# Building Your Marriage on the Rock of Christ



Discover how to make Christ the center of your marriage through prayer, Scripture, and shared spiritual practices over seven transformative days.





### Table of contents

<u>Introduction</u>	3
<u>Day 1: ■ Foundation: Christ as the Cornerstone</u>	4
Day 2: A The Power of Shared Prayer	10
Day 3: God's Design for Marriage	16
Day 4: W Mutual Submission and Respect	22
Day 5: Day 5: Love as Christ Loves	28
<u>Day 6: ♥ Forgiveness and Grace in Marriage</u>	34
Day 7:  Celebrating a Christ-Centered Marriage	40







### Introduction

Welcome to this 7-day journey designed to help you build your marriage on the firm foundation of Christ. Marriage is one of life's most beautiful blessings, but it also requires intentional care and spiritual focus. When Christ is at the center, your relationship transcends challenges, flourishing through grace and mutual love.

Over this week, you'll explore Scripture, engage in shared prayer, and reflect on spiritual practices that draw you and your spouse closer—not only to each other but to God. Each day presents a carefully selected passage and devotional to deepen your understanding of God's design for marriage.

Remember, a marriage built on the rock of Christ withstands life's storms. As Jesus said in Matthew 7:24–25, the house founded on rock will not fall in the rain. Through shared commitment, prayer, and Scripture study, your relationship will be anchored in truth and love, shining as a testimony to God's glory.

We encourage both partners to participate together, praying with openness and vulnerability, letting the Holy Spirit guide your growth. As you journey through these seven days, may your marriage be renewed, strengthened, and filled with joy. Let's build on the Rock!















#### Your Verse

Matthew 7:24–25 – "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**

- Ephesians 2:20 "Built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone."
- 1 Corinthians 3:11 "For no one can lay any foundation other than the one already laid, which is Jesus Christ."







## Devotional: Establishing Christ as Your Marriage's Strong Foundation

When we think about building a home, the foundation is everything. In marriage, that foundation must be Jesus Christ. **Matthew 7:24–25** reminds us of the wisdom in hearing Jesus' words and putting them into action. When a couple centers their relationship on Jesus—the Rock—they create a safe, secure marriage that will endure trials and storms.

Too often, relationships depend on feelings, circumstances, or even human strength alone. But these are unreliable foundations. Spiritual practices like prayer, scriptural study, and mutual encouragement help build your relationship on Christ, who never changes.

Today, commit to identifying areas in your marriage where Christ is missing or sidelined. Reflect on how you can deepen your shared faith as a couple. Begin conversations about what it looks like to practically live out God's truth in your daily lives together.

Jesus is not just a guest in your marriage; He must be the cornerstone. When conflicts arise or life's pressures increase, your commitment to Him will hold you steady and allow His love to flow through you both.

Pray together today, asking God to help you build on the Rock and be the foundation for every part of your relationship.







Day 1:  $\blacksquare$  Foundation: Christ as the Cornerstone

### Reflect and Apply

<b>1</b> . ]	In what specific ways is Christ currently the foundation of your marriage?
-	
	Are there areas where your relationship relies more on your own strength than on God's guidance?
-	
	How can you practically invite Jesus to become the true cornerstone of your marriage starting today?
-	







Day 1:  $\blacksquare$  Foundation: Christ as the Cornerstone

### **Journaling Prompts**

1.	Write about what it means for your marriage to be built on the rock of Christ.
	List areas in your relationship where you sense the need for God's greater presence.
3.	Journal a prayer inviting Jesus to be your marriage's cornerstone.







### Prayer for Today

**Lord Jesus,** thank You for being the solid Rock on which our marriage can stand. Help us to build every moment, decision, and challenge on Your unshakable foundation. Teach us to listen to Your words and live them out daily, united in faith and love. *May our home be a refuge secured by Your grace and truth.* In Your name, we pray. **Amen.**  $\swarrow$ 

















### Your Verse

Matthew 18:19–20 – "If two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven."

### **Supporting Scriptures**

- Ecclesiastes 4:12 "A cord of three strands is not quickly broken."
- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."







### Devotional: Uniting Hearts Through Prayer

Prayer is a powerful spiritual practice that invites God's presence into your marriage. **Matthew 18:19–20** promises that when two come together in agreement, their prayers have powerful effect. This means that shared prayer not only strengthens your connection to God but also deepens your bond as a couple.

Prayer invites God to align your hearts with His will. It fosters intimacy — not just between you and God but between you as husband and wife. Like **Ecclesiastes 4:12** teaches us, a threefold cord of husband, wife, and God is unbreakable.

Today, practice praying together regularly. Begin with gratitude for one another, then bring your concerns, hopes, and dreams before the Lord. Pay attention to how sharing these moments invites peace, unity, and a deeper sense of purpose in your marriage.

Even when schedules are busy or emotions run high, commit to praying together daily, even if only briefly. Shared prayer is not always about perfect words, but about a heart posture that invites God's guidance and love.







### Reflect and Apply

1.	How would regular shared prayer change the dynamic of your marriage?
2.	What fears or barriers might keep you from praying together openly?
	What are some practical ways you can incorporate prayer into your daily routine as a couple?







### **Journaling Prompts**

1.	Describe a memorable time when prayer strengthened your relationship.
2.	Write down prayer requests and praises you want to lift together.
3.	Journal about how it feels to invite God into your marriage through prayer.







### Prayer for Today

**Father God,** thank You for the gift of prayer and the promise that You listen when two agree in Your name. Help us to come before You together each day, united in heart and spirit. Teach us not only to ask but to listen and trust Your plans for our marriage. Strengthen our bond as we seek You first. *We place our relationship in Your faithful hands.* In Jesus' name, Amen. 🙌 😂

















### 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**

- Ephesians 5:25 "Husbands, love your wives, just as Christ loved the church and gave himself up for her."
- Colossians 3:14 "And over all these virtues put on love, which binds them all together in perfect unity."







### Devotional: Living Out God's Purpose in Marriage

Marriage is more than a mutual agreement; it is God's intentional design for unity and love. **Genesis 2:24** sets a profound foundation: two become one. This unity calls for selflessness, commitment, and a lifelong journey of growing together in love.

In **Ephesians 5:25**, husbands are called to love sacrificially, mirroring Christ's love for the church. This sacrificial love transforms the marriage into a living testimony of God's grace. **Colossians 3:14** emphasizes love as the supreme virtue that binds everything together in unity.

Reflect on how your marriage currently reflects God's design. Are there ways you need to grow in sacrificial love or greater unity? This may include honest communication, forgiveness, or putting your spouse's needs first.

Today, recommit to walking in God's purpose by allowing His love to shape your interactions. When Christ is your guide, unity and love become the natural fruit.







### Reflect and Apply

1.	How do you see the 'one flesh' unity in your marriage today?
	In what areas can you better embody Christ's sacrificial love toward your spouse?
	What steps can you take to cultivate deeper unity through love and forgiveness?







### **Journaling Prompts**

1.	Write about how God's design for marriage challenges or encourages you.
2.	List ways you can show sacrificial love this week.
	Journal about moments where love 'bound together' your marriage tightly.







### Prayer for Today

**Lord Jesus,** thank You for designing marriage as a beautiful picture of Your love. Help us to live out Your calling by loving each other sacrificially and pursuing unity above all else. Teach us to forgive quickly and to cherish one another as You cherish us. *May our marriage glorify You in all we do.* Amen.









### Day 4: 🍑 Mutual Submission and Respect









Day 4: 🍑 Mutual Submission and Respect

### Your Verse

Ephesians 5:21 - "Submit to one another out of reverence for Christ."

### **Supporting Scriptures**

- Philippians 2:3 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."
- 1 Peter 3:7 "Husbands, be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life."







Day 4: W Mutual Submission and Respect

# Devotional: Embracing Humble Submission and Respect

Marriage thrives when both partners embrace humility and mutual respect. **Ephesians 5:21** calls believers to submit to one another out of reverence for Christ, which reshapes traditional views on power and control. It's about serving each other rather than competing, reflecting the character of Christ who humbled Himself for us.

**Philippians 2:3** encourages valuing others above yourself, fostering a humble attitude that strengthens connection and trust. Respect is also vital; **1 Peter 3:7** instructs husbands to treat wives with honor and sensitivity, recognizing their equal part in God's gracious gift.

Today, review how submission and respect function in your marriage. Are there moments when pride or selfishness create barriers? How can you intentionally serve one another with humility and affirm each other with respect?

Mutual submission is not about losing oneself but about choosing love daily, valuing your spouse beyond yourself. When founded on Christ, this attitude nurtures peace and deepens intimacy.







Day 4: 🍑 Mutual Submission and Respect

### Reflect and Apply

	What does mutual submission mean to you in the context of your marriage?
2.	How do you demonstrate respect to your spouse in words and actions?
3.	Where might pride or selfish ambition be hindering your relationship?







Day 4: 🍑 Mutual Submission and Respect

### **Journaling Prompts**

1.	Write about a recent time you practiced humility in your marriage.
2.	List practical ways to show respect and honor to your spouse daily.
	Journal your feelings about submission and what it looks like walking this out.







Day 4: 🎔 Mutual Submission and Respect

### **Prayer for Today**

God of humility, help us to follow Your example in submitting to and honoring one another daily. Teach us to set aside selfishness and to serve each other with love and respect. May our marriage reflect Christ's humility and grace in every interaction. *Unite us in heart and spirit, filling us with peace.* Amen.









### Day 5: Day 5: Love as Christ Loves









Day 5: Day 5: Love as Christ Loves

### Your Verse

1 Corinthians 13:4–7 – "Love is patient, love is kind... It always protects, always trusts, always hopes, always perseveres."

### **Supporting Scriptures**

- John 15:12 "My command is this: Love each other as I have loved you."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Day 5: Day 5: Love as Christ Loves

### Devotional: Practicing Christlike Love in Marriage

Love is at the heart of marriage, and no passage captures this better than **1 Corinthians 13:4–7**. This love is not just an emotion but a commitment to patience, kindness, and endurance. It protects, trusts, hopes, and perseveres through every circumstance.

Jesus commands us in **John 15:12** to love one another as He has loved us — sacrificially and unconditionally. **Romans 12:10** further encourages devotion and honoring one another above ourselves, fostering selflessness and devotion that transform ordinary relationships into God-honoring unions.

Reflect today on how closely your marriage reflects this Christlike love. Are there places where patience grows thin or kindness fades? How might you cultivate a love that perseveres rather than giving up?

Remember, love is a daily choice supported by God's grace. Invite His Spirit to empower your love to mirror Christ's, making your marriage a beacon of hope and faith.







Day 5: Dove as Christ Loves

### Reflect and Apply

2. In what areas do you need God's help to grow in patience or kindne toward your spouse?	SS
3. What actions can you take to honor and serve your spouse daily?	







Day 5: Dove as Christ Loves

### **Journaling Prompts**

1.	Write about a time you experienced Christlike love in your marriage.
2.	List characteristics of love you want to grow stronger in your relationship
	Journal specific ways to show unwavering love even during difficult moments.







Day 5: Dove as Christ Loves

### Prayer for Today

**Lord Jesus,** thank You for Your perfect example of love. Help us to love each other with patience, kindness, and unwavering devotion. Teach us to honor and serve one another daily, reflecting Your love in all we do. Fill our hearts with hope and perseverance. *May our marriage display Your love to the world.* Amen.







### Day 6: W Forgiveness and Grace in Marriage









Day 6: 🛱 Forgiveness and Grace in Marriage

### 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."







Day 6: S Forgiveness and Grace in Marriage

### Devotional: Extending Grace Through Forgiveness

Forgiveness is an essential ingredient in every lasting marriage. **Colossians 3:13** calls us to bear with one another and forgive as Christ forgave us — freely and fully. Growing together means encountering moments of hurt and disappointment, but grace offers healing and restoration.

**Ephesians 4:32** encourages kindness and compassion, reminding us that forgiveness reflects God's character. Jesus also connects forgiveness to God's mercy in **Matthew 6:14**, teaching us the importance of letting go of bitterness.

Today, reflect on any unresolved offenses or hurts in your marriage. Ask God to help you extend grace, release resentment, and embrace healing. Forgiveness does not erase pain but frees your hearts to move forward in love and freedom.

Practicing grace daily enriches your relationship, allowing Christ's peace to reign. Remember, forgiveness is a gift you give both to each other and yourselves.







Day 6: W Forgiveness and Grace in Marriage

### Reflect and Apply

1.	Is there any lingering hurt in your marriage that needs God's healing touch?
2.	How easy or hard is it for you to forgive? What helps or hinders you?
3.	What does it mean to forgive 'as the Lord forgave you' in your relationship?







Day 6: 😂 Forgiveness and Grace in Marriage

### **Journaling Prompts**

1.	Write about a time when forgiveness brought healing to your marriage.
	List ways you can practice grace and kindness toward your spouse this week.
3.	Journal a prayer asking for help to truly forgive and let go.







Day 6: W Forgiveness and Grace in Marriage

### **Prayer for Today**

**Gracious Father,** thank You for Your unfailing forgiveness and mercy. Teach us to forgive one another as You have forgiven us. Help us release all resentment and hostility, replacing it with kindness and compassion. Heal any wounds between us and fill our marriage with Your peace. *May grace abound in every moment.* In Jesus' name, Amen. 4







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Day 7: 🥕 Celebrating a Christ-Centered Marriage

### Your Verse

Ecclesiastes 4:9-12 - "Two are better than one... a threefold cord is not quickly broken."

### **Supporting Scriptures**

- Psalm 128:3 "Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table."
- John 15:5 "Apart from me you can do nothing."







Day 7: 🏂 Celebrating a Christ-Centered Marriage

### Devotional: Rejoicing in God's Blessing and Presence

After six days of building your marriage on Christ, today is a celebration of all God has done and will continue to do in your relationship. **Ecclesiastes 4:9–12** shows the strength and blessing in partnership, especially with God as the third strand in your marriage.

**Psalm 128:3** paints a beautiful image of growth, fruitfulness, and blessing for couples who honor God. Without Christ, we can do nothing (**John 15:5**), but with Him, your marriage flourishes like a fruitful vine, bearing joy, peace, and legacy.

Today, take time to celebrate together—pray, share gratitude, and reflect on God's sustaining power. Rejoice in the foundation you have built, and look forward with hope and expectancy to all God will continue to do.

Remember, a Christ-centered marriage not only blesses the couple but also witnesses God's love to the world. May your union shine brightly and encourage others to build their relationships on the Rock.







Day 7: 🏂 Celebrating a Christ-Centered Marriage

### Reflect and Apply

	How has committing to Christ as the foundation changed your perspective on marriage?
2	What blessings do you see in your relationship that reflect God's
	presence?
3.	How can you continue nurturing your marriage so it remains rooted in Christ?







Day 7: 🏂 Celebrating a Christ-Centered Marriage

### **Journaling Prompts**

	Write about the growth and blessings you have experienced during this study.
	List ways you plan to keep Christ at the center of your marriage going forward.
	Journal a thanksgiving prayer celebrating God's work in your relationship.







Day 7: 🕭 Celebrating a Christ-Centered Marriage

### Prayer for Today

**Lord, we thank You** for guiding us through this journey of building our marriage on You. We celebrate the strength and joy that comes from including You as the center of our relationship. Continue to bless us, help us grow, and be our constant guide. *May our love be a testimony to Your grace and faithfulness.* Amen.







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