# 72 Hours to Building Trust in Marriage



A focused 3-day Bible study to strengthen trust in marriage through Scripture, reflection, and prayer.





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#### Introduction

Welcome to this transformative 72-hour journey designed to build and deepen trust within your marriage. Trust is the cornerstone of any relationship, especially marriage. Without it, bonds weaken and intimacy suffers. With it, love flourishes and challenges become opportunities for growth.

In this study, we will explore what God's Word teaches about trust in marriage, offering practical insights and spiritual encouragement. Each day invites you to dive into Scripture, reflect thoughtfully, journal your heart's responses, and engage in prayer to invite God's guidance and renewal.

Trust is not automatic; it is earned and nurtured intentionally. Through honest communication, forgiveness, and faithfulness, couples can build a foundation that withstands trials. The Bible offers timeless wisdom for this journey, reminding us that trust begins with God and flows through our commitment to one another.

As you spend these 72 hours focusing on trust with your spouse and God, may you experience renewed hope, stronger connection, and a deeper understanding of God's design for marriage. Let's begin this sacred work of building trust together.







# Day 1: 🎔 Establishing Trust Through Honesty









Day 1: 🍑 Establishing Trust Through Honesty

#### Your Verse

Ephesians 4:25 - "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."

#### **Supporting Scriptures**

- Proverbs 12:22 "The Lord detests lying lips, but he delights in people who are trustworthy."
- Colossians 3:9 "Do not lie to each other, since you have taken off your old self with its practices."







Day 1: 🍑 Establishing Trust Through Honesty

#### Devotional: Truthfulness: The Foundation of Trust

**Trust begins with truthfulness.** In marriage, honesty is foundational because without it, suspicion and misunderstanding take root. Ephesians 4:25 urges believers to put away falsehood and speak truthfully. This is not always easy — sometimes the truth feels uncomfortable or vulnerable.

Yet, God calls us to authenticity because He knows that trust thrives in an environment where truth is honored and shared openly. When couples commit to honest communication, they create a safe space where both hearts are known and accepted. This nurtures confidence and security, which are critical to trust.

Consider what it means to 'put off falsehood' within your marriage. Are there areas where withholding truth or exaggerating facts might be undermining trust? Today, commit to speaking your truth in love, acknowledging that honesty builds bridges rather than walls.







Day 1: 🌣 Establishing Trust Through Honesty

# Reflect and Apply

1. F	Iow does honesty currently shape your marriage relationship?
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<b>2.</b> P	Are there fears that keep you from complete openness with your spouse?
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	n what ways can you gently invite truth without causing harm or lefensiveness?
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Day 1: 🌣 Establishing Trust Through Honesty

# **Journaling Prompts**

1.	List moments when honesty deepened your connection with your spouse.
2.	Write about a time when dishonesty damaged trust and how it was addressed.
3.	Commit to one practical action you can take to cultivate more honesty in your marriage.







Day 1: 🍑 Establishing Trust Through Honesty

### **Prayer for Today**

Lord, help us to root our marriage in truth and transparency. Teach us to speak honestly and lovingly, even when it's difficult. We ask for courage to lay aside falsehoods and embrace the freedom that truth brings. Guide our hearts to trust one another deeply as we reflect Your honesty and faithfulness. May our words be instruments of peace and unity, strengthening our bond every day. Amen.

















#### Your Verse

Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

#### **Supporting Scriptures**

- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."







# Devotional: Forgiveness: Healing Trust's Broken Places

#### Trust can be fragile when wounds from hurts linger in a marriage.

Forgiveness is a vital tool God provides to heal those wounds and restore what sin or mistakes have broken.

Colossians 3:13 reminds us to bear with one another and extend forgiveness as the Lord forgave us. This is not always easy—especially when pain runs deep—but forgiveness releases bitterness and invites healing. It demonstrates grace that mirrors God's own heart.

When we choose to forgive, we open the door for renewed trust and closeness. It requires humility and sometimes difficult conversations, but the outcome is worth the effort — a marriage built on grace, not resentment.

Today, reflect on ways forgiveness can mend trust gaps in your marriage. Are there past offenses you need to release fully? Ask God to soften your heart and equip you to forgive as He forgives.







# Reflect and Apply

1.	What offenses in your marriage are still affecting your ability to trust?
2.	How does God's forgiveness inspire you to forgive your spouse?
3.	What practical steps can you take to foster a spirit of forgiveness today?







# **Journaling Prompts**

1.	Describe how forgiveness has impacted a past situation in your marriage.
2.	Write a letter of forgiveness to your spouse (whether shared or private).
3.	Identify barriers you face in forgiving and pray about overcoming them.







### Prayer for Today

Father, teach us to forgive as You have forgiven us. Help us to release bitterness and to carry one another's burdens with grace. Heal the wounds in our marriage and restore our trust through Your loving kindness. May forgiveness become a daily practice that renews our commitment and strengthens our unity. We surrender our hurts to You and ask for Your peace to guard our hearts. Amen.









# Day 3: Building Faithfulness as Trust's Anchor









Day 3: Building Faithfulness as Trust's Anchor

#### Your Verse

Proverbs 3:3-4 - "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man."

#### **Supporting Scriptures**

- 1 Corinthians 13:7 "Love always protects, always trusts, always hopes, always perseveres."
- Hebrews 13:4 "Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral."







Day 3: Building Faithfulness as Trust's Anchor

#### Devotional: Faithfulness: The Anchor of Lasting Trust

**Faithfulness is the steadfast heart of trust in marriage.** In a world filled with distractions and temptations, the commitment to remain loyal and dependable anchors the relationship securely.

Proverbs 3:3-4 urges us to let love and faithfulness be ever-present and deeply ingrained in our hearts. This kind of faithfulness nurtures confidence and certainty between spouses. It is lived out through small daily actions — keeping promises, guarding intimacy, and consistently choosing each other.

1 Corinthians 13:7 reminds us that love 'always trusts' and 'always perseveres.' When faithfulness undergirds love, trust naturally grows. Your marriage becomes a safe harbor where both partners feel honored, valued, and secure.

As you conclude this 3-day study, consider how you can cultivate deeper faithfulness. Let your love be a reflection of God's unwavering commitment to you.







Day 3: Pailding Faithfulness as Trust's Anchor

# Reflect and Apply

1.	In what ways do you demonstrate faithfulness to your spouse daily?
2.	How does God's faithfulness inspire your own commitment in marriage?
	What habits can strengthen your faithfulness and deepen your spouse's trust?







Day 3: Pailding Faithfulness as Trust's Anchor

# **Journaling Prompts**

1.	Reflect on moments when faithfulness strengthened your marriage.
2.	Write about challenges to faithfulness you've overcome together.
3.	Set a personal goal to increase your faithfulness in tangible ways.







Day 3: A Building Faithfulness as Trust's Anchor

# **Prayer for Today**

Lord, thank You for Your endless faithfulness. Help us to mirror that steadfastness in our marriage. Teach us to be loyal, dependable, and pure in love. Anchor our trust in Your promises as we commit to honoring each other daily. May our hearts remain bound in love and faithfulness, reflecting Your glory in our relationship. Amen.









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