

# FamilyLife Blended® Radio Transcript

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## Choose Life

Air Date: February 14, 2020

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**Ron:** Relationship choices can be life or death.

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** On a FamilyLife Blended podcast author John Trent shared that the Hebrew word for "life" carries the idea of movement. You get going when you're alive—and in relationship, moving toward the other person literally gives them and your relationship life. The Hebrew word for death means "to depart, step away." Literally when we emotionally move away from someone we bring a little death to the relationship.

The challenge is moving toward someone emotionally when you feel connected and valued is easy, but doing so when you feel hurt, or unimportant is tough. We usually add a little more death to the equation at that point. Instead, choose life. For FamilyLife Blended I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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