

Week 2: How You Learned to Love

Day 3: The Five Pillars

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

Scripture: "Above all else, guard your heart, for everything you do flows from it." (Proverbs 4:23)

Healthy love stands on five pillars. Hold them like a checklist for your heart.

First, emotional safety. You feel free to be yourself, your messy, tired, tender, joyful, hurting self. There is no emotional punishment. Second, reliability and consistency. They do what they say. They show up. They keep their word. Consistency is the foundation of trust.

Third, respect and boundaries. Your needs are honored. Your no is accepted. Your emotions are considered. Respect is not optional. It is essential. Fourth, communication. Healthy partners talk things through, not in explosions, not in silent treatments, but in calm, honest conversations. Fifth, mutual effort. Both people invest, repair, love, and work toward connection. Healthy relationships are partnerships, not one sided endurance tests.

Gentle prompt: Which pillar feels strongest in your life right now? Which feels thinnest?

Prayer: Lord, build these pillars in my relationships. Show me where one is missing. Amen.