

# CARE CYCLE Quick Start

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**You are starting in your own yard, ready to meet with the Lord, Attend to your heart and prepare to Act in Integrity. Using these steps in the Care Cycle strengthen our Spiritual and Emotional health**

**ALLOW** **Open your Heart to the Healer for today's hurts and past wounds.**

God, my heart is hurt. I am angry, sad, scared and hurt. Take my anger and fill me with your love and the fruit of the Spirit (peace, patience, self control.) Show me, Lord, what is hurt in my heart today. Help me see the log in my own eye, the ways I may be contributing in my hurt and fear. Help me remember my spouse is not my enemy and we have the same enemy. Fill me with compassion to see myself, my spouse and this situation as you do, Lord.

**ATTEND**

**Feelings: God can heal the broken feelings in me. Matthew 11:28-30**

What am I feeling? (list every feeling word **Use Feeling List**)

Circle 3-5 feelings I'm feeling right now. When did I start feeling these?

**Thoughts: What I think will impact how I feel and act. Romans 12:2**

What specific negative or unhelpful thoughts am I thinking?

What is TRUE for me, my spouse and my marriage TODAY? Philippians 4:8

Use **Truth/Negative Thoughts**

**Behavior: What do I want in this moment in my yard? What do I need from God in order to show up in integrity?**

Use **Options of Integrity**

**ASK** Ask God again to help me show up as my best self, not in my own strength but in the power of the Holy Spirit in me. Be specific what I need God to give me in this moment.

**ACT** Come back into the relationship circle ready to be open and safe, filled with love, grace and compassion for myself and others.