

One Day at a Time
Day 15
The Impact of a New Relationship



Dr. Jim A. Talley says, “Another relationship is like Novocain for the heart. It is the easiest, quickest, slickest way to do away with the pain. But it’s sort of like having a broken foot. You can take a shot of Novocain in your foot after you break it, and you can still walk. You can keep right on walking. You can look around and say, ‘I’m fine. Really, I’m fine.’

“One day you look down, and you see these white bones sticking through the skin of your foot, and you realize that you’ve done a lot more damage to yourself with the Novocain than if you had put a cast around it, protected it, and put some structure to it.”

You need to protect your heart and you need structure so that your heart is supported and strong on its own. Getting involved in a new relationship will only damage a heart that is not fully healed.

To find structure and support for your heart, start with prayer, daily prayer. Then read God’s Word. It is also helpful to find a mature Christian friend who will pray with you and who can answer questions you may have about the Bible. Learn to strengthen your heart God’s way.

“For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him.”

2 Chronicles 16:9

Lord Jesus, I cannot do this alone. Help me realize it is not a relationship with another person that I need, but a relationship with You. I commit myself today to daily prayer and to learning more about You in Your Word. Lead me, Holy God.

Amen