

Week 2: How You Learned to Love

Day 6: Signs You Are With Someone Safe

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

Scripture: "Perfect love drives out fear." (1 John 4:18)

A safe partner apologizes without excuses. Respects your boundaries. Listens to your needs. Is consistent in communication. Can regulate their emotions instead of punishing you with silence or anger. Values your feelings. Does not weaponize your trauma. Makes repairs after conflict. Shows steady effort. Is not threatened by your healing. Protects your peace. Treats your heart with gentleness. Loves the little one inside you. Honors your relationship with God.

A safe partner leads you closer to God, not away from Him. Notice that last one. It is the truest test of all. The right person will make your faith feel safer, not smaller.

You do not have to find all of this at once. You only have to know what you are looking for, the way you would know the smell of bread baking and follow it home.

Gentle prompt: Which three marks matter most to your heart? Write them on a card and keep it.

Prayer: Lord, surround me with relationships that reflect Your heart and remove those that harm my spirit. Amen.