

Keeping an Open Heart



Understanding your own attachment style can help you understand how you connect to others. It can help you guard your heart when appropriate and establish some protection for yourself depending upon which attachment style you tend to lean toward. The good news is . . . as you do the work -- increase your awareness and compassion for yourself, you can learn and understand what a healthy relationship looks like.

Proverbs 4:23

23 Above all else, guard your heart, for everything you do flows from it.



TENDERNESS



As we hold space for others and ourselves, this means we can be loving and still set healthy boundaries for how we allow others to treat us. Consider Jesus as the ultimate expression of tenderness, as he walked on earth and taught a love that fills us and does not deplete or take from us. Can you imagine the tender tone he may have had? Of course, he spoke with assertiveness and firmness when it was needed. Jesus had times of anger when it was appropriate.

In my experience (and the stories I hear told by others) it is a gentle and tender calling that often guides us back to God. It is in that space of tenderness is where there is healing and comfort. May you lean into that tenderness as you fully embrace God's love and beautiful intention for your life.