

# RVA Assets

Find some of our images used here: <https://www.relationalvalues.com/facebook>  
(I also recommend using a free stock photo website such as Unsplash.com to find photos that match your website.)

## Flourishing in Relationships

- **Comedy Date Night**
  - Full Video: <https://vimeo.com/488989591/983a03b578>
  - Teaser Clip: <https://www.youtube.com/watch?v=hs4eDJicBZg>
  - Description: A great option for a date night at home! Comedian Jason Earls hosts a 45-minute show for you to enjoy with a loved one from anywhere! \*This resource contains faith-based references.
- **Great Relationships Growth Plan**
  - <https://journeystudio.gloo.us/growee/LNAF4MGX2SM79RLXTDR7WZNYFH>
  - Description: These growth plans help you focus on growth within the different types of relationships in your life. Our Great Relationships plan can apply to all relationships, personal and professional.
- **Great Marriage Growth Plan**
  - <https://journeystudio.gloo.us/growee/2Y9VL7XKJQ8GXMS9J8TJJW7J9P>
  - Description: This Great Marriages growth plan is designed for you to follow individually or as a couple. This step-by-step plan can be separated into six days of content or done as a date night option.
- **Date Night Conversation Starters**
  - <https://l.lead.me/rvadt>
  - Description: Download ten guides to host a date night for you and your significant other. These printable guides can help you connect as a couple in a new and caring way.
- **KMH On-Demand**
  - [www.courses.relationshippress.com/p/keeping-marriages-healthy-on-demand](http://www.courses.relationshippress.com/p/keeping-marriages-healthy-on-demand)
- **Table Talks**
  - <https://l.lead.me/rvatt>
  - Description: Ten conversation starters based on the top ten relational needs to help guide your family through conversations that will help your relationships flourish. These guides are in a printable or downloadable format for easy access.

- **Family Growth Plan**

- <https://journeystudio.gloo.us/growee/VYG3DJHAARRACTNFNKA2MQVT2A>
- Description: Follow this step-by-step guide to understanding your family relationships to learn new ways to give and receive love with your family. This plan can be followed individually or as a family unit.

## Flourishing in Wellness

- **Box Breathing Article**

- <https://lead.me/rvabb>
- Description: Spend four to five minutes "box breathing" to reduce stress and lower blood pressure and inflammation!

- **Hope-filled Living On-Demand**

- <https://www.courses.relationshippress.com/p/hope-filled-living-in-turbulent-times-course-on-demand>

- **Growth Plans**

- Below are three links to our most popular growth plans. If you'd like any other of the 10 relational needs plans, visit:  
<https://www.relationalvalues.com/growth-plans>
- Acceptance:  
<https://journeystudio.gloo.us/growee/PQNJMJ89MCBGHAT7YABNV8HLNL>
- Attention:  
<https://journeystudio.gloo.us/growee/8M2WYMYZPFN4ZDWY7Z37Z7SR7I>
- Respect:  
<https://journeystudio.gloo.us/growee/K38YTV8WCYLD8XP81P3XLH7PKS>

- **Relational Needs Assessment**

- <https://lead.me/RNasmt>
- Description: Relational needs are similar to physical needs. We all need food, water, and shelter to operate at our best, but some people may need acceptance, comfort, and respect to cultivate a successful relationship. Find out more about the relational needs and learn what your top three needs are!
- Elementary assessment (Ages 7-10) <https://lead.me/RVARNA7-10>
- Youth assessment (Ages 11-17) <https://lead.me/RVARNA11-18>

# Flourishing in Faith

- **DisciplesPray: Flourishing Bookshelf**
  - <http://resources.relationshippress.com/bookcase/ncauy>
  - If you'd like only specific of these devotionals, be sure to open in a new window to get the individual link vs. the bookshelf link.
  - Description: The DisciplesPray Resource Collection will guide you through prayer strategies for yourself and others. Topics revolve around the five dimensions of flourishing: faith, relationships, wellness, vocation, and finances. Access these resources below!
- **Any other DisciplesPray devotionals (These are not complete and will have more devotionals added.)**
  - Praying With Jesus Bookshelf:  
<http://resources.relationshippress.com/bookcase/djkhb>
  - Names of God Bookshelf:  
<http://resources.relationshippress.com/bookcase/cfanb>
  - If you'd like only specific of these devotionals, be sure to open in a new window to get the individual link vs. either of the bookshelf links.
  - Description: ENGAGE in these devotionals first for YOURSELF asking God to make the scriptures real in your life. INTERCEDE for others that God places on your heart, asking that His Spirit work in their life. BELIEVE that as DisciplesPray, His Spirit will prompt you to CARE and then SHARE as God leads you.
- **31 Days of Prayer for Our Nation sample**
  - <http://lead.me/31daysnationSAMPLE>
  - Description: Start the year with this devotional for our nation. Follow a 31-day prayer plan as a way to offer hope during these turbulent times.
- **Praying for Your Spouse Article**
  - <http://lead.me/prayingforspouse>
  - Description: Many of us would like to pray for our spouse or family, but not all of us know how. This Great Commandment Network article simplifies praying for your spouse and gives you a place to start!
- **SEF Assessment**
  - <http://lead.me/SEFasmt>
  - Description: We love God and love people through a Spirit-empowered faith! The ultimate goal of our faith journey is to relate to the person of Jesus. It's this deep, relational connection with our Savior that gives the experience and power to love God and love others well.

**Flourishing Icons and RVA Logo:** <https://lead.me/flrshicons>