alarm.

Healthy love has a completely different feel. It is consistent. They show up the same way today, tomorrow, and next week. It is stable. You do not have to wonder where you stand. It is safe. Your feelings are welcome. It is predictable, patient, mutual, honest, and peaceful. Your nervous system feels calmer around them.

Healthy love is not a high. It is a home. It is the front porch light left on. It is the kitchen that smells like dinner. It is knowing someone's footsteps on the stairs and feeling your shoulders drop instead of rise. If calm feels strange to you, that is not a sign something is wrong. It is a sign you are learning something new.

Gentle prompt: What would home feel like, in a relationship? Describe it in three words.

Prayer: God, teach my heart the difference between a storm and a home. Let me stop chasing the storm. Amen.