



Saturday, May 9, 2026, 9:00 AM*

*Or alternate date and time of participant's choice

Register here: <http://lordoverlimerence.org/event/2026-embrace-his-grace-5k/>

Event T-shirt: During registration you will be given the option to choose whether or not you wish to include the event T-shirt, available separately through Custom Ink.

For uniformity throughout the Lord Over Limerence community, you are encouraged to purchase the shirt and wear it proudly and thankfully in honor of the Lord over all.

Event Purpose

Lord Over Limerence's inaugural Embrace His Grace virtual 5k run/walk will unite limerence sufferers, survivors and their supporters in the common belief that the powerful gift of God's grace is sufficient for all struggles – specifically those related to limerence.

Proceeds from the event benefit limerence support and awareness activities including specially curated gift boxes, support group meetings, truth-filled resources and biblically based, educational and encouraging webinars.

Proposed Limerence Awareness Day

Currently, there is no nationally recognized Limerence Awareness Day. However, the founder of Lord Over Limerence believes there should be one. May 10 would be the date of her choice, due to the devastating rejection she experienced on that day 20 years ago in 2006.

Holding the first-ever Embrace His Grace 5k close to the 20-year anniversary of that turning point in her life is a testament to the power of God to transform lives for the better by strengthening hearts through intense suffering.

Virtual Event

Embrace His Grace 5k will be held virtually, which means participants will complete the 5k distance on their own along a course of their choosing. Participants are encouraged to gather family and friends to join them as they thank God for the peace, healing and freedom only He can provide.



2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."



Lord Over Limerence is a ministry organization dedicated to helping those experiencing limerence, person addiction and unrequited love find peace, healing, freedom and sufficiency in Christ. Our ministries serve individuals and families facing limerence throughout the United States and globally. Learn more at www.lordoverlimerence.org.