



### Reflection during the week:

1. Which kind of love might I be rushing—or neglecting—in my relationships right now? As you reflect on rayah (friendship), ahabah (commitment), and dod (physical love), where do you sense imbalance in your own life? Am I chasing passion without patience, commitment without friendship, or connection without covenant? What might God be inviting me to slow down, deepen, or realign?
2. Who or what is discipling my understanding of love more than Scripture? Think about the music you listen to, the shows you binge, the accounts you follow, and the stories you absorb. Where might culture be shaping my expectations of romance, sex, or marriage more than God's Word? What voices might I need to turn down so I can hear God more clearly?
3. Where could incomplete love be setting me up for unnecessary pain? Reflect honestly: are there relationships, habits, or boundaries I've minimized because "this is just how things are now"? Where might God be warning me—gently but clearly—that diving into dod without rayah or ahabah could lead to regret instead of joy?
4. What step of obedience is God inviting me to take to protect future joy? Whether you're single, dating, married, or reflecting on past choices, what boundaries, conversations, or commitments might God be calling you to establish now? If I fast-forward five or ten years, what decision today would help me say, "I'm grateful I trusted God with love"?

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