

## Week 30 Practice

This week, we are going to focus on breathing ~~new~~ old life into the love and belonging you already have.

Probably, you have felt at a loss about how to fix, heal, redeem, renew, or refresh an important relationship in your life. This week, find a nook. And in that quiet space, first listen for your ego. Listen for its suggestion that something extravagant must happen. Then, slowly, turn your attention once again to the voice of grace. And start listening for three things, by asking three questions:

1. *Listen for the small things by asking, "What are three little things I could regularly do to show my love?"*

2. *Listen for the old things by asking, "What are three loving things I used to do in this relationship, at the beginning, that I could begin doing once again?"*

3. *Listen for the obvious things by asking, "What has this person been asking from me all along, and how can I begin to do one or two of those things right now?"*

It isn't lack of knowledge that extinguishes love and ruins relationships; it's our failure to listen to the knowledgeable voice of grace within us. Doing so may not lead to extraordinary changes. But love isn't supposed to be extraordinary. It's small, ancient, and sublime, and it happens every day.

So this week, don't try to implement *all* the insights gleaned from answering the questions above. Remember, grandiosity is rarely an act of love. Instead, pick one or two to act upon this week, and be intentional about doing so.