# Resting in God's Approval: A Marriage Journey



Explore how God's approval brings rest, identity, and confidence to your marriage, strengthening your bond and inspiring love.





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#### Introduction

Marriage is one of the most profound and sacred relationships God has designed. It is a covenant filled with moments of joy, challenges, growth, and deep connection. Yet, in the midst of daily pressures and expectations, it's easy for couples to struggle with feelings of insecurity, striving, or comparison. **Resting in God's approval** invites us to find our identity and confidence not in perfection or performance, but in the unconditional love and approval of our Creator.

God's approval is the foundation that every marriage needs. When we understand that we are deeply loved and accepted by Him, it frees us from the need to prove ourselves to our spouse or the world. This security brings rest — a place where both partners can relax, be authentic, and grow together in grace.

Throughout this 7-day plan, we will discover biblical wisdom that reveals how God's love shapes our view of ourselves and each other in marriage. We will learn to embrace rest over striving, grace over guilt, and confidence over fear. As we lean into God's approval, we open our hearts to a marriage marked by peace, joy, and mutual respect.

Each day includes a primary Scripture to ground your time, supporting verses to deepen your understanding, a devotional to inspire reflection, and opportunities to journal and pray. May this journey bring renewal and strength to your marriage as you rest fully in the love of God.















#### Your Verse

Ephesians 1:4 "For he chose us in him before the creation of the world to be holy and blameless in his sight."

#### **Supporting Scriptures**

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful."
- Romans 8:38–39 "Nothing can separate us from the love of God."







#### Devotional: Chosen and Loved Beyond Measure

**God's approval starts with His choice.** From eternity past, you and your spouse were chosen by God to reflect His glory in marriage. This foundational truth means your value and identity aren't based on achievements or mistakes but on His unconditional love.

Marriage can sometimes make us feel pressured to prove ourselves worthy — to meet expectations or earn approval. But resting in God's approval liberates us from these burdens. When you recognize that you are "holy and blameless in His sight," you can approach your marriage with a calm confidence, knowing your worth stems from being deeply loved by your Creator.

Today, embrace the truth that your spouse also deserves to be seen through God's eyes — chosen, loved, and accepted. Pray together to build a marriage grounded in this divine approval.







## Reflect and Apply

	How does knowing you are chosen by God affect how you see yourself and your spouse?
	In what ways do you try to earn approval in your marriage? How can you release that?
•	
	How can seeing your spouse as God's chosen help you extend grace to them?







## **Journaling Prompts**

	Write about a time you felt truly accepted in your marriage without conditions.
	List areas where you struggle to feel approved or accepted by your spouse or yourself.
3.	Reflect on how God's choice of you changes your view of your marriage.







#### **Prayer for Today**

Heavenly Father, thank You for choosing us and loving us before the world began. Help us to rest in Your approval and see ourselves and our spouse through Your eyes. Teach us to love freely and fully, without conditions or striving. Strengthen our marriage to reflect Your holiness and grace. May we always find confidence in Your unchanging love.



















Day 2: Finding Rest in God's Love

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Hebrews 4:9-10 "There remains a Sabbath-rest for the people of God."







Day 2: Finding Rest in God's Love

#### Devotional: Letting Go to Receive Rest

#### Marriage often brings challenges that can weigh heavy on our hearts.

Expectations, conflicts, and busy routines can cause weariness. God's invitation in Matthew 11:28 offers us rest, not just physically but deeply for our souls — including in marriage.

Resting in God's love means letting go of the need to control or earn favor. It means releasing burdens of guilt, unmet expectations, or fear of failure. When you come to God together as a couple, He offers a peace that transcends circumstances.

Practice moments of stillness with your spouse. Pause daily to invite God's rest into your hearts and home. Allow His presence to refresh and renew your love.







Day 2: Finding Rest in God's Love

## Reflect and Apply

1.	What burdens or expectations do you carry into your marriage?
2.	How do you personally experience God's rest in difficult times?
3.	What might it look like to create space for rest together as a couple?







Day 2: Finding Rest in God's Love

### **Journaling Prompts**

	Describe a recent time you felt overwhelmed in your marriage and how you dealt with it.
	Write about ways you can invite God's rest into your daily marriage routine.
3.	Reflect on fears or controls you might need to surrender to God today.







Day 2: Finding Rest in God's Love

#### Prayer for Today

**Lord Jesus,** thank You for inviting us to come to You with our weariness. Help us to rest in Your love and find peace in the midst of our struggles. Teach us to release control and trust in Your perfect care for our marriage. Refresh our hearts and strengthen our bond as we lean on You together.

















#### Your Verse

Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."

#### **Supporting Scriptures**

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Colossians 3:3 "Your life is now hidden with Christ in God."







#### Devotional: Our True Identity in Christ

Within marriage, it's natural to seek identity through our role as spouse.

While this role is significant, your ultimate identity is found in Christ alone. When you understand that the 'old self' has been crucified with Christ, you can stop defining yourself by your mistakes, your spouse's opinions, or external expectations.

This perspective frees you to love authentically and accept your spouse without needing to change them to fit your ideals. Your security no longer depends on performance but rests in being a beloved child of God. Embracing this truth together invites deeper intimacy and respect.

Take time today to remind each other of your identity in Christ and celebrate the new life you share.







## Reflect and Apply

	Do you find your identity mainly in your marriage or in God? How do you know?
2.	How does your identity in Christ affect how you respond to your spouse?
3.	What might change in your relationship if both of you fully embraced this identity?







## **Journaling Prompts**

1.	Write about what it means to you that you are a new creation in Christ.
	List ways your identity in Christ has helped you navigate marriage challenges.
	Reflect on moments when focusing too much on your spouse's approval affected you negatively.







### **Prayer for Today**

**Father God,** thank You for giving us a new identity in Christ. Help us to live from this truth daily and to encourage each other in it. May our marriage be a reflection of Your love and grace, rooted not in performance but in Your acceptance. Strengthen our hearts to embrace who You have made us.









# Day 4: Confidence Through God's Grace









Day 4: 💛 Confidence Through God's Grace

#### Your Verse

2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Philippians 4:13 "I can do all this through him who gives me strength."
- Romans 5:1 "Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ."







Day 4: 🎔 Confidence Through God's Grace

#### Devotional: Grace Empowers Our Marriage

Marriage will highlight our weaknesses and vulnerabilities. Yet God's grace is sufficient to cover every flaw and failure. It is in admitting our weaknesses that His power is revealed most clearly.

Confidence in marriage doesn't come from being perfect. It comes from resting in God's grace that strengthens and sustains us. When you rely on His power, you can approach your spouse with humility and courage, ready to grow and forgive.

Today, reflect on areas where you feel weak or insecure in your marriage. Bring those to God and lean on His sufficient grace to transform you both.







Day 4: 🎔 Confidence Through God's Grace

## Reflect and Apply

1.	Where do you feel weak or lacking confidence in your marriage?
-	
	How can embracing God's grace change your response to mistakes or failures?
-	
	What strengths has God developed in you through your marital challenges?
-	
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Day 4: 🎔 Confidence Through God's Grace

## **Journaling Prompts**

	Describe a time when grace brought healing or strength to your relationship.
2.	List areas where you need to invite God's grace more fully today.
3.	Reflect on how weakness has become a place for God's power to show.







Day 4: 💛 Confidence Through God's Grace

#### Prayer for Today

**Gracious Lord,** thank You that Your grace is enough to cover all our weaknesses. Help us to rely on Your strength and not our own. Teach us to extend grace to each other and face marriage challenges with confidence rooted in You. May our love grow through Your power made perfect in us.











## Day 5: Day 5: Day 5: Day 5: 5: Loving as God Loves









Day 5: Doving as God Loves

#### Your Verse

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

#### **Supporting Scriptures**

- John 15:12 "My command is this: Love each other as I have loved you."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Day 5: Day 5: Day 5:

#### Devotional: Reflecting God's Love in Marriage

**God's love is the standard for how we love in marriage.** It is patient, kind, forgiving, and committed. When we rest in His approval, we find the strength to love beyond our natural inclinations, choosing grace over resentment.

Love that mirrors God's is sacrificial and selfless. It puts the other's needs first and continuously hopes the best. This kind of love is not always easy, but it creates a safe space for both partners to thrive and grow in faith and fellowship.

Invite God to shape your love today. Ask Him to help you see your spouse through His eyes and to love with the heart of Christ.







Day 5: Day 5: Day 5: Solution of the solution

## Reflect and Apply

1.	How does God's love shape your understanding of marital love?
2.	Are there areas where you struggle to love your spouse as God commands?
3.	What practical steps can you take to show patient and kind love today?







Day 5: Day 5: Day 5: Solution of the solution

#### **Journaling Prompts**

	Reflect on a time when you experienced God's love flowing through your spouse.
2.	Write about ways you can be more patient and kind in your marriage.
3.	List specific actions that demonstrate sacrificial love in your relationship.







Day 5: Day 5: Day 5:

#### Prayer for Today

**Lord Jesus,** thank You for teaching us how to love through Your example. Help us to embody patience, kindness, and devotion in our marriage. May our hearts reflect Your love so that others see Your light through us. Strengthen our commitment to love as You have loved us.



















Day 6: O Unity in God's Design

#### 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**

- Mark 10:9 "Therefore what God has joined together, let no one separate."
- Psalm 133:1 "How good and pleasant it is when God's people live together in unity!"







Day 6: O Unity in God's Design

#### Devotional: Strength Through United Faith

**Marriage is strengthened when God is at the center.** The image of a three-strand cord reminds us that husband, wife, and God together form a bond far stronger than either alone.

Unity isn't simply agreement but a shared commitment to seek and honor God's will for your life together. Resting in God's approval allows each partner to bring their genuine selves with confidence, knowing God holds the relationship secure.

Today, focus on ways you and your spouse can nurture spiritual unity—through prayer, worship, and mutual support—building a resilient marriage grounded in God's design.







Day 6: @ Unity in God's Design

## Reflect and Apply

1.	How does knowing God holds your marriage affect your view of challenges?
2.	What can you do to cultivate greater spiritual unity with your spouse?
3.	Where might you need to rely more on God's strength together?







Day 6: @ Unity in God's Design

### **Journaling Prompts**

1.	Describe how your marriage functions as a 'three-strand cord' with God.
2.	Write about shared spiritual practices that have helped your relationship.
3.	Reflect on moments where unity helped you overcome difficulties in marriage.







Day 6: Unity in God's Design

#### Prayer for Today

**Almighty God,** thank You for being the center of our marriage. Help us to stay united in You through all seasons. Teach us to support one another and build a relationship that honors You. May we always remember that together, with You, we are strong and unbreakable.









# Day 7: Hope and Confidence for the Future









Day 7: Phope and Confidence for the Future

#### Your Verse

Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."







Day 7: Phope and Confidence for the Future

#### Devotional: Trusting God's Promises Together

As your marriage journey continues, rest in God's promises for your future. Despite uncertainties or difficulties, God's plans are filled with hope and prosperity for you both as a couple.

Confidence comes from trusting God and recognizing His active hand in your relationship. When you jointly place your hopes in Him, you build a resilient foundation that can weather any storm.

Take this final day to renew your commitment to trust God's plan, to hope together, and to walk forward in faith with joy and peace.







Day 7: 🌈 Hope and Confidence for the Future

## Reflect and Apply

1.	What hopes do you have for your marriage in the years ahead?
2.	How can trusting God's plan ease fears about your future together?
	In what ways can you encourage each other to maintain hope and confidence?







Day 7: A Hope and Confidence for the Future

## **Journaling Prompts**

	Write a letter to your spouse expressing your hopes and dreams in God's hands.
2.	List scriptures that encourage you about God's plans and trust.
3.	Reflect on how God has already been faithful in your marriage journey.







Day 7: Hope and Confidence for the Future

#### Prayer for Today

**Faithful God,** thank You for the hope and plans You have for our marriage. Help us to trust You fully, leaning not on our understanding but resting in Your promises. Fill us with joy and peace as we move forward together, confident in Your love and guidance.









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