BIBLE STUDY WORKSHEET

Recognizing Healthy Love

Healthy love is truthful, safe, respectful, accountable, and consistent.

Prepared by Vanessa

"Love does not delight in evil but rejoices with the truth."
1 Corinthians 13:6

OPENING PRAYER

God of love and truth, correct every false lesson I have learned about love. Help me recognize respect, safety, consistency, and accountability. Give me courage to reject control disguised as care. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps women distinguish healthy love from control, intensity, fear, manipulation, and repeated harm.

[ ] Recognize respect [ ] Value safety [ ] Expect accountability [ ] Watch consistency

PART 1

Love Respects Personhood

Healthy love does not require abandoning identity, relationships, privacy, faith, work, or reasonable boundaries.

> **Love is patient, love is kind.**
>
> 1 Corinthians 13:4

TRUTH TO CARRY

Respect allows another person to remain fully human and free.

REFLECT AND DISCUSS

Where do you feel respected and free?

What behavior feels controlling or diminishing?

Which boundary protects your personhood?

> **Possession is not devotion.**

PART 2

Safety Is Essential

Fear, threats, coercion, stalking, forced sex, financial control, humiliation, and physical harm are not expressions of love.

> **The wise see danger and take refuge.**
>
> Proverbs 27:12

TRUTH TO CARRY

Spiritual language should never be used to excuse abuse or demand unsafe access.

REFLECT AND DISCUSS

What behavior has made you feel unsafe?

Who can help you make a safety plan?

What information or documents may need protection?

> **Safety is not a lack of faith.**

PART 3

Accountability Accepts Consequences

A healthy apology names the behavior, acknowledges impact, respects boundaries, seeks help, and changes consistently.

Godly sorrow brings repentance.

2 Corinthians 7:10

TRUTH TO CARRY

Tears, gifts, pressure, or promises are not the same as sustained change.

REFLECT AND DISCUSS

What does a healthy apology include?

Which consequence must be respected?

What evidence of change would matter?

Repentance does not rush the injured person.

PART 4

Consistency Reveals Character

Healthy love remains respectful during disappointment, conflict, privacy, and ordinary life - not only during intense reconciliation.

> **By their fruit you will recognize them.**
>
> Matthew 7:20

TRUTH TO CARRY

Patterns deserve more weight than isolated promises.

REFLECT AND DISCUSS

What pattern has been consistent?

How does the person respond to your no?

Who can help you evaluate without pressure?

> **Watch what repeats.**

PRACTICE

My Healthy Love Checklist

Evaluate a relationship by patterns of safety, respect, freedom, truth, and accountability.

A behavior that helps me feel safe and respected:

A behavior that raises concern:

How this person responds to boundaries:

Evidence of accountability or its absence:

A safe person or professional resource I can contact:

THIS WEEK I WILL

[ ] Trust patterns over pressure
[ ] Keep outside support
[ ] Protect important documents
[ ] Do not meet alone if unsafe
[ ] Use professional resources
[ ] Call 911 in immediate danger

MY ANCHOR PRAYER

God, give me courage to choose truth, safety, and healthy love.

CLOSING TOGETHER

Love and Fear Are Not the Same

You are worthy of relationships where dignity, safety, truth, and mutual respect are practiced consistently.

CLOSING PRAYER

God, protect every woman facing control or harm. Expose manipulation, strengthen safe boundaries, and connect her with trustworthy support. Amen.

A WORD OF ENCOURAGEMENT

You never have to prove love by tolerating abuse, coercion, or fear.

CLOSING CIRCLE

One quality of healthy love I am learning to expect:

One safe support I can contact if needed:

MY DECLARATION

I will recognize love by truth, respect, safety, accountability, and consistent fruit.

Signature

Date