

Week 2: How You Learned to Love

Day 4: Your Body Tells the Truth

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

Scripture: "He heals the brokenhearted and binds up their wounds." (Psalm 147:3)

Your body tells you the truth about relationships, even when your heart is hopeful or your mind is confused. So ask it.

Do I feel calm around this person? Can I breathe deeply around them? Does my stomach relax or knot? Does my chest open or tighten? Do I feel safe expressing emotion? Does the little one inside me feel protected?

When someone is safe, you will notice. You do not rehearse your words. You do not hide your feelings. You do not fear their reactions. You do not walk on eggshells. You do not feel drained after seeing them. You can relax. You can breathe. You feel seen, valued, emotionally held.

Your body knows the difference between danger and safety. Listen to it the way you would listen to a smoke alarm. It is not being dramatic. It is doing its job.

Gentle prompt: Think of one person. How does your body feel around them? Just notice.

Prayer: God, thank You for the alarm system You built into my body. Teach me to trust it. Amen.