



# Marriage: Rekindling Romance God's Way



Discover how to renew intimacy and emotional closeness in marriage through biblical love and intentional pursuit.

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## Introduction

**Marriage** is more than a contract; it's a divine covenant designed by God to reflect His love and faithfulness. Over time, the excitement and passion can fade, but God's Word offers timeless wisdom on how to *rekindle romance* and enjoy deep emotional closeness. This seven-day study invites couples to intentionally pursue one another with the love, respect, and delight that marriage deserves, guided by God's principles.

Through Scripture, we will explore how God calls husbands and wives to cherish each other, creating a sacred space where intimacy thrives beyond physical connection. Relationship renewal begins with understanding **God's love as the blueprint for marital love**, ensuring our affections are rooted in grace and selflessness rather than fleeting feelings.

Each day offers practical insights and heartfelt encouragement for rediscovering joy, delight, and emotional intimacy in marriage. Whether your relationship feels stale, strained, or simply in need of a fresh spark, this plan will empower you to pursue your spouse with a new, God-inspired passion. Join us on this journey to not just improve your marriage but transform it into a reflection of Christ's sustaining love.

*Let's embark on rekindling romance God's way!* ❤️







## Day 1: 💕 Foundations of Love and Commitment





## Your Verse

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

## Supporting Scriptures

- *1 Corinthians 13:4-5 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud.*
- *Song of Solomon 2:16 – My beloved is mine and I am his; he browses among the lilies.*





# Devotional: God's Love: The Ultimate Marital Foundation

**Love and commitment** form the unshakable foundation of marriage. Ephesians 5:25 sets a high bar, illustrating that a husband's love should mirror Christ's sacrificial love — selfless, sacrificial, and devoted. While this is often directed to husbands, the principle applies reciprocally to wives and all spouses as a call to deep, unyielding devotion.

The poetry of Song of Solomon reminds us of the delight and exclusivity that love brings: belonging wholly to one another. To rekindle romance, couples must return to these roots of love that is patient, kind, and deeply personal. Love is not merely a feeling but an active pursuit of the other's good.

**Reflection:** What aspects of Christ's love inspire you most in your marriage? How can you demonstrate that love tangibly to your spouse today? Rekindling romance begins by committing to love as God intended — consistently and wholeheartedly.





## Reflect and Apply

1. How does Christ's love shape your understanding of marriage?

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2. In what ways can you show sacrificial love to your spouse this week?

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3. Are there areas where patience or kindness need to increase in your relationship?

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# Journaling Prompts

1. Write about a time when you felt deeply loved by your spouse.

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2. List ways you can imitate Christ's love in your daily marriage.

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3. Reflect on your current commitment level and how you want to grow.

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Day 1: 💞 Foundations of Love and Commitment

## Prayer for Today

**Lord, thank You for showing us what real love looks like.** Help us to love our spouses with patience and kindness, reflecting Your heart. Teach us to pursue one another sacrificially and to keep our love pure and strong. Fill our hearts with joy and delight as we journey together in Your grace. *Guide us to build a marriage that honors You.* Amen. 💞 🙏 ❤️








## Day 2: Communication: Listening and Speaking Life





Day 2:  Communication: Listening and Speaking Life

## Your Verse

*James 1:19 – Everyone should be quick to listen, slow to speak and slow to become angry.*

## Supporting Scriptures

- *Proverbs 18:13 – To answer before listening—that is folly and shame.*
- *Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.*





## Devotional: Listening and Speaking to Build Intimacy

**Communication is the heartbeat of any thriving marriage.** James 1:19 teaches the importance of listening carefully before responding. Too often, couples listen to respond instead of listening to understand, which leads to frustration and disconnection.

Proverbs reminds us that speaking without understanding invites shame, while Ephesians encourages words that build up rather than tear down. Rekindling romance means creating a safe space where both husband and wife feel heard and valued.

*Listening well and choosing gentle words* can restore emotional intimacy and prevent misunderstandings. When couples commit to speak life and listen empathetically, their bond deepens and love flourishes.





## Reflect and Apply

1. How well do you listen to your spouse's heart beneath their words?

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2. What patterns of communication could you improve for more kindness?

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3. Are there topics or feelings you find difficult to express openly?


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Day 2:  Communication: Listening and Speaking Life

## Journaling Prompts

1. Recall a conversation where active listening helped your marriage.

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2. Write down encouraging words you want to say to your spouse.

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3. Identify one communication habit to change starting today.

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Day 2: 🗣️ Communication: Listening and Speaking Life

## Prayer for Today

**Father, teach us to be quick listeners and slow to speak.** Help our words to heal and encourage, not hurt or divide. Fill us with patience and grace as we communicate, and guide us to create a loving environment where both feel heard and valued. Draw us closer through honest, gentle conversation. Amen.







## Day 3: 🌹 Delight and Affection in Everyday Moments





## Day 3: 🌹 Delight and Affection in Everyday Moments

## Your Verse

*Song of Solomon 1:2 – Let him kiss me with the kisses of his mouth! For your love is more delightful than wine.*

## Supporting Scriptures

- *Proverbs 5:18-19 – May your fountain be blessed, and may you rejoice in the wife of your youth.*
- *1 Corinthians 7:3 – The husband should fulfill his marital duty to his wife, and likewise the wife to her husband.*





## Day 3: 🌹 Delight and Affection in Everyday Moments

## Devotional: Nurturing Joy Through Affectionate Love

**Affection and delight are the spices that keep marriage joyful and vibrant.** The intimate expressions found in Song of Solomon show that physical affection is a gift from God, meant to be treasured and enjoyed within marriage.

Proverbs advises rejoicing in the spouse of your youth, an invitation to intentionally delight in one another despite life's challenges and routines. Meanwhile, Paul's guidance in 1 Corinthians reminds us of the importance of mutual care and meeting each other's needs.

*Rekindling romance thrives on simple acts of affection and delight.* These actions communicate love far beyond words and nurture emotional closeness. Consider surprising your spouse with small loving gestures today to awaken joy and draw near to one another.





Day 3: 🌹 Delight and Affection in Everyday Moments

## Reflect and Apply

1. How does physical affection contribute to your emotional intimacy?

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2. What everyday moments can you turn into opportunities to show delight?

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3. Are there any barriers preventing you from expressing affection freely?

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## Day 3: 🌹 Delight and Affection in Everyday Moments

## Journaling Prompts

1. Write about a recent moment where affection deepened your connection.

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2. Plan three small ways to show physical or emotional affection this week.

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3. Reflect on how delighting in your spouse impacts your relationship.

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Day 3: 🌹 Delight and Affection in Everyday Moments

## Prayer for Today

**Lord, thank You for the gift of affection within marriage.** Help us to delight in one another daily and express love with joy and tenderness. May our home be filled with warmth and playful love reflecting Your goodness. Teach us to cherish each touch, kiss, and embrace as a holy connection. Amen. 🌹❤️😊







## Day 4: 💛 Partnership: Honoring Roles and Unity





## Your Verse

*Ecclesiastes 4:9-10 – 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.*

## Supporting Scriptures

- *Genesis 2:18 – The LORD God said, 'It is not good for the man to be alone. I will make a helper suitable for him.'*
- *Ephesians 5:21 – Submit to one another out of reverence for Christ.*





## Devotional: Strong Unity Through Mutual Respect and Help

**Marriage is a partnership designed by God for mutual support and growth.** Ecclesiastes highlights the strength found in unity—two working and walking together are better than one alone. Falling down becomes less devastating when your spouse helps you up.

Genesis reminds us that God created the woman as a suitable helper, emphasizing the complementing roles each spouse has. Ephesians calls couples to mutual submission, implying respect and honor go both ways, fostering humility and love.

*Honoring each other's roles and working together intentionally* fortifies your marriage. Partnership means celebrating differences, sharing burdens, and moving forward hand in hand with one heart and purpose.





## Reflect and Apply

1. In what ways do you support your spouse's dreams and challenges?

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2. How can mutual submission be a source of strength, not weakness?

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3. Are there partnership areas where you want to grow closer or cooperate better?

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## Journaling Prompts

1. List ways you and your spouse complement each other beautifully.

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2. Write about a time you felt deeply supported by your spouse.

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3. Think of partnership habits you can cultivate for deeper unity.

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Day 4: 💛 Partnership: Honoring Roles and Unity

## Prayer for Today

**Father, thank You for the gift of marriage partnership.** Help us to honor one another's roles and to serve each other humbly and lovingly. Strengthen our unity so that we uplift and encourage one another daily. May we always be quick to help and slow to judge, building each other up in Your grace. Amen.







## Day 5: Forgiveness: Healing and Restoring Intimacy





Day 5: 🕊️ Forgiveness: Healing and Restoring Intimacy

## 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 4:31-32 – 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: Choosing Forgiveness to Restore Love

**Forgiveness is essential in maintaining intimacy and trust in marriage.** Hurt and offenses unaddressed can create walls between spouses. Colossians reminds us to forgive as the Lord forgave us — freely and fully.

Ephesians encourages kindness and compassion as the soil where forgiveness takes root, restoring peace and connection. Jesus also teaches that our willingness to forgive others impacts our own experience of God's forgiveness.

*Choosing forgiveness* releases bitterness and allows love to heal wounds. Rekindling romance often means deciding to lay down offenses, extending grace, and inviting God's peace to reign in hearts.





## Reflect and Apply

1. Are there wounds or offenses in your marriage that need God's healing?

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2. How can you practice forgiveness daily even when it's difficult?

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3. How might refusing to forgive be hindering your intimacy?

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## Journaling Prompts

1. Write about a time you experienced freedom through forgiveness.

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2. List any resentments you want to surrender to God today.

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3. Consider ways to communicate forgiveness clearly and lovingly.

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Day 5: 🕊️ Forgiveness: Healing and Restoring Intimacy

## Prayer for Today

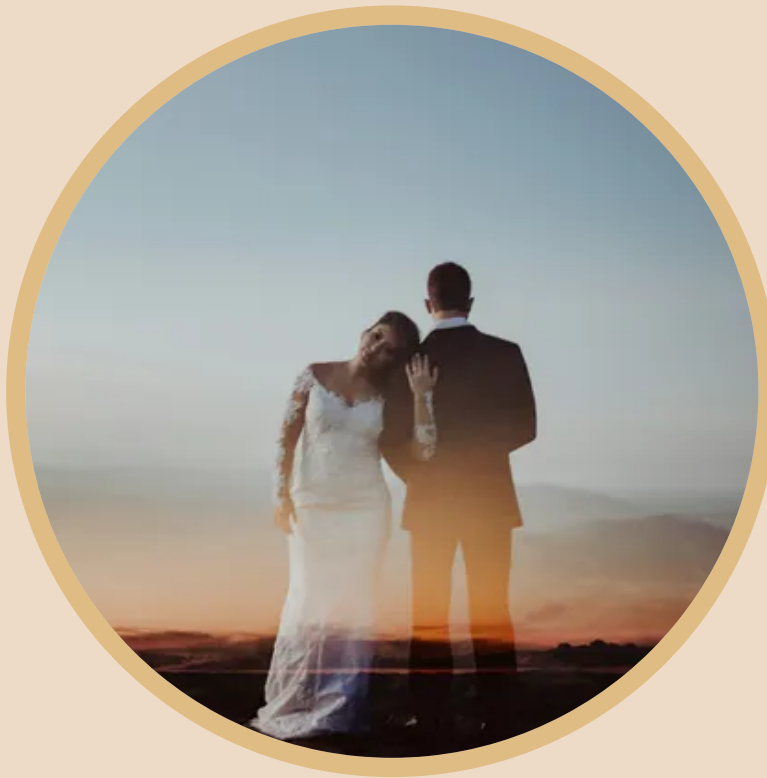
**Lord, thank You for the forgiveness You pour into our hearts.** Teach us to forgive our spouses as You forgive us, releasing all grudges and anger. Heal any brokenness between us and restore intimacy through Your grace. Help us to walk forward in kindness and compassion daily. Amen. 🕊️ ❤️ 🙏 🌟







## Day 6: 📁 Serving with Love: Acts that Speak Volumes





Day 6: 📖 Serving with Love: Acts that Speak Volumes

## Your Verse

*Galatians 5:13 – Serve one another humbly in love.*

## Supporting Scriptures

- *Philippians 2:3-4 – Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.*
- *1 John 3:18 – Let us not love with words or speech but with actions and in truth.*





Day 6: 📖 Serving with Love: Acts that Speak Volumes

## Devotional: Love Lived Out Through Service

**Love is an action as much as a feeling.** Galatians encourages serving one another with humility and genuine care. In marriage, little acts done with love communicate profound affection.

Philippians calls us to value our spouses above ourselves, putting their needs and joy before our own. John's letter challenges believers to show love through tangible, truthful actions, not just words.

*Serving your spouse through thoughtful gestures, listening attentively, or meeting practical needs* fuels emotional closeness and rekindles romance. It demonstrates that your love is not static but alive and active every day.





## Reflect and Apply

1. What small acts of service can you do to bless your spouse this week?

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2. How can humility improve your daily interactions and love expression?

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3. Are there ways you expect love without giving it in return?

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## Journaling Prompts

1. Write about a time your spouse served you in love and how it felt.

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2. Identify three new ways you can serve your spouse intentionally.

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3. Reflect on how serving builds intimacy beyond words.

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Day 6: 📁 Serving with Love: Acts that Speak Volumes

## Prayer for Today

**Lord, empower us to serve one another with humble love.** Open our eyes to daily opportunities to bless, encourage, and meet each other's needs. Teach us to value our spouse above ourselves and to show love through action and truth. May our service fuel the flame of romance and deepen our bond. Amen.







## Day 7: 🙏 Spiritual Intimacy: Growing Together in God





Day 7: 🙏 Spiritual Intimacy: Growing Together in God

## Your Verse

*Ecclesiastes 4:12 – 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.*
- *Joshua 24:15 – As for me and my household, we will serve the Lord.*





Day 7: 🙏 Spiritual Intimacy: Growing Together in God

## Devotional: Inviting God Into Your Marriage Intimately

**Spiritual intimacy is the glue that holds a marriage deeply together.** Ecclesiastes compares a couple united with God to a strong threefold cord. When God is at the center, marriages withstand trials stronger than any twofold bond.

Jesus assures us that when believers gather in His name, He is present personally among them. This presence invites couples to grow in faith together, worship, pray, and encourage one another spiritually.

Joshua's declaration to serve the Lord emphasizes the choice couples make daily — to put God first as a family. Rekindling romance includes inviting God into your marriage, creating a spiritual intimacy that surpasses emotions and circumstances.





## Reflect and Apply

1. How central is God in your marriage's daily life?

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2. What practices can you share to grow spiritually with your spouse?

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3. Are there obstacles preventing spiritual closeness between you?

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Day 7: 🙏 Spiritual Intimacy: Growing Together in God

## Journaling Prompts

1. Describe your current spiritual rhythm as a couple.

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2. Plan a time this week to pray or study Scripture together.

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3. Write a commitment statement to prioritize God in your marriage.

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Day 7: 🙏 Spiritual Intimacy: Growing Together in God

## Prayer for Today

**Lord, You are the heart of our marriage.** Bind us together with Your love as a threefold cord that cannot be broken. Help us to seek You first in everything and grow spiritually side by side. Fill our home with Your presence and deepen our intimacy with You and each other. Amen. 🙏 ❤️ ✨ 🕊️







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