Building Your Marriage on the Rock of Christ



A 7-day journey to strengthen your marriage by anchoring your relationship in Christ's love and wisdom.





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Introduction

Marriage is one of the most profound and beautiful relationships God designed. It is a sacred covenant where two become one, reflecting Christ's love for His Church. Yet, every marriage faces challenges, and without a strong foundation, these can shake the relationship. *Building your marriage on the Rock of Christ* ensures stability, growth, and joy even in stormy seasons.

This Bible study plan will guide you through key biblical truths that empower couples to root their love and commitment in Jesus. Christ is the unshakable Rock, the source of unconditional love, grace, and wisdom. By aligning your marriage with His teachings, you create a resilient bond that can withstand trials and deepen intimacy.

Each day offers a scripture to inspire and instruct, supportive verses to deepen your understanding, and devotional reflections to encourage application. Thought-provoking questions invite personal and shared contemplation, while journaling prompts help internalize lessons and foster meaningful conversations between spouses.

Whether you are newly married or have journeyed many years together, this study aims to renew your commitment and cultivate a marriage that glorifies God. Embrace this opportunity to grow closer to each other and to Christ—the true foundation of enduring love. Let's begin this transformative journey of building your marriage on the Rock!

















Day 1: ■ The Unshakable Foundation

Your Verse

Matthew 7:24 - "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."

Supporting Scriptures

- 1 Corinthians 3:11 "For no one can lay any foundation other than the one already laid, which is Jesus Christ."
- Psalm 18:2 "The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."







Day 1: ■ The Unshakable Foundation

Devotional: Start Your Marriage on Christ the Rock

Building a marriage on Christ means starting with a firm foundation. Jesus' teaching in Matthew 7 reminds us that hearing God's word is not enough—it must be put into practice. Just as a house relies on its foundation, a marriage depends deeply on what it is built upon.

When couples anchor their relationship in the teachings of Jesus and walk in obedience to His word, their marriage withstands the storms of life. Without this foundation, trials can cause relationships to crumble or falter.

Reflect on what foundations your marriage currently rests upon. Are the principles of love, forgiveness, grace, and mutual submission central? This day challenges us to invite Christ to be the cornerstone of our relationship and daily choices.

Let the LORD be your rock, your refuge, and the firm place on which your love is built.







Day 1: lacktriangle The Unshakable Foundation

Reflect and Apply

1.	What foundations currently support your marriage?
2.	How does making Christ the foundation change your daily interactions?
3.	In what areas do you need to trust God more as your refuge?







Day 1: lacksquare The Unshakable Foundation

Journaling Prompts

1.	Write about how you and your spouse have experienced Christ's faithfulness.
2.	Identify one practical way to build your relationship on God's word this week.
3.	Reflect on areas where your foundation might be shaky and why.







Day 1:

■ The Unshakable Foundation

Prayer for Today

Lord Jesus, thank You for being our solid Rock. Help us to build our marriage upon Your unchanging truth and love. Teach us to hear Your words and put them into practice daily. May our relationship be a refuge of grace, strength, and peace amidst all challenges. Unite us as one in You, our firm foundation. *Amen.* \bigwedge

















Your Verse

John 13:34 – "A new command I give you: Love one another. As I have loved you, so you must love one another."

Supporting Scriptures

- 1 Corinthians 13:4–7 "Love is patient, love is kind... it always protects, always trusts, always hopes, always perseveres."
- Ephesians 5:25 "Husbands, love your wives, just as Christ loved the church and gave himself up for her."







Devotional: Embrace Christlike Love in Marriage

Love is the heartbeat of marriage. Jesus commands us to love one another as He loves us—selflessly and sacrificially. This kind of love goes beyond feelings and requires intentional commitment and daily choices.

In marriage, love is patient and kind; it bears and forgives without keeping score. Paul's description in 1 Corinthians 13 is a timeless roadmap for how we can love our spouse deeply and genuinely.

Jesus also models the ultimate love through His sacrifice for the church. Husbands are called to love sacrificially, and wives to respect and nurture. Both roles reflect Christ's heart.

Remember, no marriage can truly flourish apart from this love. Today, focus on how you can demonstrate Christlike love to your spouse.







Reflect and Apply

1.	How does Christ's love for us shape how you love your spouse?
2.	What acts of patience or kindness can you practice today?
2	A .1
3.	Are there areas in your marriage needing forgiveness or greater trust?







Journaling Prompts

1.	Describe a moment when you felt loved deeply by your spouse.
2.	Write a love letter to your spouse inspired by 1 Corinthians 13.
3.	Reflect on ways you could better reflect Christ's love this week.







Prayer for Today

Lord, teach me to love my spouse as You love me—with patience, kindness, and selflessness. Help me to show grace and forgiveness in our daily life. May our marriage be a living example of Your sacrificial love. Strengthen our hearts to bear, trust, hope, and persevere together. *Amen.* •









Day 3: O Unity Through Oneness









Day 3: 💙 Unity Through Oneness

Your Verse

Genesis 2:24 – "That is why a man leaves his father and mother and is united to his wife, and they become one flesh."

Supporting Scriptures

- Mark 10:8 "And the two will become one flesh. So they are no longer two, but one flesh."
- Ephesians 4:3 "Make every effort to keep the unity of the Spirit through the bond of peace."







Day 3: 💝 Unity Through Oneness

Devotional: Nurture Oneness and Harmony

God's design for marriage is unity—two becoming one flesh. This is a profound spiritual and physical union that requires commitment, humility, and selflessness.

Unity isn't just about living together but sharing hearts, minds, and goals. Conflicts arise when we forget this oneness and put personal desires above the relationship.

Paul urges believers to maintain the unity of the Spirit through peace. Couples must work diligently to keep their bond strong through communication, forgiveness, and prayer.

Reflect on your marriage's unity today. How can you cultivate deeper harmony and shared purpose?







Day 3: 💛 Unity Through Oneness

Reflect and Apply

1.	What does 'one flesh' mean in your marriage today?
2.	Where might disunity be causing distance between you?
3.	How can you actively promote peace and togetherness?







Day 3: 💛 Unity Through Oneness

Journaling Prompts

1.	Write about times when you've experienced true unity in marriage.
2.	List ways to improve communication and understanding with your spouse.
3.	Reflect on how prayer can strengthen your union.







Day 3: 💝 Unity Through Oneness

Prayer for Today

Father God, thank You for creating marriage as a beautiful union. Help us to grow deeper in oneness, breaking down walls that divide us. Teach us to pursue peace, communicate with grace, and cherish our bond. Unite our hearts in Your love and Spirit. *Amen.* \heartsuit \clubsuit \heartsuit















Your Verse

Ecclesiastes 4:12 – "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

Supporting Scriptures

- Matthew 18:20 "For where two or three gather in my name, there am I with them."
- Colossians 3:16 "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom."







Devotional: Strengthen Your Marriage Through Prayer

Spiritual intimacy fuels marital strength. When couples pray and seek God together, they invite a powerful divine presence into their relationship. Ecclesiastes teaches that a three-stranded cord—the two spouses plus God—is unbreakable.

Prayer unites hearts, aligns priorities, and strengthens the spiritual bond. It fosters humility and dependence on God, which empowers couples to face challenges with supernatural strength.

Sharing Scripture and spiritual wisdom deepens understanding and encourages growth. Together, couples can build a marriage that honors God deeply.

Today, commit to praying and growing spiritually with your spouse regularly.







Reflect and Apply

1.	How often do you pray together as a couple?
2.	In what ways can sharing Scripture impact your relationship?
3.	What spiritual challenges can you face better united in prayer?







Journaling Prompts

	Write a prayer asking God to deepen your spiritual connection as a couple.
2.	Reflect on a time God answered your joint prayers.
3.	List Bible verses that encourage your marriage.







Prayer for Today

Jesus, please be at the center of our marriage. Draw us closer as we seek You together in prayer. We ask for Your wisdom, guidance, and peace to fill our hearts. Let our union be strengthened by Your presence, making us more than conquerors. *Amen.* \bigwedge















Your Verse

Ephesians 4:15 – "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

Supporting Scriptures

- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."
- James 1:19 "Be quick to listen, slow to speak and slow to become angry."







Devotional: Speak Truth and Love in Marriage

Good communication is vital to a healthy marriage and should be grounded in grace and truth. Paul instructs believers to speak the truth but always in love, reflecting Christ's maturity.

Unkind words can wound deeply, while gentle, thoughtful speech can heal and build up. Proverbs teaches the power of gentle answers to defuse conflict. James reminds us of the importance of listening well and controlling anger.

Couples who practice loving communication create safe spaces where misunderstandings can be resolved with respect and empathy.

Today, examine your communication style and seek God's help to speak with kindness and honesty.







Reflect and Apply

1.	Do your words build up or tear down your spouse?
2.	How well do you listen without preparing your own response?
3.	Where can you improve gentleness and patience in conversations?







Journaling Prompts

1.	Write about a recent conversation that could've been handled better.
2.	List affirming words you appreciate hearing from your spouse.
3.	Reflect on ways to practice listening more actively.







Prayer for Today

Lord, help me to communicate with my spouse in grace and truth. Teach me to listen carefully and speak kindly, reflecting Your love. May our words heal, encourage, and glorify You. Help us grow in maturity together. *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: Choose Forgiveness to Heal Your Marriage

In marriage, hurt and offense can arise, but forgiveness is essential for healing and restoration. Paul calls us to bear with each other's imperfections and forgive as Christ forgave us.

Forgiveness is a choice to release resentment and restore relationship. It is not always easy but necessary to prevent bitterness from taking root.

God models kindness and compassion, and when we extend the same to our spouse, we mirror His heart. Forgiveness breaks chains of past wounds and fosters peace.

Today, seek God's help to forgive past hurts and open the door to healing in your marriage.







Reflect and Apply

1.	Is there un-forgiveness or hurt lingering between you and your spouse?
2.	How does understanding God's forgiveness help you forgive others?
3.	What steps can you take toward extending grace and compassion today?







Journaling Prompts

1.	Write about a time you experienced God's forgiveness deeply.
2.	Reflect on how forgiving your spouse could change your relationship.
3.	List practical ways to show kindness and compassion this week.







Prayer for Today

Father, thank You for Your amazing forgiveness. Please soften our hearts to forgive one another fully. Heal any wounds that divide us and help us show kindness and compassion always. Restore our marriage through Your grace. *Amen.* •

















Day 7: **B** Growing Together in Christ

Your Verse

Philippians 1:6 - "Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Supporting Scriptures

- 2 Peter 3:18 "But grow in the grace and knowledge of our Lord and Savior Jesus Christ."
- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."







Day 7: **B** Growing Together in Christ

Devotional: Commit to Spiritual Growth Together

Marriage is a journey of continual growth—personally, spiritually, and together. God began a beautiful work when uniting you as husband and wife, and He promises to bring it to completion.

Growing in grace and knowledge of Christ leads to deeper love and maturity in marriage. Encouraging one another and spurring each other on helps your relationship thrive in God's purpose.

Remember, no marriage is perfect, but through faith and perseverance, you can experience transformation as a couple.

Commit today to daily growing together in Christ, trusting His work to shape your relationship into His reflection.







Day 7: 💋 Growing Together in Christ

Reflect and Apply

1.	How have you seen God work in your marriage over time?
2.	In what spiritual areas do you desire growth as a couple?
3.	How can you encourage your spouse to grow in faith today?







Day 7: 💋 Growing Together in Christ

Journaling Prompts

1.	Write about your hopes and prayers for your marriage's future.
2.	Reflect on ways to spur one another on toward love and good deeds.
3.	List spiritual goals you want to pursue together.







Day 7: **B** Growing Together in Christ

Prayer for Today

Lord, thank You for the work You have begun in our marriage. We trust You to continue shaping and growing us into Your likeness. Help us to encourage and support each other daily. May our relationship reflect Your grace and love to the world. *Amen.*







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