Keeping Affection Alive Through Christ



Discover how Christ's love fuels daily affection, touch, and encouragement in marriage, strengthening bonds with His guidance.





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Introduction

Welcome to this 7-day journey on keeping affection alive in your marriage through Christ! Marriage is a beautiful covenant designed by God to reflect His love and grace. Yet, in our busy, often distracted lives, maintaining deep affection—expressed through touch, kind words, and heartfelt encouragement—can become a challenge. *Thankfully, Christ's love is the ultimate source of enduring affection and compassion.* When we root our marriages in His love, we allow His transforming power to renew our hearts and deepen our connection with our spouse.

Throughout these seven days, you will explore Scripture that reveals how God's love inspires us to cherish and cherish one another in marriage. Each day's devotional offers practical insights and spiritual encouragement, helping you to actively nurture warmth, tenderness, and affirmation in your relationship.

This study is not about perfect romance but intentional affection. It will remind you to speak life-giving words, offer meaningful touch, and demonstrate grace as Christ does for us. Whether you're newlyweds or have journeyed many years together, these reflections will challenge and equip you to love sacrificially and joyfully.

As you engage with God's Word and practice these habits, your marriage can flourish as a testament to His love. May your hearts grow closer, your communication blossom, and your affection deepen — all anchored in the







eternal love of Christ. Let us begin by embracing the beautiful calling to love one another as Christ loves us.















Your Verse

Ephesians 5:25 – "Husbands, love your wives, just as Christ loved the church and gave himself up for her."

Supporting Scriptures

- John 15:12 "My command is this: Love each other as I have loved you."
- 1 John 4:19 "We love because he first loved us."







Devotional: Christ's Love Inspires Our Affection

Marriage is a reflection of Christ's sacrificial and unconditional love. In Ephesians 5:25, husbands are called to love their wives just as Christ loved the church. This love is selfless, giving, and enduring. Yet, this divine affection isn't reserved for husbands alone—it sets an example for all spouses.

Christ's love fuels daily affection because it is patient and kind, never self-seeking, and always willing to forgive. When we lean into this love, we grow in empathy and warmth in our interactions, allowing our words, touch, and presence to reflect His heart. Affection grounded in Christ becomes a natural overflow of His grace working within us.

As you begin this study, let your heart be open to receiving Christ's love deeply, so that your relationship with your spouse can be renewed and strengthened by it. Affection is not merely about feelings; it is an intentional expression of the love that God has poured into us first.







Reflect and Apply

1.	How does Christ's love as described in Ephesians 5 shape your understanding of affection in marriage?
	In what ways can you intentionally reflect Christ's unconditional love in your daily interactions with your spouse?
	What blocks or challenges do you face in expressing love as Christ loves the church?







Journaling Prompts

	Write about a time when you experienced Christ-like affection in your marriage.
2.	List practical ways you can express Christ's love to your spouse this week.
3.	Reflect on areas where you need God's help to love more selflessly.







Prayer for Today

Dear Lord, thank You for revealing Your perfect love through Christ. Help me to receive that love deeply and to pour it out to my spouse faithfully. Teach me to love as You love—with patience, kindness, and humility. Fill my heart with affection that reflects Your grace, and help me overcome any barriers that keep me from showing love authentically. May my marriage be a living testimony of Your sacrificial love. In Jesus' name, *Amen.*















Your Verse

Song of Solomon 2:6 - "His left arm is under my head, and his right arm embraces me."

Supporting Scriptures

- Mark 10:16 "He took the children in his arms, placed his hands on them and blessed them."
- Hebrews 4:15 "We do not have a high priest who is unable to empathize with our weaknesses."







Devotional: The Power of Touch in Marriage

Physical touch is a powerful language of affection God designed for us. The Song of Solomon paints a tender image of intimacy and security expressed through an embrace. This kind of touch communicates love, reassurance, and presence beyond words.

Jesus Himself used touch compassionately—to heal, encourage, and bless. Touch ministers deeply to the soul by conveying empathy and connection. In marriage, intentional physical affection cultivates warmth and emotional safety.

Today, reflect on the ways touch can be a loving gift in your relationship. A hug, holding hands, or a gentle arm around your spouse can remind them they are cherished. Let Christ's tender heart inspire your touch, making it a daily steward of affection that nurtures your bond.







Reflect and Apply

	How does physical touch communicate love differently than words in your marriage?
2.	What types of touch feel most meaningful to you and your spouse?
	How can you invite Christ's compassion into the way you physically express affection?







Journaling Prompts

1.	Write about a moment when a simple touch deeply encouraged you.
2.	List ways to incorporate intentional, loving touch into your daily routine.
	Reflect on any fears or discomforts you have around physical affection and pray over them.







Prayer for Today

Lord Jesus, thank You for the healing and comforting touch You give. Teach me to use my hands and arms to encourage and bless my spouse. Help me to be sensitive to their needs and to offer affection that brings security and joy. May every touch reflect Your love and build intimacy founded on Your grace. Guide me to be present and gentle as You are. *Amen.* (2) (3) (4)















Your Verse

Proverbs 16:24 – "Gracious words are a honeycomb, sweet to the soul and healing to the bones."

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."
- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt."







Devotional: The Healing Power of Kind Words

Words have tremendous power to build up or tear down. Proverbs describes gracious words as sweet and healing, like honey to the soul. In marriage, our speech shapes our spouse's emotional well-being and the climate of the relationship.

Choosing encouragement, affirmation, and gentle speech reflects Christ's love working through us. Ephesians reminds us to avoid harmful words and instead speak what benefits others. This intentional kindness nurtures trust and affection.

Today, consider how you can cultivate a habit of speaking hope and love. Maybe it's praising your spouse's efforts, expressing gratitude, or simply saying "I love you" with renewed fullness. Let your words become daily gifts of encouragement, healing, and grace.







Reflect and Apply

1.	What impact do your words currently have on your spouse's heart?
2.	Are there any negative or careless words you need to repent of or change?
3.	How can you model Christlike speech in your daily conversations?







Journaling Prompts

1.	Recall a time when encouraging words strengthened your marriage.
2.	List affirming phrases you can regularly share with your spouse.
	Write a short letter of encouragement to your spouse expressing your love.







Prayer for Today

Gracious Father, help me use my words to lift up and encourage my spouse. Guard my tongue from harshness or criticism, and fill my mouth with grace that heals and inspires. Teach me to communicate in ways that reflect Your love and build a safe, joyful relationship. Let my speech be flavored with kindness and truth, reflecting Christ in all I say. *Amen.*

















Your Verse

Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Supporting Scriptures

- 1 Thessalonians 5:17 "Pray continually."
- James 5:16 "The prayer of a righteous person is powerful and effective."







Devotional: Prayer as the Foundation of Affection

Prayer is vital to keeping affection alive through Christ. Bringing your concerns, hopes, and joys about your marriage before God invites His peace and guidance into your relationship. Philippians encourages us to replace anxiety with prayer, trusting God's care.

When couples pray together and individually for one another, they cultivate spiritual intimacy alongside emotional connection. This ongoing dialogue with God strengthens love, patience, forgiveness, and understanding.

Today, invite prayer to fuel your affection. Commit to praying regularly for your spouse's well-being and for your marriage to reflect Christ's kindness and grace. Let God's presence be your source of hope and renewed affection.







Reflect and Apply

1.	How consistent is your prayer life for your spouse and marriage?
2.	In what ways has prayer impacted your relationship in the past?
3.	How can you make prayer a regular, unifying practice with your spouse?







Journaling Prompts

1.	Write a prayer for your spouse expressing your hopes and thanks.
	Record any answers or peace you've received through praying for your marriage.
3.	List prayer topics to focus on during this week for your relationship.







Prayer for Today

Heavenly Father, thank You that You hear my prayers and care deeply for my marriage. Help me to trust You fully and to bring every concern before You with thanksgiving. Teach me to pray faithfully for my spouse's needs and our union's strength. May our love be rooted and built up through constant conversation with You, reflecting Christ's abiding grace and peace. *Amen.* \swarrow

















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 Restores Love and Connection

Affection often falters when unforgiveness builds walls between spouses. Colossians 3 calls us to bear with one another and forgive as Christ forgave us —completely and graciously.

Holding on to offenses creates distance and hardens hearts, but forgiveness restores intimacy. It frees the giver and receiver, allowing love to flow again. Forgiveness is not always easy but is essential to reflect Christ's mercy in marriage.

Today, consider if there are grievances you need to release. Invite the Holy Spirit to soften your heart and enable you to forgive fully. As you do, you open space for affection and grace to grow stronger between you and your spouse.







Reflect and Apply

1.	Are there any past hurts in your marriage that still need forgiveness?
	How does Christ's example of forgiveness inspire your willingness to forgive?
	What practical steps can you take to restore affection through forgiveness?







Journaling Prompts

1.	Write about a time when forgiveness brought healing in your marriage.
2.	List attitudes or habits that hinder your ability to forgive fully.
3.	Pray and journal a commitment to forgive like Christ.







Prayer for Today

















Day 6: F Growing Together in Grace

Your Verse

2 Peter 3:18 – "But grow in the grace and knowledge of our Lord and Savior Jesus Christ."

Supporting Scriptures

- Philippians 1:9 "And this is my prayer: that your love may abound more and more in knowledge and depth of insight."
- Ephesians 4:15 "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."







Day 6: Forowing Together in Grace

Devotional: Affection Thrives as We Grow in Grace

Marriage is a journey of growing together in love and grace. Peter encourages believers to continue growing in grace and knowledge of Jesus. As couples do this together, their affection matures and deepens.

Growth includes giving grace generously, communicating truthfully, and seeking understanding. Affection is not only romantic but rooted in spiritual maturity, patience, and humility.

Today, commit to growing with your spouse by inviting God's grace into your marriage. Celebrate progress, pray for continued growth, and encourage each other towards Christlikeness. Affection flourishes best in marriage where grace abounds.







Day 6: 🍞 Growing Together in Grace

Reflect and Apply

1.	In what areas has your marriage grown recently in love and grace?
	How can you support your spouse's spiritual growth to deepen your connection?
3.	What steps can you take to cultivate grace-filled communication?







Day 6: 🍞 Growing Together in Grace

Journaling Prompts

1.	Record ways God has shown grace in your marriage this year.
2.	List spiritual habits you want to grow as a couple.
	Write a prayer asking God to increase grace and understanding between you.







Day 6: Forowing Together in Grace

Prayer for Today

Lord Jesus, thank You that You are the source of all grace and growth. Help us to grow deeper in knowledge of You and in love for one another. Teach us to extend grace when challenges arise and to communicate honestly with kindness. May our marriage reflect the maturity and affection that comes from walking with You daily. *Amen.*















Your Verse

1 Corinthians 13:4-7 - "Love is patient, love is kind. It does not envy, it does not boast, it is not proud... It always protects, always trusts, always hopes, always perseveres."

Supporting Scriptures

- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."
- Song of Solomon 8:6 "Place me like a seal over your heart, like a seal on your arm..."







Devotional: A Love That Endures and Celebrates

On this final day, celebrate how Christ-centered affection transforms marriage. Paul's description of love in 1 Corinthians 13 sets the standard for how we are called to love our spouse—patiently, kindly, and perseveringly.

When affection is fueled by Christ's love, it endures difficulties and grows stronger. It honors, trusts, and hopes continually. Celebrating your marriage through this lens invites joy, resilience, and deep satisfaction.

Reflect on the journey you've taken this week. Thank God for His sustaining love that empowers your daily affection. Commit to continuing to cultivate love that honors Christ and blesses your spouse. This is the beauty and blessing of a marriage infused with His grace.







Reflect and Apply

	How has your understanding of affection in marriage changed through this study?
2.	What are some lasting habits or attitudes you want to carry forward?
3.	How can celebrating your marriage regularly strengthen your bond?







Journaling Prompts

1.	Write a gratitude letter to your spouse highlighting cherished moments.
2.	List ways to celebrate your marriage weekly or monthly.
	Pray about how to keep Christ at the center of your affectionate expressions.







Prayer for Today

Faithful God, thank You for guiding me through this journey of learning to love more deeply through Christ. Fill my marriage with enduring affection marked by patience, kindness, and hope. Help me celebrate daily the gift of my spouse and our union in You. May our love reflect Your glory and bring joy to our hearts always. *Amen.*



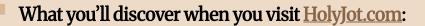




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