

Heart Check— Fear in Relationships

Use these questions to explore the foundations of how you show up in relationship. Don't rush this. Connection doesn't deepen by accident. It's built through honest reflection and daily surrender.

Ask the Holy Spirit to reveal what's real—and what's ready for refinement. Because the health of any relationship begins with the integrity of your presence in it.

1. How do you typically respond when fear tries to take the lead?

2. What would your life look like if your character was fully aligned with Christ?