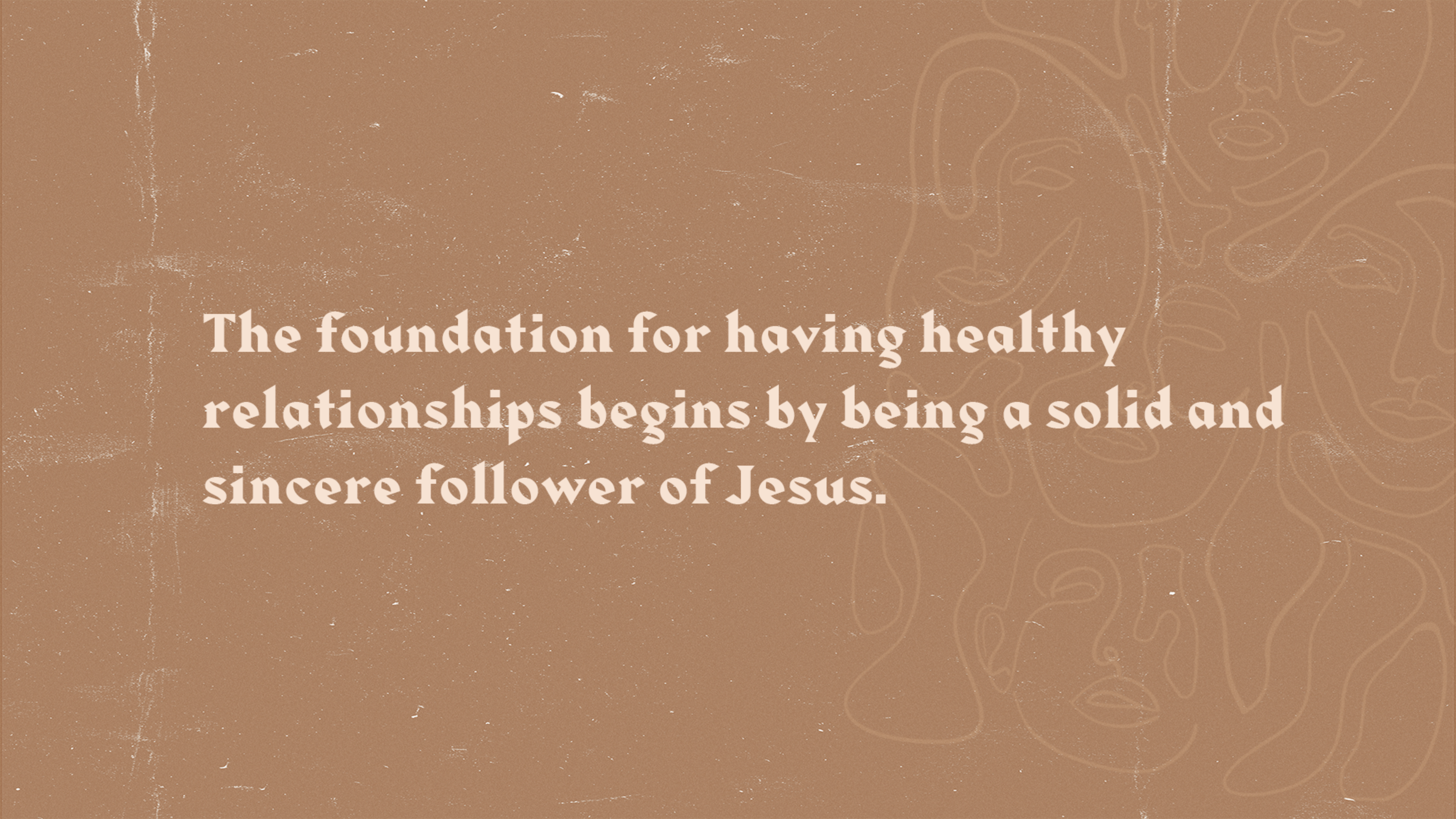




**Why walk in the flesh when you
can fly in the Spirit?**



The foundation for having healthy relationships begins by being a solid and sincere follower of Jesus.

2 CORINTHIANS 5:17

Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

PSALM 119:105-106

Your word *is* a lamp to my feet And a light to my path.
I have sworn and confirmed that I will keep Your righteous judgments.

HEBREWS 4:16

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Live Truth #1:
LIVE UP TO THE NEW NATURE

**The best version of yourself is found in the
new nature that God has given you.**

**Live Truth #2:
LEAN IN TO THE SPIRIT'S POWER**

Transformational, loving relationships don't just happen. Choose to love preemptively not reactively.

The background is a solid brown color with a faint, repeating pattern of line-art faces. The faces are simple, showing only the outlines of the eyes, nose, and mouth, and are arranged in a grid-like fashion across the entire page.

**Live Truth #3:
LOOK TO GOD'S VALUES**

Are your values aligned to God's Word?

**Live Truth #4:
LET PRAYER BE YOUR REFLEX**

**All of our relationships would be healthier if
we prayed more earnestly for them.**

**Live Truth #5:
LET GO OF FEAR BASED LIVING**

Proverbs 18:1 A man who isolates himself seeks his own desire; He rages against all wise judgment.