



How to L.O.V.E Well

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Love one another as I have loved you (John 15:12)

Listen - to understand not to respond

Own- take responsibility for what you can.

Validate- put yourself in their shoes and agree that you would feel something similar if you saw the situation the way they do...

Express- share your perspective if you feel like it would help. But only after you have loved.



Thank You!

We hope you find this tool helpful. We can support you with more helpful resources like this one. Please call, email, or text us and we'd be honored to serve you!

Kevin

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