

The 6 C's of Relationships

When it comes to restoring broken trust and wounded hearts, certain relational qualities create space for renewal, connection, and lasting change. Whether in marriage, friendship, or family, these six elements form the foundation of healing and transformation.

1. COURAGE

Have you ever needed someone to bring up the thing no one else will name? Courage means entering the places of shame and hurt—not to blame or shame—but to bring truth that restores. In redemptive relationships, courage is the willingness to engage hard conversations honestly, gently, and with the goal of healing.

2. CURIOSITY

Rather than assuming or accusing, curiosity asks questions that open the heart. It invites reflection, ownership, and clarity. Curiosity isn't about interrogation—it's about creating safe space for someone to explore their story and emotions without fear of judgment. It builds trust and deepens connection.

3. CARE

True care responds to pain with presence, not performance. It's not about fixing but about seeing the whole person—their pain, their past, and their future—with compassion and hope. In relationships, care means holding space for someone's story while affirming their worth and potential.

4. CONSISTENCY

Consistency brings stability to relationships. It means staying present even after failure or disappointment. It's the quiet, steadfast voice that says, "I'm still here." Consistent love builds safety. It shows the other person that they matter and that they are not alone, even in their struggle.

5. CONTAINMENT

Containment is the gift of emotional safety. It's the capacity to hold space for another's fear, grief, or shame without reacting, rushing, or withdrawing. It says, "You can bring your whole self here." Containment helps someone process deep emotions without becoming overwhelmed, creating a pathway toward healing and redemption.

6. CHRIST-CENTERED

At the heart of redemptive relationships is something greater than ourselves. Christ-centered love reorients our focus—from proving or performing—to receiving and reflecting grace. It roots our identity and purpose not in past mistakes or present effort, but in the hope and healing that flows from Jesus.

Summary

Redemptive relationships are built on a foundation of:

- Courage to address wounds without shaming.
- Curiosity to invite honest reflection.
- Care that restores dignity.
- Consistency that communicates

trustworthiness.

- Containment that holds pain gently.
- Christ-Centeredness that anchors us in grace and purpose.

Whether you're walking through conflict, failure, or repair with someone you love, these six qualities

