



Loving When You Don't Feel Like It



Discover how to choose love daily in marriage,
empowered by the Holy Spirit even during tough
seasons.



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Introduction

Marriage is one of the most beautiful and challenging relationships we experience in life. It calls for a love that goes beyond feelings and circumstances—a love that is a deliberate choice and a daily commitment. At times, this love can be difficult to express, especially when trials or fatigue set in, or when our emotions don't align with our intentions. ✨

In this 7-day study, we will explore biblical truths that teach us how to love our spouse even when we don't feel like it. We will see that love is not just an emotion but a fruit of the Holy Spirit working in and through us (Galatians 5:22-23). By depending on God's enabling power, our marriages can experience renewal, strength, and joy, regardless of external hardships or internal struggles.

Each day, we'll dive into Scriptures, ask ourselves reflective questions, and seek God's guidance to help us grow in sacrificial, patient, and steadfast love. Whether you are on an easy journey or navigating difficult seasons, this study will remind you that love is always a choice—one that can transform your marriage and bring glory to God.





Day 1: ❤️ Choosing Love Beyond Feelings



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Your Verse

1 Corinthians 13:4-5 - "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."

Supporting Scriptures

- *Romans 12:9 - "Love must be sincere. Hate what is evil; cling to what is good."*
- *Colossians 3:14 - "And over all these virtues put on love, which binds them all together in perfect unity."*



Day 1: ❤️ Choosing Love Beyond Feelings

Devotional: Love Is a Choice, Not a Feeling

Love in marriage is often romanticized, but reality shows it involves patience, kindness, and humility, especially when feelings falter. Paul's description of love in 1 Corinthians 13 reminds us that love is an action and attitude rather than mere emotion. It chooses to be patient when irritation creeps in, kind when frustration builds, and humble when pride tempts us to dominate.

Feeling love isn't always guaranteed, but choosing love is a deliberate step we take. Marriage thrives when we actively practice love—even when exhausted, disappointed, or hurt. This choice aligns perfectly with God's command to love genuinely (Romans 12:9) and to let love hold all things together (Colossians 3:14).

Today, renew your commitment to love as a choice—one that calls for spiritual strength and reliance on the Holy Spirit.



Reflect and Apply

1. What feelings about your spouse challenge your ability to choose love today?

2. How does understanding love as a deliberate action rather than just an emotion shift your perspective?

3. In what areas do you need to practice more patience and kindness in your marriage?



Journaling Prompts

1. Write about a time when choosing love rather than relying on feelings made a difference in your marriage.

2. List three ways you can practice love intentionally even during difficult moments.

3. Reflect on how the Holy Spirit has helped you love beyond your natural capacity.



Day 1: ❤️ Choosing Love Beyond Feelings

Prayer for Today

Lord, help me to love my spouse even when I don't feel like it. Teach me to choose patience, kindness, and humility over frustration and pride. Empower me through Your Holy Spirit to love sincerely and wholeheartedly. Strengthen our marriage with Your perfect love that never fails. In Jesus' name, Amen. 🙏





Day 2: 🌿 Love That Bears and Believes



Day 2: 🌿 Love That Bears and Believes

Your Verse

1 Corinthians 13:7 - "It always protects, always trusts, always hopes, always perseveres."

Supporting Scriptures

- *Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."*
- *Philippians 1:6 - "He who began a good work in you will carry it on to completion until the day of Christ Jesus."*



Day 2: 🌿 Love That Bears and Believes

Devotional: Enduring Love: Bearing and Believing

Love in marriage is resilient and hopeful, even in seasons of difficulty. Paul reminds us that true love always bears, trusts, hopes, and perseveres—qualities that go beyond temporary feelings or circumstances.

Marriage requires us to bear with each other's imperfections and struggles. Being humble and gentle (Ephesians 4:2) allows space for growth and healing, while trust and hope keep us looking forward to God's ongoing work in our spouse and relationship (Philippians 1:6).

When you feel like giving up, lean into these promises of love's endurance and trust that God is at work restoring and renewing your marriage.



Reflect and Apply

1. Which challenges in your marriage require you to bear with patience today?

2. How can hope in God's ongoing work encourage you when love feels difficult?

3. What practical ways can you nurture trust in your marriage during tough times?



Journaling Prompts

1. Describe a moment when persevering love made a positive impact.

2. Write about your hopes for your marriage and how faith supports them.

3. Journal how humility and gentleness can transform strained moments.



Day 2: 🌿 Love That Bears and Believes

Prayer for Today

Father, grant me endurance to love my spouse through trials. Help me bear with patience and extend grace as You work in both of our hearts. Increase my trust in Your promises and fill me with hope for our future together. May Your Spirit sustain and strengthen our union. Amen. 🙏🌿💕





Day 3: 🕊 The Holy Spirit Empowers Love



Day 3:  The Holy Spirit Empowers Love

Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- *John 15:5 - "...apart from me you can do nothing."*
- *Romans 5:5 - "God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."*



Day 3: 🕊 The Holy Spirit Empowers Love

Devotional: Relying on the Spirit's Love Power

True love comes as a fruit of the Holy Spirit's presence in our lives. We cannot consistently love our spouse in a godly way by our own strength; it requires Jesus to be the vine and us to remain connected (John 15:5).

The Holy Spirit produces love, joy, peace, patience, kindness, and the other fruit essential for marriage health (Galatians 5:22-23). When love feels absent or weak, the Spirit fills the gap and empowers us beyond natural ability. Importantly, God's love has been poured into our hearts (Romans 5:5), enabling us to love even in hard seasons.

Today, invite the Holy Spirit to empower your love and transform your heart and marriage.



Reflect and Apply

1. How often do you rely on the Holy Spirit to empower your love in marriage?

2. Which fruit of the Spirit do you feel needs strengthening in your relationship?

3. What steps can you take to stay connected to Jesus daily for love and strength?



Journaling Prompts

1. Reflect on a time the Holy Spirit helped you love sacrificially.

2. Write prayers inviting the Spirit's fruit to grow in your marriage.

3. Identify habits that help you abide in Christ and sustain love.



Day 3: 🕊 The Holy Spirit Empowers Love

Prayer for Today

Holy Spirit, fill me afresh with Your fruit of love. Empower me to love my spouse not by my own effort, but through Your strength and grace. Cultivate patience, kindness, and self-control within me so my marriage reflects Your beauty. Help me stay connected to Jesus every day. Amen. 🕊❤️🌱





Day 4: 💛 Serving and Sacrificial Love



Your Verse

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

Supporting Scriptures

- *Philippians 2:3-4 - "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."*
- *1 John 3:16 - "This is how we know what love is: Jesus Christ laid down his life for us."*



Devotional: Love Expressed Through Sacrificial Service

Sacrificial love is at the heart of marriage, modeled supremely by Christ's love for the church. Ephesians 5:25 calls husbands specifically, but the principle applies to all spouses—to love by putting the other's needs first and serving selflessly.

True love involves humility and looking beyond ourselves (Philippians 2:3–4). It often means sacrificing comfort, preferences, or convenience for the sake of the beloved. By following Christ's example, we find the strength to act sacrificially even when feelings are strained.

Consider where you can serve your spouse today in ways that communicate love through action, not just words or emotions.



Reflect and Apply

1. Where might you need to set aside your own desires to serve your spouse?

2. How does Christ's example inspire you to love sacrificially?

3. Are there attitudes or habits blocking your ability to love selflessly?



Journaling Prompts

1. List practical ways you can serve your spouse intentionally this week.

2. Write about a time sacrificial love deepened your marriage.

3. Reflect on how humility shapes your approach to loving your spouse.



Day 4: 🧡 Serving and Sacrificial Love

Prayer for Today

Jesus, teach me to love sacrificially as You loved the church. Help me to serve my spouse with humility and selflessness. Remove selfish ambitions and fill me with a heart that values their needs above my own. Let my love reflect Your grace and sacrifice each day. Amen. 🧡 🤝 🙏





Day 5: 🎯 Forgiving Love Restores



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 18:21-22 - "...I tell you, not seven times, but seventy-seven times."*



Devotional: The Power of Forgiving Love

Forgiveness is vital to loving through the hard seasons of marriage. Hurt and disappointments will come, but love chooses to forgive just as Christ forgave us.

Paul urges believers to bear with one another patiently and forgive continually (Colossians 3:13). Forgiveness renews relationships, releases bitterness, and reflects God's compassion and grace (Ephesians 4:32). Jesus' teaching in Matthew shows us forgiveness is not limited but boundless—an ongoing choice to extend mercy.

When you don't feel like forgiving, pray for the strength to release offenses and restore your marriage to health.



Reflect and Apply

1. Are there unresolved hurts affecting your ability to love fully today?

2. How does God's forgiveness of you influence how you forgive your spouse?

3. What might change if you embraced continual forgiveness as a daily practice?



Journaling Prompts

1. Write about a time forgiveness healed or strengthened your marriage.

2. List offenses you need to forgive and pray for the grace to do so.

3. Reflect on how forgiveness transforms your heart and marriage.



Day 5: 🎯 Forgiving Love Restores

Prayer for Today

Lord, help me to forgive my spouse as You have forgiven me. Remove any bitterness, anger, or resentment that hinders love. Teach me to extend grace and kindness even when it's difficult. Restore our hearts and our home with Your healing power. Amen. 🎯💖👉





Day 6: 📁 Love's Gifts: Words and Actions



Your Verse

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

Supporting Scriptures

- *James 1:19 - "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *1 Peter 4:8 - "Above all, love each other deeply, because love covers over a multitude of sins."*



Day 6: 📁 Love's Gifts: Words and Actions

Devotional: Speaking and Showing Love Daily

The way we communicate shapes how love is experienced in marriage.

Words are powerful—they can heal or hurt, build up or tear down. Proverbs reminds us that gracious words soothe the soul and bring healing, especially in moments of tension.

Choosing to listen patiently (James 1:19) and respond with kindness reflects deep love that covers imperfections (1 Peter 4:8). Today, consider how your speech encourages or discourages your spouse, and seek God's help to speak life and love.

Remember, love is expressed both in our words and in consistent, caring actions—the combination strengthens bonds and nurtures intimacy.



Reflect and Apply

1. How do your words currently impact your spouse's heart?

2. Are you practicing patience and active listening in your conversations?

3. What actions, alongside words, help your spouse feel truly loved?



Journaling Prompts

1. Recall a recent time words brought healing or hurt in your marriage and reflect why.

2. Write three affirming or encouraging statements you can say regularly to your spouse.

3. List loving actions you can consistently practice to complement kind words.



Day 6: 📁 Love's Gifts: Words and Actions

Prayer for Today

God, help me to speak words that bring healing and encouragement. Teach me to listen more and respond with grace, reflecting Your love. Guide my actions to back up my words, creating a marriage filled with kindness and understanding. Amen. 📁 🗣️ 💞





Day 7: ✨ Love That Reflects God's Glory



Your Verse

John 13:34-35 - "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Supporting Scriptures

- *Matthew 5:16 - "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*
- *1 John 4:7 - "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."*



Devotional: Marriage Love That Glorifies God

Our marriages are a powerful testimony of God's love to the world. Jesus commands us to love one another just as He loved us, making our love a witness to His presence.

When we choose to love our spouse through every season—especially the tough ones—we shine the light of Christ's love and bring glory to God (Matthew 5:16). Love that comes from God distinguishes His followers and reveals His nature to those around us (1 John 4:7).

As you finish this study, commit to daily loving your spouse in a way that honors God and demonstrates His unending grace.



Reflect and Apply

1. How does your love for your spouse reflect God's character?

2. In what ways can your marriage be a testimony to others about Christ?

3. What steps can you take to honor God through your love daily?



Journaling Prompts

1. Write about how God's love has transformed your view of marriage.

2. Reflect on how your marriage can point others to Christ's love.

3. Set goals for loving your spouse that bring glory to God.



Day 7: ✨ Love That Reflects God's Glory

Prayer for Today

Lord, may my love for my spouse reflect Your perfect love. Use our marriage to glorify You and show the world what true love looks like. Help me to love as You commanded and to be a shining light for Your kingdom. Thank You for Your unending grace and power at work in us. Amen. ✨❤️🙏





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