Forging a Strong Marriage: God's Blueprint for Unity and Love



Discover God's timeless blueprint for a marriage rooted in love, unity, and faith—with practical, biblical truth for building a relationship that endures.





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Introduction

Marriage is more than a romantic relationship or a social contract—it's a **covenant**, established by God to reflect His love for us. In a culture where many marriages struggle or fall apart under pressure, God offers a **better way**: a blueprint for building a strong, joyful, Christ-centered union.

Whether you're newly married, decades in, or hoping to one day step into that covenant, this 7-day Bible Study is designed to help you **deepen your connection** with your spouse and with God. You'll learn to build on the right foundation, communicate with grace, love sacrificially, and stay united through every season of life.

This study doesn't just give advice—it **roots you in Scripture**, helping you hear God's heart for marriage. Each day includes a full passage of Scripture, a devotional reflection, questions to ponder, journal prompts, and a prayer to invite God's Spirit into your relationship.

Marriage is hard work—but it's also holy work. And with God in the center, your marriage can become a testimony of His faithfulness, healing, and joy.

















Your Verse

Matthew 7:24-25 (NIV)

"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. The rain came down, the streams rose, and the winds blew and beat against that house; **yet it did not fall**, because it had its foundation on the rock."

Supporting Scriptures

- Psalm 127:1 (NIV)
 - "Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain."
- 1 Corinthians 3:11 (NIV)

 "For no one can lay any foundation other than the one already laid, which is Jesus Christ."
- Colossians 3:17 (NIV)
 - "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."







Devotional:

Every marriage is built on something. Some are built on mutual interests, others on physical attraction, financial security, or emotional support. While these things have value, none of them can withstand the weight of real life—sickness, loss, betrayal, burnout, or spiritual dryness.

Jesus tells us the difference between a house that falls and one that stands is not whether storms come—they **always come**—but **what foundation the house is built on**.

When a marriage is built on Christ, it can endure the hardest storms. This doesn't mean pain won't come, but it does mean you'll have **strength beyond your own**. It means prayer becomes the first response instead of the last resort. It means forgiveness flows quicker, love grows deeper, and selfishness slowly gives way to servanthood.

Psalm 127 reminds us that building a marriage apart from God's wisdom is exhausting and fruitless. But when God is your builder and your refuge, your relationship becomes stronger, deeper, and more grace-filled than anything you could construct on your own.

If your marriage has been built on shaky ground, take heart: **God can rebuild anything.** No crack is too deep. No wall too weak. He doesn't need a perfect structure—He just needs surrendered hearts.







Reflect and Apply

	What is our marriage currently built on—comfort, convenience, or Christ?
•	Have we been trying to carry burdens that only God is meant to carry?
•	What "storm" revealed weaknesses in our foundation—and how can we rebuild?







Journaling Prompts

	What signs have I seen that our foundation needs reinforcing or rebuilding?
	How have I experienced God's strength in our relationship during hard times?
3.	What one area of our marriage do I need to surrender to God today?







Prayer for Today

Lord Jesus, You are the only foundation strong enough to hold our marriage through every season. Forgive us for the times we've relied on our own strength or built our relationship on unstable ground. Help us rebuild—stone by stone—on Your truth, Your love, and Your wisdom. Teach us to lean on You when we are weak and to honor You in all we do. Be the center and cornerstone of our marriage. In Your name, Amen.







Day 2: O Love Is a Choice, Not Just a Feeling









Day 2: Q Love Is a Choice, Not Just a Feeling

Your Verse

1 Corinthians 13:4–7 (NIV)

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

Supporting Scriptures

• Romans 12:9–10 (NIV)

"Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves."

- John 15:12 (NIV)
 "My command is this: Love each other as I have loved you."
- Colossians 3:14 (NIV)

 "And over all these virtues put on love, which binds them all together in perfect unity."







Day 2: O Love Is a Choice, Not Just a Feeling

Devotional:

We often talk about love in terms of how we feel. But biblical love—the kind that fuels and sustains a marriage—is **not driven by emotion**. It's a **decision**, a choice made over and over again, especially when feelings fade or frustration sets in.

1 Corinthians 13 offers us the clearest description of this kind of love. It's not romantic fluff—it's gritty, selfless, often sacrificial. This love chooses kindness when tempers flare. It chooses patience when schedules clash. It forgives when wounds are still fresh. It honors even when it's not returned.

Marriages break not only from big betrayals, but from **small neglects**—when love is left to chance instead of chosen with intention. But every moment is a new opportunity to choose love again.

John 15:12 commands us to love as Jesus loved. That means loving when we don't feel like it, when it's not reciprocated, when it costs us something. Jesus didn't just feel love for us—He proved it. And in marriage, our love must also move from emotion to action.

Romans reminds us to be **devoted**—not just interested. Colossians calls love the bond that holds everything else together. Without love as an act of will, even the best communication and shared values fall apart.

You won't always feel loving. But you can always choose to love. And when both partners live this way, a marriage doesn't just survive—it **thrives**.







Day 2: O Love Is a Choice, Not Just a Feeling

Reflect and Apply

•	Do I wait to feel love before showing it, or do I choose it daily?
•	In what ways have I shown love recently through action, not emotion?
•	How can I better reflect Christ's sacrificial love to my spouse?







Day 2: Q Love Is a Choice, Not Just a Feeling

Journaling Prompts

1.	What does "choosing love" look like in hard moments in our marriage?
2.	When was the last time I loved selflessly—even when it wasn't easy?
	What's one way I can actively love my spouse today without expecting anything in return?







Day 2: O Love Is a Choice, Not Just a Feeling

Prayer for Today

God, thank You for showing me what real love looks like through the life of Jesus. Teach me to choose love every day in my marriage—not just when it feels easy or natural. Help me to reflect patience, kindness, and forgiveness, even in moments of tension or hurt. Let our marriage be a place where love is chosen, shown, and sustained by Your Spirit. In Jesus' name, Amen.







Day 3: Speaking Life into Each Other









Day 3: Speaking Life into Each Other

Your Verse

Proverbs 18:21 (NIV)

"The tongue has the power of life and death, and those who love it will eat its fruit."

Supporting Scriptures

• Ephesians 4:29 (NIV)

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

• James 3:9–10 (NIV)

"With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be."

Proverbs 15:1 (NIV)

"A gentle answer turns away wrath, but a harsh word stirs up anger."







Day 3: 🙎 Speaking Life into Each Other

Devotional:

Words build—or they break. In marriage, our words shape the climate of our home. With one sentence, we can uplift or crush. With one moment of frustration, we can bless—or bruise.

Proverbs 18:21 tells us plainly: **our words carry life or death**. There's no neutral ground. Every word spoken into your spouse's heart either waters love or withers trust. Every tone, every comment, every silence sends a message.

Ephesians 4:29 challenges us to speak **only what builds up**. That means thinking before speaking. It means refusing to weaponize words when angry. It means offering encouragement when your spouse feels defeated.

James warns us about using the same mouth to worship God and tear down our spouse. This isn't just poor behavior—it's spiritual contradiction. If we honor God, we must honor the one made in His image—especially the one we vowed to cherish.

Gentle words, honest feedback, spontaneous encouragement, affirmations—these become daily bricks in the fortress of trust and safety in your marriage.

And here's the secret: even when you don't feel like speaking life, **do it** anyway. The more you speak words of life, the more life your marriage will begin to reflect.







Day 3: 🙅 Speaking Life into Each Other

Reflect and Apply

•	What kind of climate do my words create in our home?
•	Do I speak to my spouse in a way I'd want someone to speak to me?
•	How can I use my words to heal instead of hurt, build instead of break?







Day 3: 🙎 Speaking Life into Each Other

Journaling Prompts

1.	When have my words (or silence) hurt or uplifted my spouse recently?
2.	What are common phrases or tones I need to change in how I speak?
3.	What specific words of life can I speak over my spouse today?







Day 3: Speaking Life into Each Other

Prayer for Today

Lord, help me guard my tongue and speak words that bring life, peace, and encouragement to my spouse. Let my speech be filled with grace and truth. Convict me quickly when I speak out of anger or impatience, and teach me to use my words to heal wounds and lift burdens. Let the way I speak reflect Your love. In Jesus' name, Amen.









Day 4: 💝 Unity Over Winning









Day 4: 💙 Unity Over Winning

Your Verse

Philippians 2:2-4 (NIV)

"Then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,

not looking to your own interests but each of you to the interests of the others."

Supporting Scriptures

• Ephesians 4:2–3 (NIV)

"Be completely humble and gentle; be patient, bearing with one another in love.

Make every effort to keep the unity of the Spirit through the bond of peace."

- Mark 3:25 (NIV)
 - "If a house is divided against itself, that house cannot stand."
- Romans 12:18 (NIV)
 - "If it is possible, as far as it depends on you, live at peace with everyone."







Day 4: 💙 Unity Over Winning

Devotional:

Married couples don't need to agree on everything—but they must learn to **fight for unity**, not just to be "right."

Too often, spouses become opponents rather than partners. In an effort to win an argument, we forget the real goal of marriage: **oneness**, not victory. Philippians 2 tells us to lay down pride and look to the interests of the other—not because they're perfect, but because we are called to imitate Christ's humility.

Mark 3:25 warns that a house divided cannot stand. Many marriages suffer, not because of explosive issues, but because of **small battles where pride wins and unity loses**—over money, parenting, schedules, or unmet expectations.

Unity doesn't mean uniformity. It doesn't mean silence or fake agreement. It means choosing to **listen, understand, and yield** when needed. It means having hard conversations with a soft heart. It means remembering: *your spouse is not your enemy*.

Romans 12 reminds us to pursue peace wherever possible. That includes how we respond in disagreements. Are we escalating, or are we building a bridge? Are we proving a point, or are we preserving the relationship?

Ephesians calls us to be humble and gentle. That's not weakness—it's spiritual maturity. When we choose unity over ego, we reflect Christ's love in one of the most powerful ways.







Day 4: 💝 Unity Over Winning

Reflect and Apply

•	Do I prioritize being right or being united?
•	How do I handle disagreements—with humility or with hostility?
•	What does unity look like in our communication and conflict?







Day 4: 💝 Unity Over Winning

Journaling Prompts

1.	What recurring conflict has threatened unity in our marriage?
2.	How can I better value my spouse's perspective and needs?
3.	What step can I take today to restore unity in an area of tension?







Day 4: 💛 Unity Over Winning

Prayer for Today

Father, help me to pursue unity in our marriage, even when emotions run high. Give me the humility to listen, the wisdom to yield, and the strength to love more than I argue. Teach me to speak and act in ways that build peace and reflect Christ in our relationship. May our home be marked by harmony and grace. In Jesus' name, Amen.









Day 5: Forgiveness That Frees









Day 5: OF Forgiveness That Frees

Your Verse

Ephesians 4:31–32 (NIV)

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

• Colossians 3:13 (NIV)

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

• Matthew 18:21–22 (NIV)

"Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times.'"

Psalm 103:10–12 (NIV)

"He does not treat us as our sins deserve or repay us according to our iniquities.

For as high as the heavens are above the earth, so great is his love for those who fear him;

as far as the east is from the west, so far has he removed our transgressions from us."







Day 5: OF Forgiveness That Frees

Devotional:

Forgiveness is one of the hardest things in marriage. It's also one of the most **essential**. Where two imperfect people live in close relationship, hurt is inevitable. But **bitterness is a choice**.

Paul commands us in Ephesians to rid ourselves of bitterness and replace it with kindness and compassion. That's not just good advice—it's gospel living. Why? Because we forgive as God forgave us.

Colossians reminds us: forgiveness is not about fairness—it's about freedom. Holding onto grudges may feel justified, but it only poisons the relationship and binds your heart in resentment. Forgiveness is not saying the offense was okay; it's saying, *I refuse to let this define or destroy us.*

In Matthew 18, Jesus tells us that forgiveness isn't a one-time act—it's a **lifestyle**. Marriage will call you to forgive the same offense more than once, and to release even when no apology comes.

Psalm 103 gives us hope: God doesn't treat us as we deserve. He removes our sin—completely. If we want our marriages to reflect the heart of God, we must learn to do the same.

Forgiveness is not forgetting. It's choosing **freedom over bondage**, **grace over revenge**, and **healing over hurt**. When forgiveness flows freely, love can thrive again.







Day 5: Forgiveness That Frees

Reflect and Apply

Is	s there any offense or hurt I've been holding onto in my heart?
_	
Н	lave I made forgiveness conditional instead of continual?
V	What would it look like to forgive as Christ has forgiven me?
_	







Day 5: Forgiveness That Frees

Journaling Prompts

1.	What wound in our marriage still needs healing through forgiveness?
2.	What steps can I take to truly release bitterness?
	Have I received God's forgiveness fully, and how does that affect how I forgive?







Day 5: OF Forgiveness That Frees

Prayer for Today

God, forgiveness is hard. Sometimes the pain feels too deep, the offense too fresh. But I know You've forgiven me far more than I can ever repay. Help me release the bitterness I've held. Teach me to forgive like You—fully, freely, and repeatedly. Let our marriage be a safe place for grace. In Jesus' name, Amen.















Your Verse

Matthew 18:19-20 (NIV)

"Again, truly I tell you that if two of you on earth agree about anything they ask for,

it will be done for them by my Father in heaven.

For where two or three gather in my name, there am I with them."

Supporting Scriptures

• 1 Thessalonians 5:16—18 (NIV)

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

• Ecclesiastes 4:9–12 (NIV)

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up...
Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken."

• Philippians 4:6–7 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."







Devotional:

Prayer is one of the most intimate and powerful practices a married couple can share. Yet many Christian couples avoid praying together—not because they don't believe in prayer, but because they feel awkward, vulnerable, or unsure where to begin.

But when two hearts join in prayer, **heaven listens**.

Jesus Himself promised that when two agree in prayer, God moves. Prayer isn't a performance—it's a conversation with the Father, and when done as a couple, it becomes a **daily act of unity and surrender**.

Ecclesiastes speaks of two being better than one—but with God as the third strand, that bond becomes unbreakable. The couple that regularly prays together builds **spiritual intimacy**, learns to carry each other's burdens, and places their marriage in the hands of the only One strong enough to hold it.

Philippians encourages us to bring everything to God in prayer—every anxiety, every hope, every fight, every financial concern, every decision. When you pray together, you stop being two people fighting problems alone and become a team walking through them with God.

You don't need eloquent words. Just start. Thank Him. Ask Him. Seek Him. And watch your love for each other grow deeper as your connection to Him strengthens.







Reflect and Apply

What has kept us from praying together consistently as a couple?	
How could daily or weekly prayer transform our marriage?	
Are we seeking God together, or just individually?	







Journaling Prompts

1.	What emotions arise when I think about praying with my spouse?
2.	What needs or desires do we need to start bringing to God together?
	How can we create space for consistent, meaningful prayer in our rhythm?







Prayer for Today

God, thank You for inviting us into Your presence—not just as individuals, but as a couple. Teach us to pray together with humility and honesty. Remove any fear or awkwardness and replace it with intimacy and boldness. Strengthen our bond as we bring our hearts to You, and remind us daily that we are not alone in this journey. In Jesus' name, Amen.

















Day 7: A Covenant, Not a Contract

Your Verse

Malachi 2:14-16 (NIV)

"You ask, 'Why?' It is because the Lord is the witness between you and the wife of your youth.

You have been unfaithful to her, though she is your partner, the wife of your marriage covenant.

...So be on your guard, and do not be unfaithful to the wife of your youth. 'I hate divorce,' says the Lord, the God of Israel, 'and I hate it when people do cruel things to each other as well.'"

Supporting Scriptures

• Genesis 2:24 (NIV)

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

- Matthew 19:6 (NIV)
 - "So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."
- Ecclesiastes 5:4–5 (NIV)

"When you make a vow to God, do not delay to fulfill it. He has no pleasure in fools; fulfill your vow.

It is better not to make a vow than to make one and not fulfill it."







Day 7: A Covenant, Not a Contract

Devotional:

Marriage is not a **contract**—it's a **covenant**. Contracts are based on performance: "I'll keep my end if you keep yours." Covenants, on the other hand, are about commitment: "I give myself to you, regardless of what you give in return."

When you said your vows, you didn't just sign a piece of paper—you entered a holy agreement, witnessed by God. Malachi calls it a **sacred covenant**. God doesn't take it lightly, and neither should we.

Contracts are easy to break. Covenants require sacrifice. In a world that says "leave if you're not happy," covenant says, "stay and grow through it together." This doesn't mean enduring abuse or condoning harm, but it does mean **choosing love** when it's hard, **fighting for each other**, and **honoring the promise** even when feelings fluctuate.

Genesis 2 and Matthew 19 speak of two becoming one. It's a divine joining. That means separation causes tearing, not just legally, but spiritually and emotionally.

Ecclesiastes reminds us: when you make a vow to God, take it seriously. This doesn't mean perfection—it means faithfulness. And faithfulness isn't just avoiding adultery—it's showing up, speaking truth, offering grace, and living love every day.







Your marriage isn't just a part of your life—it's a **living testimony** to the world of God's covenant love. When you honor it, you honor Him.







Day 7: 🖏 A Covenant, Not a Contract

Reflect and Apply

■ Reflection (Ponder):

•	Do I view our marriage as a sacred covenant or a conditional contract?
•	What parts of our vow do I need to recommit to?
-	
•	How does our marriage reflect God's unchanging love?







Day 7: 🖏 A Covenant, Not a Contract

Journaling Prompts

	What mindset shifts do I need to make about the purpose of our marriage?
2.	Have I placed conditions on love that undermine covenant faithfulness?
	How can we renew our vows to each other—verbally, emotionally, spiritually?







Day 7: W A Covenant, Not a Contract

Prayer for Today



Daily Prayer:

God, thank You for designing marriage as a covenant that reflects Your unwavering love. Help us to honor the promises we've made—not just in word but in action. When we are weak, be our strength. When we are tempted to give up, remind us of the vow we made before You. Let our marriage tell the story of Your faithfulness to a watching world. In Jesus' name, Amen.







Where God's Word Meets Your Daily Life



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