

## Principles and Foundation for *Loving at a Distance*

The Principles and Foundation for *Loving at a Distance* are based on my journey of standing for our marriage, allowing my heart to grow in love for the one to whom I have given my all. I learned these principles from the Holy Spirit, who guided me through my greatest moments of pain and confusion.

Day One	Reduced to Love
Day Two	Think About What You are Thinking About
Day Three	Responding with Gratitude
Day Four	Only Sacrificial Love Satisfies

The Story that Led to *Loving at a Distance*:

I was gone on a business trip when I was informed that my wife and our children would be moved out by the time I returned home. Though I asked her to stay, with me paying the bills and living three hours away, she was set on moving on from all we had together built. I was stunned, given she is a fiercely loyal, good soul who loved me so amazingly well. I do know this - I trust her, no matter what happened, and continue to trust her.

I opened the door to our house. As I peered in, the house was left as if my family had gone to the store to return later, but that was not going to be the case. She set the boundary that they were never coming home. The grief was ready to pounce upon me, bringing me to my destruction. Tears with sobbing overwhelmed me with a darkness from which I could not easily recover if left to myself. BUT, there he was, the Faithful One, My Helper and Comforter, the Holy Spirit. My foot was about to step forward when his hand was placed on my chest, stopping me from entering. He said to me as my head was bent in sorrow, "*You are going to need help with this. Can I help you?*"

The following Four-Days are what the Spirit of God taught me. These principles have directed my thoughts and actions as I continue to stand for the restoration of our marriage and family. Without them, I could have easily destroyed my life and the lives of my wife and children as I forced my needs and wants to the forefront of how things should be. These principles are the sure and sturdy foundation on which I have stood while the winds of destruction and death have assailed the house of my life and of our family. In them, I have found a peace and joy that has even caused my friends to respond in awe of the goodness of God to me. By living from these principles, my heart has been guarded from judgment and unforgiveness. These principles have protected me from seeing my wife as my enemy, from whom I should flee or attack. Instead, by living by them, I have grown in love for her, living in joy and peace, only wanting blessings for her. These principles have protected me from fear, frustration, and hurt. May they be a light for you, a rock on which you can stand, knowing that you have a Father in Heaven who loves you, will never abandon you, and will use all to bring you more deeply into the Divine Life of the Trinity, which is a life of love beyond love's possibility to love.

Let it be known and made clear - this is a book about doing all you can to restore your marriage. *Loving at a Distance* will equip you to stand for your beloved to be healed of what you have done to them, and for them to be healed of what has been done to them throughout their life, some of which is your responsibility and others that are not.