Marriage: Restoring Intimacy in a Distracted World



A 21-day journey to strengthen marriage by overcoming phone distractions and reconnecting through faith and intentional tech boundaries.





Table of contents

<u>Introduction</u>	4
Day 1: Q Understanding Technology's Impact	6
Day 2: Setting Boundaries for Tech Use	12
Day 3: The Power of Communication	18
Day 4: A Inviting God into Your Marriage	24
<u>Day 5: © Creating Phone-Free Zones</u>	30
Day 6: The Healing Power of Journaling	36
Day 7: Prioritizing Quality Time	42
<u>Day 8: Choosing Love Over Distraction</u>	48
Day 9: Forgiveness and Renewal	54
<u>Day 10: Restoring Spiritual Intimacy</u>	60
<u>Day 11: Building Trust Through Transparency</u>	66
<u>Day 12: Cultivating Patience and Grace</u>	72
<u>Day 13: Renewing Intentional Presence</u>	78
Day 14: A Starting and Ending Days Together	84
Day 15: Practicing Daily Gratitude	90
Day 16: Celebrating Small Victories	96











Introduction

Marriage is a sacred covenant designed by God to be a deep, intimate connection between two people. In today's hyper-connected world, technology, especially smartphones, often steals precious moments, creating invisible walls between spouses. Many couples find themselves physically together but emotionally and spiritually disconnected. This Bible study plan addresses these challenges by guiding you on a 21-day journey to intentionally reclaim intimacy, set healthy tech boundaries, and nurture your marriage rooted in faith.

Throughout this plan, you'll discover biblical principles that emphasize the value of connection, communication, and spiritual unity in marriage. You will be encouraged to journal honestly, reflecting on how distractions impact your relationship, confessing struggles, and expressing hopes. Prayer is a cornerstone here as we invite God to restore what may feel lost and to help you rebuild strong, loving bonds that honor Him.

Incorporating Scripture into daily living offers wisdom and encouragement. You will find carefully chosen passages that reveal God's design for marriage and practical steps for overcoming distractions. This plan is not about rejecting technology but learning how to use it wisely so that your relationship flourishes rather than falters. By the end of these 21 days, expect to have clearer boundaries, renewed communication, and a faith-centered vision for your marriage's future.







Are you ready to embark on this transformational journey? Let's take each day as an opportunity to reconnect deeply with your spouse and lovingly nurture the marriage God has entrusted to you.







Day 1: P Understanding Technology's Impact









Day 1: O Understanding Technology's Impact

Your Verse

Psalm 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- Matthew 6:33 "But seek first his kingdom and his righteousness..."
- Ephesians 5:15–16 "Be very careful, then, how you live... making the most of every opportunity."







Day 1: O Understanding Technology's Impact

Devotional: Recognizing the Distraction

Beginning Your Journey: Technology has brought incredible convenience but also challenges, especially in marriage. Our phones can become distractions stealing the time and attention we desire to give our spouse. God calls us to be still and focus on Him (*Psalm 46:10*), reminding us to prioritize Him above all.

Matthew 6:33 encourages seeking God's kingdom first — this includes our relationships. We must live intentionally, making the most of every moment (*Ephesians 5:15–16*), which means recognizing when tech intrudes on intimacy. Today, reflect on how often devices distract you from connecting with your spouse. Ask God to help you see opportunities to be present and loving.

Journaling Prompt: Confess honestly how technology currently affects your marriage, and pray for God's guidance to set healthy priorities.







Day 1: 🖓 Understanding Technology's Impact

Reflect and Apply

1.	How does technology currently shape the time you spend with your spouse?
	What feelings arise when you notice phone distraction during important moments?
	How can God's call to be still help you reclaim presence in your relationship?







Day 1: 🖓 Understanding Technology's Impact

Journaling Prompts

1.	Write about the last time technology distracted you from your spouse.
2.	List three ways tech has positively and negatively affected your marriage.
3.	Pray and journal your hope for change in how you use technology.







Day 1: 🖓 Understanding Technology's Impact

Prayer for Today

Heavenly Father, we come before You acknowledging how phones and devices often steal moments meant for connection. Please help us be mindful and set boundaries that protect our marriage. Teach us to be still in Your presence and prioritize what truly matters. Renew our hearts and help us cultivate intimacy that honors You. *In Jesus' name, amen.* (3)

















Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- 1 Corinthians 10:31 "Whatever you do, do it all for the glory of God."
- Colossians 3:17 "...do it all in the name of the Lord Jesus, giving thanks to God the Father through him."







Devotional: Guarding Your Heart with Boundaries

Guard Your Heart: Scripture urges us to guard our hearts carefully (*Proverbs* 4:23). This means setting healthy boundaries not only physically but digitally as well. When technology dominates your attention, it begins to affect your emotional and spiritual well-being and the flow of love in marriage.

When we commit everything to God's glory (*1 Corinthians 10:31*) and do all things in His name (*Colossians 3:17*), including technology use, we cultivate relationships aligned with His purpose. Setting specific tech boundaries like no-phone zones or times can protect your marriage's intimacy and allow space for genuine connection.

Journaling Prompt: Identify areas where tech boundaries could create more focus on your spouse and marriage. Pray for the strength to implement these boundaries consistently.







Reflect and Apply

1.	What boundaries around technology currently exist in your marriage?
2.	How can setting clear tech limits honor God and your spouse?
3.	What practical steps will you take to protect your time together?







Journaling Prompts

1.	Describe a tech boundary you would like to introduce or strengthen.
	Journal about fears or challenges you anticipate in enforcing this boundary.
3.	Pray for wisdom and courage to uphold these boundaries daily.







Prayer for Today

Lord God, help us guard our hearts by setting wise boundaries that honor You and strengthen our marriage. Give us discernment to know when and where technology can enhance or harm our connection. Empower us through Your Spirit to live intentionally, focusing on love and faithfulness. We give You all praise. *Amen.*

















Your Verse

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

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."
- Proverbs 18:13 "To answer before listening—that is folly and shame."







Devotional: Listening to Rebuild Intimacy

Rebuilding Connection: Communication is the lifeline of marriage. God calls us to be quick listeners and slow speakers (*James 1:19*), which becomes even more vital when tech distractions have created distance between hearts. Listening deeply to your spouse helps you understand their feelings and needs.

Our words are powerful; they can either build up or tear down (*Ephesians 4:29*). Taking time to listen before responding (*Proverbs 18:13*) nurtures respect and trust. Practicing mindful communication can counteract disconnection caused by distracted moments on phones.

Journaling Prompt: Reflect on your communication patterns—how might technology interrupt meaningful conversations? Pray for patience and intent to listen more.







Reflect and Apply

1.	How has technology affected the quality of your conversations?
2.	In what ways can you practice being a better listener to your spouse?
3.	What words could you use to build up rather than discourage connection?







Journaling Prompts

	Recall a recent conversation with your spouse that was interrupted by tech.
2.	Write about how better listening could change your interactions.
3.	Pray for grace and patience to communicate with love and attention.







Prayer for Today

Gracious Father, teach us to listen well and speak kindly in our marriage. Remove distractions and open our hearts to truly hear our spouse. May our words uplift and build lasting intimacy grounded in Your love. Help us grow in patience and understanding every day. *In Jesus' name, amen.*















Your Verse

Ecclesiastes 4:12 – "Though one may be overpowered, two can defend themselves. 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."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: Building a God-Centered Marriage

Strength in Unity: God is the third strand in a strong marriage (*Ecclesiastes 4:12*). When technology causes division, inviting God back into your relationship restores strength and resilience. Prayers shared together create unity and open hearts for healing (*Matthew 18:20*).

Relying on His strength (*Philippians 4:13*) helps you overcome distractions and intentional disconnects. Today is about remembering marriage is not just two people but includes God as the foundation.

Journaling Prompt: Write how God has been present or absent in different marriage moments and how inviting Him can renew your bond.







Reflect and Apply

	How can viewing God as the 'third strand' change your perspective on marriage challenges?
2.	What role does prayer currently play in your relationship?
3.	How might inviting God more intentionally restore connection?







Journaling Prompts

1.	Describe ways to invite God into your daily marriage moments.
2.	Journal prayers you want to lift for your spouse and your marriage.
3.	List obstacles to making God more central and pray for breakthrough.







Prayer for Today

Dear Lord, thank You for being the unbreakable strand that binds us together. Help us to keep You at the center of our marriage so distractions will lose their power. Strengthen our hearts to seek You daily and to carry each other with Your love. May Your presence restore and protect our bond. *Amen.*

















Day 5: (3) Creating Phone-Free Zones

Your Verse

Psalm 27:4 - "One thing I ask from the LORD... that I may dwell in the house of the LORD all the days of my life..."

Supporting Scriptures

- Mark 6:31 "Come with me by yourselves to a quiet place and get some rest."
- Luke 10:39 "She had a sister called Mary, who sat at the Lord's feet listening to what he said."







Day 5: (1) Creating Phone-Free Zones

Devotional: Honoring Time and Space Together

Establishing Sacred Spaces: Just as the psalmist desired to dwell in the Lord's presence continually (*Psalm 27:4*), couples are encouraged to create physical and mental spaces free from tech distractions. Setting aside phone–free zones or times creates sacred moments for connection and rest.

Jesus modeled retreating to quiet places for rest and reflection (*Mark 6:31*). Mary chose to listen attentively to Jesus (*Luke 10:39*)—an example of presence and focus couples can imitate by removing distractions during shared time.

Journaling Prompt: Consider areas in your home or times in your day perfect for phone-free focus on each other. Pray for discipline to honor these sacred spaces.







Day 5: (3) Creating Phone-Free Zones

Reflect and Apply

1.	What environments can you create to minimize phone distractions?
2.	How can embracing rest and focus deepen your connection?
3.	Which biblical example inspires your commitment to be fully present?







Day 5: (3) Creating Phone-Free Zones

Journaling Prompts

1.	Write about your ideal phone-free moment with your spouse.
2.	Journal steps needed to make that moment a consistent practice.
3.	Pray for commitment and grace to maintain these boundaries.







Day 5: (1) Creating Phone-Free Zones

Prayer for Today

Lord Jesus, teach us to seek quiet and presence with each other amidst our busy lives. Help us create phone–free zones where love and attention flourish. May these spaces remind us of Your constant presence and the rest You offer. Give us strength to honor these times fully. *Amen.*







Day 6: The Healing Power of Journaling









Your Verse

Habakkuk 2:2 - "Write the vision; make it plain on tablets..."

- Psalm 77:11 "I will remember the deeds of the LORD; yes, I will remember your miracles of long ago."
- Philippians 4:8 "...think about such things."







Devotional: Journaling to Restore Closeness

Express to Heal: Journaling helps bring hidden distractions and desires into the light, enabling confession and healing. God instructed Habakkuk to write clearly (*Habakkuk 2:2*), guiding us to make our struggles and hopes known.

Recalling God's faithfulness (*Psalm 77:11*) and thinking on what is true and noble (*Philippians 4:8*) encourages positive, faith-filled reflection. As couples journal about tech's impact on intimacy, they release burden and invite God's transformational power into their relationship.

Journaling Prompt: Begin or continue journaling together or individually about the ways distraction affects your intimacy and how faith can restore it.







How can writing your thoughts and confessions deepen understanding between you?
What blessings or challenges has journaling revealed about your marriage?
How might focusing on God's truth shift your perspective?







1.	Describe how technology steals or supports intimacy in your writings.
2.	Write prayers or reflections about healing in your relationship.
3.	Journal hopes for your marriage after restoring tech boundaries.







Prayer for Today

God of wisdom, thank You for the gift of expression and healing through writing. Help us be honest and brave as we journal our hearts. Use our words to bring clarity, confession, and renewed faith in our marriage. Guide us to focus on Your truth as we restore intimacy. *Amen.* 🛆 💝 🙏

















Day 7:
☐ Prioritizing Quality Time

Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

- Mark 1:35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Day 7:
☐ Prioritizing Quality Time

Devotional: Choosing Time for Connection

Seasons of Priority: Life is full of demands, but Scripture teaches there's a time for everything (*Ecclesiastes 3:1*). Making time to focus on your spouse despite distractions shows devotion and honor (*Romans 12:10*).

Jesus took intentional time away for prayer and rest (*Mark 1:35*). Likewise, couples can set intentional moments free of tech to truly connect and grow in love. Quality time fosters intimacy and reminds you that your marriage deserves priority.

Journaling Prompt: Write about how you can protect and cherish quality time amidst everyday technology temptations.







Day 7: 🔀 Prioritizing Quality Time

1.	What distractions often claim your time that could be redirected?
-	
	How can you honor your spouse by giving focused attention consistently?
	What lessons can you learn from Jesus' example of prioritizing time alone and with God?
-	







Day 7: 🔀 Prioritizing Quality Time

1.	List ways you currently spend time together and how technology fits in.
2.	Journal ideas for planned quality time without digital interruptions.
3.	Pray for motivation and discipline to prioritize your marriage daily.







Day 7:
☐ Prioritizing Quality Time

Prayer for Today

Lord, thank You for reminding us about the importance of seasons and priorities. Help us make time for each other and protect it from distractions. Teach us devotion and how to honor our spouse with focused, loving attention. May this quality time strengthen our marriage. *In Jesus' name, amen.*

















Day 8: V Choosing Love Over Distraction

Your Verse

1 Corinthians 13:4-7 - "Love is patient, love is kind... it always protects, always trusts..."

- Romans 13:10 "Love does no harm to a neighbor. Therefore love is the fulfillment of the law."
- John 15:12 "My command is this: Love each other as I have loved you."







Devotional: Prioritizing Love Above All

Love's Priority: Paul's description of love (*1 Corinthians 13:4–7*) invites couples to choose love's qualities daily. When technology steals attention, consciously choosing love means patience, kindness, and protection.

Love fulfills God's law (*Romans 13:10*) and follows Jesus' command to love as He loved (*John 15:12*). This requires vigilance to prevent digital distractions from harming the relationship. Today, ask God to empower your love to rise above distractions.

Journaling Prompt: Reflect on ways love can be expressed better when technology burdens intimacy.







1. F	Iow can showing love transform moments usually lost to distraction?
_	
	n what ways can patience and kindness manifest when frustrated by ech habits?
_	
	Iow does Jesus' example redefine your understanding of love in narriage?







1.	Write how you can protect your marriage from distractions with loving actions.
	Journal about patience and kindness shown or needed when technology intervenes.
3.	Pray and ask for a love that always trusts and perseveres amid challenges.







Day 8: Choosing Love Over Distraction

Prayer for Today

Father of love, help us embody love's true nature, choosing patience and kindness over distraction and frustration. May our love protect and nurture our marriage, reflecting Your heart and commands. Teach us to love as Jesus loved us, faithfully and without fail. *Amen.* \heartsuit 3

















Your Verse

Colossians 3:13 – "Bear with each other and forgive one another... Forgive as the Lord forgave you."

- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other..."
- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."







Devotional: Extending Grace Through Forgiveness

Healing Through Forgiveness: Distractions can cause misunderstandings and hurt feelings. God calls us to forgive like He forgives (*Colossians 3:13*), extending grace that renews our hearts and marriages.

Forgiveness cultivates kindness and compassion (*Ephesians 4:32*), releasing burdens that interfere with connection. It is vital to pardon mistakes, including those caused by inattentiveness or tech disconnection. When we forgive, God's grace flows, restoring intimacy and hope (*Matthew 6:14*).

Journaling Prompt: Confess areas needing forgiveness between you and your spouse. Pray together for grace and healing.







1.	What hurts need healing through forgiveness in your marriage?
2.	How does forgiveness help overcome barriers caused by distractions?
3.	In what ways can you extend kindness even when disappointed?







	Write about times you have struggled to forgive and how it affected intimacy.
2.	Journal prayers asking God for a forgiving heart.
3.	Explore how grace can renew your relationship moving forward.







Prayer for Today

Merciful God, teach us to forgive one another as You have forgiven us. Help us release grudges and bitterness caused by distractions or careless moments. Renew our hearts with Your grace that heals and restores. May forgiveness bring new life and closeness to our marriage. *Amen.* \bigwedge

















Day 10: Bestoring Spiritual Intimacy

Your Verse

Song of Solomon 2:16 - "My beloved is mine and I am his..."

- 1 Peter 3:7 "Be considerate as you live with your wives, and treat them with respect..."
- Hebrews 10:24 "...spur one another on toward love and good deeds."







Day 10: B Restoring Spiritual Intimacy

Devotional: Nurturing Spiritual Connection

Spiritually United: Marriage is more than physical or emotional connection; it is spiritual unity. The Song of Solomon beautifully expresses belonging and affection (*Song of Solomon 2:16*).

Peter reminds husbands to live considerately and respectfully (1 Peter 3:7), reflecting Christ's love. Encouraging each other in faith (Hebrews 10:24) strengthens spiritual intimacy that withstands external distractions.

Journaling Prompt: Reflect on your current spiritual connection as a couple and ways to nurture it.







Day 10: B Restoring Spiritual Intimacy

1.	How does spiritual intimacy influence your overall marriage health?
2.	In what ways can you spur one another on toward faith and love?
3.	What steps can you take to deepen spiritual respect and understanding?







Day 10: B Restoring Spiritual Intimacy

1.	Write about times you felt closest spiritually with your spouse.
2.	Journal prayer requests for growing your shared faith.
3.	List practical ways to encourage each other's spiritual walk daily.







Day 10: Bestoring Spiritual Intimacy

Prayer for Today

God of unity, deepen the spiritual bond in our marriage. Help us belong fully to each other as You intend. Teach us to respect, cherish, and encourage one another in faith and love each day. May our spiritual intimacy overcome all distractions. *In Jesus' name, amen.*

















Day 11: 🂢 Building Trust Through Transparency

Your Verse

Proverbs 3:5 - "Trust in the LORD with all your heart and lean not on your own understanding."

- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 11: 🍑 Building Trust Through Transparency

Devotional: Honest Hearts Foster Trust

Open Hearts, Stronger Bonds: Trust flourishes where transparency reigns. In marriage, trusting God with all your heart (*Proverbs 3:5*) also involves leaning on His grace when struggles arise.

God comforts the brokenhearted (*Psalm 34:18*) and shows power in weakness (*2 Corinthians 12:9*). When couples honestly share fears about tech distractions or disconnection, they create safe spaces enabling deeper trust and healing.

Journaling Prompt: Reflect on trust areas in your marriage affected by distractions and how transparency can heal them.







Day 11: 🍑 Building Trust Through Transparency

	Where do you find trust challenged due to distraction or misunderstanding?
2.	How can vulnerability deepen trust rather than weaken it?
3.	In what ways does leaning on God strengthen your marriage trust?







Day 11: 🂢 Building Trust Through Transparency

1.	Journal moments when honesty improved your relationship.
2.	Write about fears or barriers to transparency you face.
3.	Pray for courage to be open and build trust courageously.







Day 11: 🍑 Building Trust Through Transparency

Prayer for Today

Lord, help us to trust You fully and live honestly with each other. Heal any brokenness caused by distractions and make us vessels of grace and understanding. May vulnerability build strong, trusting bonds protected by Your love. *Amen.* \heartsuit \heartsuit \clubsuit

















Day 12: Cultivating Patience and Grace

Your Verse

Galatians 5:22 - "But the fruit of the Spirit is love, joy, peace... patience, kindness, goodness, faithfulness,"

Supporting Scriptures

- 2 Timothy 2:24 "The Lord's servant must not be quarrelsome but must be kind to everyone."
- James 5:8 "Be patient... the Lord's coming is near."







Day 12: 💮 Cultivating Patience and Grace

Devotional: Growing Patience in Love

The Fruit that Sustains: Patience and kindness are vital fruits the Holy Spirit grows within us (*Galatians 5:22*). When technology causes frustration or feelings of neglect, patience softens the heart and opens the door for grace.

Timothy reminds believers to be kind, avoiding quarrels (*2 Timothy 2:24*), while James encourages patient endurance (*James 5:8*). Couples practicing patience within tech challenges reflect God's love and build lasting intimacy.

Journaling Prompt: Evaluate your responses to tech distractions and pray to cultivate greater patience and kindness.







Day 12: 💮 Cultivating Patience and Grace

Reflect and Apply

1.	How do impatience and frustration affect your marriage intimacy?
	What benefits come from choosing kindness instead during tech distractions?
3.	How can you remind yourself of God's timing and patience daily?







Day 12: 💮 Cultivating Patience and Grace

Journaling Prompts

1.	Write about a recent moment requiring patience with your spouse.
2.	Journal steps to grow kindness and self-control in technology use.
3.	Pray for the Holy Spirit to produce love's fruit in your relationship.







Day 12: 😩 Cultivating Patience and Grace

Prayer for Today

Holy Spirit, cultivate within us patience and kindness that reflect Your love. Teach us to respond with grace when technology disrupts our focus. May we bear good fruit that draws us closer and honors God. *Amen.*

















Day 13: Renewing Intentional Presence

Your Verse

Luke 10:41–42 – "Martha, Martha... only one thing is needed. Mary has chosen what is better."

Supporting Scriptures

- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."
- Ecclesiastes 5:2 "Do not be quick with your mouth, do not be hasty in your heart..."







Day 13: Renewing Intentional Presence

Devotional: Choosing Presence Over Distraction

Choosing What Matters: Jesus commended Mary for choosing presence over busyness (*Luke 10:41–42*), an important lesson for couples distracted by technology.

Psalm 90:12 teaches counting our days with wisdom to live intentionally. Ecclesiastes warns against hasty words and hearts (*Ecclesiastes 5:2*), reminding us to slow down and focus on what truly matters: our spouse and God.

Journaling Prompt: Write about ways to renew intentional presence with your spouse and reduce tech interruptions.







Day 13: 🖓 Renewing Intentional Presence

Reflect and Apply

1.	What distractions keep you from being fully present with your spouse?
2.	How can you embody Mary's example of focused presence daily?
3.	What benefits come from numbering your days with purpose?







Day 13: 🖓 Renewing Intentional Presence

Journaling Prompts

1.	Describe moments when presence changed your interaction positively.
2.	Write commitments to foster intentional connection despite tech.
3.	Pray asking God for wisdom to prioritize meaningful time.







Day 13: Renewing Intentional Presence

Prayer for Today

Lord Jesus, help us choose presence like Mary did. Teach us to value our time with our spouse over distractions. Grant us wisdom to live intentionally and honor each moment. May Your peace fill our hearts and homes. *Amen.* ?









Day 14: A Starting and Ending Days Together









Day 14: A Starting and Ending Days Together

Your Verse

Deuteronomy 6:6-7 - "Impress them on your children... talk about them when you sit at home..."

Supporting Scriptures

- Psalm 5:3 "In the morning, LORD, you hear my voice; in the morning I lay my requests before you..."
- Psalm 4:8 "In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety."







Day 14: 📤 Starting and Ending Days Together

Devotional: Cultivating Daily Connection Times

Shared Rhythms: Deuteronomy encourages teaching and speaking God's Word throughout daily life (*Deuteronomy 6:6-7*), a principle spouses can apply by beginning and ending days together in prayer and reflection instead of screen time.

Psalm 5:3 shows the value of morning prayer, while Psalm 4:8 highlights peaceful rest in the Lord's care. Starting and finishing days connected spiritually and emotionally strengthens marriage and limits tech influence in precious morning and evening routines.

Journaling Prompt: Reflect on your current morning and evening habits and explore ways to include your spouse intentionally before devices.







Day 14: 📤 Starting and Ending Days Together

Reflect and Apply

1.	What routines currently include or exclude your spouse at day's start and end?
2.	How can shared prayer or conversation improve your marital intimacy?
3.	What new habits would honor God and your relationship at these times?







Day 14: 📤 Starting and Ending Days Together

Journaling Prompts

1.	Write a plan to begin and end the day together.
2.	Journal barriers to this practice and how to overcome them.
3.	Pray for endurance and joy in shared spiritual rhythms.







Day 14: A Starting and Ending Days Together

Prayer for Today

Faithful God, guide us to make mornings and evenings moments of unity and peace. Help us resist distractions and focus on You and one another first each day. Bless our shared times and strengthen us for whatever comes. *Amen.*



















Day 15: 🔁 Practicing Daily Gratitude

Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Supporting Scriptures

- Psalm 107:1 "Give thanks to the LORD, for he is good; his love endures forever."
- Colossians 3:15 "Let the peace of Christ rule in your hearts... be thankful."







Day 15: Practicing Daily Gratitude

Devotional: Thankfulness Restores Intimacy

Gratitude Heals Distracted Hearts: Taking time to thank God for your spouse and marriage changes heart perspective and softens responses. Paul exhorts believers to give thanks always (*1 Thessalonians 5:18*), which fosters joy and peace (*Colossians 3:15*).

Praising God for His goodness and enduring love (*Psalm 107:1*) shifts focus from what technology steals to what God richly provides in marriage. Expressing gratitude dismantles barriers and increases appreciation and intimacy.

Journaling Prompt: Write daily gratitude notes about your spouse and your shared life.







Day 15: 🔀 Practicing Daily Gratitude

Reflect and Apply

	How does gratitude affect your attitude toward your spouse and distractions?
	Can you recall times when giving thanks helped you overcome frustration?
3.	What blessings in your marriage shine brighter than tech distractions?







Day 15: 🔀 Practicing Daily Gratitude

Journaling Prompts

1.	List five things you appreciate about your spouse today.
2.	Journal how gratitude changes your feelings and behavior.
3.	Pray thanksgiving prayers focusing on your marriage blessings.







Day 15: Practicing Daily Gratitude

Prayer for Today

Gracious Lord, thank You for the gift of marriage and for the love we share. Help us cultivate hearts of gratitude that protect us from distraction and disconnection. Fill our lives with joy and peace as we recognize Your blessings daily. *Amen.* \bigwedge \Longrightarrow \bigwedge

















Your Verse

Zechariah 4:10 - "Do not despise these small beginnings..."

Supporting Scriptures

- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest..."
- Psalm 20:4 "May he give you the desire of your heart and make all your plans succeed."







Devotional: Embracing Progress with Joy

Rejoice in Progress: Restoring intimacy and setting boundaries is a process. God encourages us not to despise small beginnings (*Zechariah 4:10*) and to persevere, confident of the harvest (*Galatians 6:9*).

Recognizing and celebrating incremental steps in reducing distractions and improving marriage builds motivation and joy. Praying for desires and plans to succeed (*Psalm 20:4*) aligns your efforts with God's blessings.

Journaling Prompt: Reflect on recent positive changes, no matter how small, and celebrate God's faithfulness.







Reflect and Apply

1.	What small victories have you noticed in setting tech boundaries?
2.	How does celebrating progress help maintain motivation?
3.	In what ways do you see God working in your marriage journey?







Journaling Prompts

1.	List recent improvements and how they made you feel.
2.	Journal about encouragement received from celebrating these wins.
3.	Pray for continued perseverance and God's guidance.







Prayer for Today

Lord of beginnings, thank You for every small victory in our marriage journey. Help us not grow weary but to rejoice in progress and trust Your timing. Continue to guide and bless our efforts as we grow closer and more intentional. *Amen.*

















Day 17: 👶 Embracing Rest and Renewal

Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Exodus 33:14 "My Presence will go with you, and I will give you rest."
- Psalm 23:2 "He makes me lie down in green pastures, he leads me beside quiet waters."







Day 17: 👶 Embracing Rest and Renewal

Devotional: Finding Rest Together

Rest for the Weary: Technology overload can cause exhaustion and tension in marriage. Jesus invites the weary to come and find rest (*Matthew 11:28*), promising renewal through His presence (*Exodus 33:14*).

Just as the shepherd leads to quiet waters and green pastures (*Psalm 23:2*), couples can create restful environments free of tech overload that restore emotional and spiritual connection.

Journaling Prompt: Write about seasons of rest that refresh your marriage and ways to embrace rest amid busyness.







Day 17: \delta Embracing Rest and Renewal

Reflect and Apply

1.	How does exhaustion affect your marriage connection?
2.	What might rest look like together without technology intrusion?
3.	How can inviting Jesus into your 'rest' times renew intimacy?







Day 17: \delta Embracing Rest and Renewal

Journaling Prompts

1.	Describe activities that bring rest and rejuvenation as a couple.
2	XX7 ** 1
2.	Write about challenges to embracing rest and how to overcome them.
2	Pray for peace and renewal in your marriage and hearts.
٦.	







Day 17: \delta Embracing Rest and Renewal

Prayer for Today

Jesus, You invite us to come and find rest. Help us lay down weariness caused by distractions and burdens. Renew our spirits and draw us closer as we rest together in Your peace and presence. *Amen.* & 💓 🙏

















Day 18: O Serving Each Other Selflessly

Your Verse

Galatians 5:13 - "Serve one another humbly in love."

Supporting Scriptures

- Philippians 2:3-4 "Do nothing out of selfish ambition but in humility value others above yourselves."
- John 13:14 "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."







Day 18: O Serving Each Other Selflessly

Devotional: Serving Love Over Self

Love Expressed by Service: Serving selflessly strengthens marriage bonds. Paul calls us to humble service in love (*Galatians 5:13*) and humility valuing others above ourselves (*Philippians 2:3–4*).

Jesus exemplified servant leadership (*John 13:14*) by washing His disciples' feet, a profound act of love. In marriage, choosing to serve rather than demanding attention fosters closeness even amid distractions.

Journaling Prompt: Identify ways you can serve your spouse today, especially to counteract tech-related disconnection.







Day 18: 🖰 Serving Each Other Selflessly

Reflect and Apply

1.	How does serving build trust and intimacy in your marriage?
2.	Are there moments technology causes you to be less attentive or loving?
3.	What small acts of service can you offer today to nurture love?







Day 18: 🖰 Serving Each Other Selflessly

Journaling Prompts

1.	Write about a time you felt most connected through serving.
2.	Journal intentions for selfless acts in daily marriage life.
3.	Pray for a heart that seeks ways to serve your spouse.







Day 18: O Serving Each Other Selflessly

Prayer for Today

Lord Jesus, teach us to serve one another humbly and lovingly. Replace distractions with generosity and heart-centered actions that build intimacy. Help us follow Your example daily in our marriage. *Amen.* 😂 💙 🙏















Your Verse

Psalm 139:14 – "I praise you because I am fearfully and wonderfully made."

Supporting Scriptures

- Romans 12:4–5 "Just as each of us has one body with many members... we belong to one another."
- 1 Corinthians 12:12 "Just as a body, though one, has many parts..."







Devotional: Embracing Differences with Love

Honoring Differences: Each spouse is uniquely created by God (*Psalm 139:14*) with distinct gifts and personality. Romans and Corinthians explain that diverse members form one body (*Romans 12:4–5, 1 Corinthians 12:12*).

Understanding and celebrating these unique traits strengthens marriage, especially when technology might highlight differences through separate distractions. Embracing each other fully creates deeper appreciation and unity.

Journaling Prompt: Reflect on your spouse's unique qualities and how you can celebrate these to enrich intimacy.







Reflect and Apply

1.	How can appreciating differences deepen your marriage bond?
2.	Does technology sometimes amplify misunderstandings of uniqueness?
3.	What are specific traits you cherish about your spouse?







Journaling Prompts

1.	Write affirmations about your spouse's uniqueness and gifts.
2.	Journal ways to show appreciation for differences regularly.
3.	Pray for eyes to see your spouse through God's loving perspective.







Prayer for Today

Creator God, thank You for fearfully and wonderfully making both of us uniquely. Help us celebrate our differences with love and respect. Unite us in appreciation so our marriage reflects Your beautiful design. *Amen.* *

















Day 20: Pekindling Joy in Marriage

Your Verse

Nehemiah 8:10 - "The joy of the LORD is your strength."

Supporting Scriptures

- Psalm 16:11 "In your presence there is fullness of joy."
- Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!"







Day 20: Rekindling Joy in Marriage

Devotional: Joy as a Marriage Anchor

Joy as Strength: Reconnecting beyond distractions restores joy that strengthens marriage. Nehemiah reminds us that the joy of the Lord is our strength (*Nehemiah 8:10*).

Fullness of joy stems from being present with God (*Psalm 16:11*) and choosing rejoicing regardless of circumstances (*Philippians 4:4*).

By shifting focus from tech distractions back to God and one another, couples rediscover joy that empowers relational renewal.

Journaling Prompt: Reflect on joyful moments in marriage and ways to cultivate joy daily.







Day 20: 🙆 Rekindling Joy in Marriage

Reflect and Apply

What memories bring you joy when you think of your spouse?
How can focusing on God's presence fuel your joy together?
What habits foster or hinder joy in your daily marriage life?







Day 20: 🙆 Rekindling Joy in Marriage

Journaling Prompts

1.	Write about recent joyful experiences with your spouse.
2.	Journal commitments to invite joy into mundane moments.
3.	Pray for joy to overflow in your marriage despite challenges.







Day 20: Pekindling Joy in Marriage

Prayer for Today

Joyful Father, infuse our hearts with Your joy that strengthens and sustains us. Help us let go of distractions and embrace the abundant joy found in Your presence and one another. May our marriage shine as a testament of Your delight in us. *Amen.* (2)















Your Verse

Psalm 37:5 - "Commit your way to the LORD; trust in him and he will do this."

Supporting Scriptures

- Proverbs 16:3 "Commit to the LORD whatever you do, and he will establish your plans."
- James 1:5 "If any of you lacks wisdom, you should ask God..."







Devotional: Faithfully Committing Your Tech Boundaries

Launching Your Plan: After 20 days growing in awareness, love, and commitment, now solidify a tech boundary plan anchored in faith. Psalm 37:5 calls us to commit our ways to the Lord, trusting Him to guide.

Proverbs assures us He will establish our plans when committed to Him (*Proverbs 16:3*). For wisdom on specifics, James encourages asking God (*James 1:5*), enabling wise, loving decisions for your marriage.

Develop a practical tech boundary plan with prayer and mutual input, holding each other accountable in love.

Journaling Prompt: Write out your tech boundary plan and the prayerful commitments underpinning it.







Reflect and Apply

1.	What commitments will you make to protect your marriage from tech distraction?
2.	How will you hold each other accountable in love and grace?
3.	Where do you need God's wisdom most as you implement these boundaries?







Journaling Prompts

1.	Write down your personalized tech boundary plan.
2.	Journal fears and hopes related to implementing this plan.
3.	Pray for God's guidance, strength, and unity as you follow through.







Prayer for Today

Faithful God, we commit our marriage and our tech boundaries to You. Grant us wisdom, strength, and unity as we implement this plan. Help us honor You and each other in every choice. May Your peace guide us and Your love protect us. *Amen.*







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

© 2025 HolyJot LLC. All Rights Reserved.