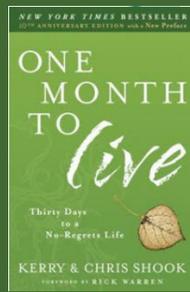


# ROSES *and* THORNS BOOK CLUB



Make It Last For Life

## DAY 11: Everest SCALING THE OBSTACLES TO UNITY

Diagnose and write down what you think each important relationship in your life needs in order to be healthier. It may be as simple as spending more time together, discussing a glaring but as yet unspoken issue, or sending someone a note or e-mail to say you're thinking about them.

Spend time in prayer today for each person you consider essential to your life. Ask God to reveal how you can improve your relationships with these vitally important people.

How do you communicate your commitment to those you love. Do you tend to tell more that you show or show more than you tell?

Psychologists say that most of us tend to favor one method over the other - we say how we feel but may not show it as much, or we show it consistently and assume our actions speak for us. Determine which style you favor, and practice the other today with those you love most.