

THE FIVE-PART RHYTHM

Five steps · one scripture each · a rhythm to return to

A

ACKNOWLEDGE

Name your emotions instead of suppressing them.

Psalm 62:8

» *What are you carrying right now that you have not named out loud?*

H

HEAR

Listen to what emotions reveal about your heart and your relationship with God.

Romans 7:15-25

» *If this feeling could speak plainly, what would it be asking for?*

A

ALIGN

Bring emotions under God's truth instead of reacting impulsively.

Mark 4:39

» *What is true here that fear would rather you forget?*

V

VALUE

Live out what matters most instead of being led by thoughts and emotions.

Matthew 6:21

» *What do you want to be true of you in this, regardless of outcome?*

A

ACT

Choose Christ-centered action rather than reaction.

Ephesians 4:26-27

» *What does love require of you right now — today, not eventually?*

The Ahava Way is not a system, it is a way of being with God, with others, and with yourself that is rooted in love.