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BOTTOM LINE: A BREAKUP DOESN'T HAVE TO BREAK YOU.

But I say to you, Love your enemies and pray for those who persecute you.

Matthew 5:44 ESV

>> FEBRUARY 16

If you've ever felt betrayed, this verse doesn't feel like an easy one to follow. Maybe you went through a break up or your friend spread a rumor about you. Whatever the situation, the last thing you want to do is love and pray for them. We've all been there. But Jesus, who was betrayed, arrested, and killed by his enemies, tells us to love the people who are hardest to love and pray for them. And, He did just that. While on the cross He prayed that God would forgive them.

Remember, Jesus will never ask us to do something He didn't model first.

Next time you are hurt, bring it to God and let God work in you to extend forgiveness!

Let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

Ephesians 4:23-24 NLT

>> FEBRUARY 17

When I'm having a bad day, sometimes I simply "restart " and pretend I'm starting the day over. If I'm at home, I'll actually go brush my teeth as if I really am starting the day over. It feels like I'm renewing the day and not letting it get me down. This is what God can do with our thoughts and attitudes.

God can remove the bad and replace it with good, making us more likely to reflect God's love and character.

You can ask God to give you a "restart" on your thoughts and attitudes. See how it effects your mood and how you see those around you!

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Psalms 34:18 NIV

>> FEBRUARY 18

There's no doubt about it—getting our heart broken is hard. Whether that's been from a break up, interest in someone that isn't returned, or losing someone you love, it's incredibly difficult. In those times, it may feel like God is far away or like God can't hear your prayer. According to this verse, the exact opposite is true. We can rely on what we know instead of what we feel when we feel brokenhearted.

God is near to you even in the hardest times. He's listening, and walking with you.

Instead of running from God, lean in and let God be your comfort and guide.

Love each other with genuine affection, and take delight in honoring each other.

Romans 12:10 NLT

>> FEBRUARY 19

Someone once said, "In every relationship I have, I want to leave the person better than I found them." Having this attitude can change everything about our relationships. Serving people and honoring them is the best way to not only have lasting relationships, but more meaningful ones. We can apply this philosophy to both friendships and dating relationships. It can even make breakups a little easier because it can keep us from being spiteful or mean.

This week, remember this verse and look for ways to leave the people around you better than you found them, honoring them and loving them with genuine affection.

Cast all your anxiety on him because he cares for you.

1 Peter 5:7 NIV

>> FEBRUARY 20

Have you ever experienced rejection from a friend or family member? Maybe you have endured a breakup or felt the pain of wanting to be in a relationship with someone who doesn't have the same feelings for you. God understands how we feel. God loves the whole world and yet so many people don't love God back.

God is sympathetic towards us and understands that we may feel overwhelmed at times because of feelings of rejection or loss. Since God is loving, we can cast all our anxiety on God. As we do, God can give us the strength to show kindness even in the face of rejection.

Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.

1 Peter 3:9 NIV

>> FEBRUARY 21

Have you ever hurt someone's feelings and they responded with forgiveness? Forgiveness eases tension and can lead the way to peace, which is exactly what this verse is inviting you to do. Has someone hurt your feelings recently? Do not seek revenge or hurt their feelings in return, even if they don't seem apologetic. God invites us to forgive our enemies because God knows unforgiveness is a prison for you more than the other person.

Put this verse into practice today. Ask God for strength if you need it!

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

John 10:10 NLT

>> FEBRUARY 22

This verse reminds us that the enemy will try to keep us from being the best version of ourselves. Memorizing this verse will help us remember that God is actively working to build us up to all that we were created to be.