# Restoring Purity: A 21-Day Marriage Renewal



A compassionate 21-day journey for couples restoring sexual purity, healing trauma, and rebuilding intimacy through God's grace.





#### Table of contents

<u>Introduction</u>	4
Day 1: Foundations of Purity and Trust	6
<u>Day 2: W Healing Emotional Wounds</u>	12
Day 3: Renewing the Mind for Purity	18
Day 4: The Path to Freedom	24
<u>Day 5: Cultivating Emotional Safety</u>	30
Day 6: A Seeking God's Strength for Purity	36
Day 7: Tultivating Intimacy with God and Each Other	42
<u>Day 8: Setting Boundaries for Protection</u>	48
<u>Day 9: Pebuilding Physical Intimacy with Grace</u>	54
Day 10: Embracing God's Forgiving Heart	60
Day 11: Partnering in Accountability	66
Day 12: Effective Communication to Heal	72
Day 13: 🔁 Embracing Peace Amid Struggle	78
Day 14: X Repairing Trust One Step at a Time	84
Day 15: X Celebrating Progress and God's Grace	90
Day 16: Embracing God's Redemption Story	96











#### Introduction

Welcome to your 21-day journey of restoration and renewal. Marriage is a sacred covenant, designed by God to mirror His love and faithfulness. Yet, many couples encounter painful struggles—past traumas, infidelity, or sexual sin—that fracture intimacy and challenge trust.

This Bible study is crafted especially for couples seeking to restore sexual purity and closeness in their marriage. Over these three weeks, you'll explore Scripture passages that offer healing, hope, and practical guidance. Each day invites you to connect deeply with God and one another through reflection, prayer, and journaling.

Sexual purity is more than abstaining from sin; it is about inviting God's transformative love into your marriage to heal wounds and renew vulnerability. Vulnerability is the soil where trust and intimacy grow. By journaling your thoughts and feelings, you will gently uncover hidden hurts and allow God's Spirit to minister to your hearts.

FaithAI presents this plan with compassion and grace, knowing healing is a process—sometimes slow, sometimes uncomfortable—but always worthwhile. Trust God's timing and His perfect love as you journey together towards restoration. You are not alone.

God's Word promises that as we repent and seek His help, He restores and makes all things new (Joel 2:25). May this study be a catalyst for honest







conversations, deepened connection, and renewed commitment to purity and faithfulness.

Let's begin this healing journey with open hearts and expectant spirits.

















#### Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

#### **Supporting Scriptures**

- Psalm 51:10 "Create in me a pure heart, O God, and renew a steadfast spirit within me."
- 1 Corinthians 13:7 "Love always protects, always trusts, always hopes, always perseveres."







#### Devotional: Building Trust to Restore Purity

**Trust is the cornerstone of both purity and restoration.** When past sexual sin or betrayal cloud your marriage, trusting God's guidance is essential to heal and rebuild. Proverbs 3:5–6 reminds us to fully rely on God and submit our ways to Him, even when the path forward feels uncertain or painful.

God is perfectly able to renew your heart and your marriage, moving you both towards purity through His love and strength. Psalm 51:10 shows us the prayer of David, yearning for God to create a pure heart and restore a spirit firm and unyielding. This is the heart posture God desires from us—to seek His help and allow His Spirit to work deep within.

In restoration, love is active and protective. 1 Corinthians 13:7 conveys that love does not give up—even when past hurts tempt doubt and fear. Choose to foster a love that trusts God's healing and each other's commitment. Begin your journey today by surrendering doubts and inviting forgiveness to lead the way.







### Reflect and Apply

	Where do I struggle most with trusting God related to my past or my spouse's past? Why?
	How does God invite me to submit my understanding to Him in our marriage?
3.	In what ways can I choose love that protects and perseveres today?







### **Journaling Prompts**

1.	Write honestly about how past sexual wounds have affected trust in your marriage.
2.	List fears or doubts you want to surrender to God this week.
3.	Reflect on a time God restored something broken in your life or marriage.







#### Prayer for Today

Heavenly Father, thank You for being a trustworthy guide in our marriage. Help us to lean not on our own understanding but to submit all our doubts, fears, and past hurts to You. Create within us pure hearts and steadfast spirits, and replace brokenness with hope. Teach us to love each other with patience and protection as we seek Your restoration. May Your grace lead us on the path to healing and renewed intimacy. Amen.  $\bigwedge$   $\bigotimes$   $\bigotimes$ 

















#### Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







#### Devotional: God's Tender Healing for Broken Hearts

Emotional wounds, especially from past trauma or unfaithfulness, deeply affect sexual intimacy. These hurts can cause walls to build, making vulnerability feel risky. But God invites us to bring these broken places to Him, confident in His power to heal.

Psalm 147:3 declares God's tender care for our broken hearts: He heals and binds up our wounds. Healing is not always immediate; it is a process where God patiently restores us, inviting us to trust Him through each step.

Isaiah 41:10 offers reassurance that God is always present, providing strength when we feel weak and courage when we face fears. Jesus further comforts us in Matthew 11:28, beckoning us to rest in Him when we are weary from pain and burdens.

Take time today to identify and bring your emotional wounds before the Lord. Allow His loving touch to begin tender restoration in your heart and marriage.







### Reflect and Apply

1.	What emotional wounds need God's healing in our marriage?
	How have fear and pain impacted our ability to be vulnerable with each other?
	What does 'resting in Jesus' look like for me personally in this healing process?







#### **Journaling Prompts**

1.	Describe emotional wounds you carry that affect your intimacy.
2.	Write a letter to God expressing your pain and longing to be healed.
3.	Identify practical ways you can seek God's rest and peace today.







#### Prayer for Today

Dear Lord, we bring our broken hearts to You, trusting You alone can heal our wounds. Help us to release fear and dismay, knowing You are with us each step. Teach us to find rest and peace in Your loving presence amid our burdens. Restore what has been broken and gently bind up our hurts so that we may love one another with open and healed hearts. Thank You for Your faithful love and tender care. Amen.  $\heartsuit$   $\diamondsuit$   $\diamondsuit$ 

















Day 3: Renewing the Mind for Purity

#### Your Verse

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

#### **Supporting Scriptures**

- Philippians 4:8 "Whatever is true, whatever is noble...think about such things."
- 2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God."







Day 3: 🖓 Renewing the Mind for Purity

#### Devotional: Transforming Thoughts to Embrace Purity

Restoring purity begins with the renewal of our minds. Past experiences and worldly influences may have shaped thoughts and desires that need realigning with God's truth. Romans 12:2 calls us to reject worldly patterns and allow God's transformative power to change how we think.

Philippians 4:8 guides us to focus on what is true, noble, and pure. Redirecting our thoughts to embrace godly perspectives helps guard our hearts and minds from impurity.

Additionally, 2 Corinthians 10:5 encourages us to actively demolish false thoughts that challenge God's authority and truth. This spiritual warfare requires intention, prayer, and reliance on the Holy Spirit.

Today, identify thought patterns that hinder purity and intentionally renew your mind with Scripture and God's promises. Transformation begins as our minds are changed and our hearts follow.







Day 3: 🖓 Renewing the Mind for Purity

### Reflect and Apply

	What thought patterns have contributed to impurity or mistrust in our marriage?
2.	How can I intentionally focus on what is true and noble today?
3.	What lies or accusations do I need to reject and cast down in prayer?







Day 3: 🖓 Renewing the Mind for Purity

#### **Journaling Prompts**

1.	List recurring thoughts that challenge purity in your heart and mind.
2.	Write Scripture truths to replace these negative or impure thoughts.
3.	Record a prayer asking God to renew and protect your mind.







Day 3: Renewing the Mind for Purity

#### **Prayer for Today**

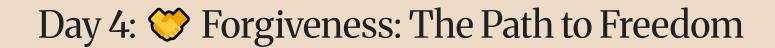
Lord, transform our minds and align our thoughts with Your truth. Help us to reject worldly patterns and false arguments that disrupt our purity and trust. Teach us to focus on what is pure, noble, and right, so our hearts and marriages reflect Your holiness. May Your Spirit guide our minds and strengthen our wills as we seek renewal in You. Amen. 

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Day 4: 🎔 Forgiveness: The Path to Freedom

#### Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

#### **Supporting Scriptures**

- Colossians 3:13 "Forgive as the Lord forgave you."
- Matthew 6:14–15 "If you forgive others their sins, your heavenly Father will also forgive you."







Day 4: 🎔 Forgiveness: The Path to Freedom

#### Devotional: Choosing Forgiveness to Heal and Restore

Forgiveness is critical in restoring sexual purity and rebuilding trust. Past betrayals and sins within marriage demand hearts willing to extend grace, just as God has forgiven us through Christ.

Ephesians 4:32 reminds us to be kind and compassionate, surrendering the right to hold grudges or condemnations. Forgiveness is both a gift and a choice—often difficult—but necessary for healing.

Colossians 3:13 reinforces this call to forgive as God has forgiven us, signaling Christian unity and love. Jesus clarifies in Matthew 6:14–15 that forgiveness from God is tied closely to our willingness to forgive others.

As you reflect today, consider where unforgiveness still lingers. Invite God's help to soften your heart, releasing bitterness and opening space for restoration and renewed intimacy.







Day 4: 🍑 Forgiveness: The Path to Freedom

### Reflect and Apply

1.	What resentments or unforgiveness do I need to surrender to God?
2.	How does God's forgiveness of me motivate me to forgive my spouse or myself?
3.	What steps can I take today to extend grace in our marriage?







Day 4: 🍑 Forgiveness: The Path to Freedom

### **Journaling Prompts**

1.	Write about areas where you struggle to forgive and why.
2.	Journal a letter of forgiveness to your spouse or yourself, even if you don't share it.
3.	List verses that remind you of God's forgiveness and grace.







Day 4: 🎔 Forgiveness: The Path to Freedom

#### Prayer for Today

Merciful Father, teach us to forgive as You have forgiven us. Break down walls of bitterness and resentment in our hearts and marriages. Help us to choose kindness and compassion, extending grace even when it is hard. Heal past wounds and lead us into freedom through forgiveness. We trust Your power to transform our relationships. Amen. 💞 📋 🙏 😂

















#### Your Verse

1 Corinthians 13:6 - "Love...does not delight in evil but rejoices with the truth."

#### **Supporting Scriptures**

- Ephesians 4:15 "Speak the truth in love, growing to become in every respect the mature body of him who is the head, that is, Christ."
- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."







# Devotional: Building Trust through Loving Truthfulness

Emotional safety is foundational for intimacy and sexual purity. When spouses feel safe to express vulnerability without judgment or condemnation, trust deepens and healing flourishes.

1 Corinthians 13:6 shows love rejoicing in truth, not delighting in evil or deception. Creating emotional safety means embracing honesty gently and with grace.

Ephesians 4:15 encourages speaking truth in love—balancing honesty with kindness. James 1:19 reminds us to listen attentively, speak thoughtfully, and remain slow to anger—key practices for cultivating safe space within marriage.

Commit today to building emotional safety by fostering open, honest, and loving communication that invites healing and restoration.







### Reflect and Apply

1.	Where in our marriage do I feel safe—or unsafe—to share openly?
2.	How can I better listen and speak truthfully with love?
3.	What barriers exist to emotional vulnerability between us?







#### **Journaling Prompts**

1.	Describe a moment you felt emotionally safe with your spouse.
2.	Write about ways you can improve communication to foster safety.
3.	Journal fears or hesitations about sharing your true feelings.







#### Prayer for Today

Lord, help us cultivate emotional safety in our marriage. Teach us to rejoice in truth and share it in love. Grant us patience to listen deeply, speak gently, and respond with grace. Protect our hearts from anger and judgment, so vulnerability can blossom into healing and renewed intimacy. Amen.









## Day 6: A Seeking God's Strength for Purity









#### Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

#### **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







## Devotional: Relying on Christ's Strength in Struggle

**Restoring sexual purity and healing a marriage requires strength beyond our own.** Philippians 4:13 assures us that we can endure and overcome challenges through Christ who empowers us.

Isaiah 40:29 beautifully describes God's provision of strength to the weary and power to the weak. When feelings of weakness and discouragement arise, you can lean on God's limitless power.

Psalm 46:1 highlights God as our refuge and help—always ready to support when difficulties threaten your marriage or purity.

Today, intentionally seek God's strength to face struggles and persevere on your restoration journey. His grace is sufficient for all your needs.







# Reflect and Apply

When do I feel weakest in pursuing purity and healing?
How have I experienced God's strength in difficult times before?
What practical ways can I depend more fully on God's power today?







# **Journaling Prompts**

1.	Write about times you have felt God's strength in your life.
2.	List struggles you need to surrender to God's power today.
3.	Pray for renewed strength and record your requests and hopes.







### Prayer for Today

Lord Jesus, we cannot restore what is broken on our own. We ask You to fill us with Your strength and power. When we are weary or weak, be our refuge and source of courage. Help us to depend fully on You as we walk this path toward purity and healing. Thank You for Your constant presence and help in times of trouble. Amen.















#### Your Verse

Song of Solomon 2:16 – "My beloved is mine and I am his; he browses among the lilies."

#### **Supporting Scriptures**

- Ecclesiastes 4:9 "Two are better than one..."
- James 4:8 "Come near to God and he will come near to you."







#### Devotional: Growing Closer to God and Each Other

Intimacy in marriage is a reflection of our intimacy with God. Song of Solomon 2:16 poetically declares the mutual belonging and delight found between spouses. This intimate connection is God's design for marriage, filled with trust, affection, and vulnerability.

Ecclesiastes 4:9 teaches that partnership enriches life; working and growing together produces strength and healing.

James 4:8 invites believers to draw near to God as a foundation for all relationships. As you deepen your walk with Him, your marriage intimacy also blossoms.

Prioritize time with God individually and as a couple. Ask God to nurture your love and vulnerability so you may experience renewed closeness physically, emotionally, and spiritually.







# Reflect and Apply

1.	How is my intimacy with God influencing my marriage?
2.	What barriers keep us from deepening emotional and spiritual connection?
3.	How can we intentionally cultivate closeness together this week?







# **Journaling Prompts**

1.	Write about ways you sense God's presence in your marriage.
2.	Describe moments when you felt deeply connected to your spouse.
3.	List ideas for activities to grow intimacy with God and each other.







# **Prayer for Today**

Father, help us to draw near to You and to each other. Teach us to delight in our marriage as You delight in us. Nurture love and vulnerability so we can grow closer in all ways—physically, emotionally, and spiritually. May Your presence be the foundation of our intimacy and restoration. Amen. 🖧 🙏 🥬



















#### Your Verse

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

#### **Supporting Scriptures**

- 1 Corinthians 6:18 "Flee from sexual immorality."
- Matthew 5:28 "Anyone who looks at a woman lustfully has already committed adultery with her in his heart."







#### Devotional: Wisely Guarding Your Heart and Marriage

Establishing healthy boundaries is vital to protect your marriage and restore purity. Proverbs 4:23 emphasizes guarding your heart carefully since everything flows from it. Boundaries help safeguard emotional and physical intimacy from external and internal threats.

1 Corinthians 6:18 urges fleeing from sexual immorality—not just avoiding physical acts but also guarding against anything that leads toward it.

Jesus highlights in Matthew 5:28 the importance of controlling thoughts and desires before they manifest outwardly. Boundaries include monitoring media, friendships, and situations that might tempt impurity or mistrust.

Evaluate your current boundaries and commit to protecting your marriage with wisdom and vigilance. Healthy limits create freedom and trust in your relationship.







# Reflect and Apply

1.	What boundaries are currently in place and how effective are they?
2.	Are there areas where boundaries could be strengthened to promote purity?
3.	What temptations or triggers do I need to flee or avoid?







# **Journaling Prompts**

	Define personal and marital boundaries that honor God and protect your marriage.
2.	Write about challenges you face in keeping these boundaries.
3.	Record promises from Scripture that encourage purity and self-control.







# **Prayer for Today**

God, help us to guard our hearts wisely and set boundaries that honor You and protect our marriage. Teach us to flee temptation and control our thoughts and desires. Strengthen our resolve and fill us with self-control to maintain purity and deepen trust. We commit this to Your care and guidance.

















#### Your Verse

1 Corinthians 7:3-4 - "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband."

#### **Supporting Scriptures**

- Song of Solomon 7:10 "I belong to my beloved, and his desire is for me."
- Hebrews 13:4 "Marriage should be honored by all, and the marriage bed kept pure."







# Devotional: Honoring Physical Intimacy with Patience and Love

Physical intimacy is a sacred gift in marriage, crucial to restoration and unity. After trauma or brokenness, rebuilding sexual connection requires patience, compassion, and grace.

1 Corinthians 7:3–4 reminds spouses to fulfill their duties lovingly and mutually, emphasizing that intimacy is a shared responsibility and expression of love.

Song of Solomon 7:10 celebrates passionate belonging and desire, reflecting God's design for marital affection.

Hebrews 13:4 calls the marriage bed honorable and pure. This purity invites safety and trust, not perfection but honest commitment to honoring one another.

Allow God to help you and your spouse rekindle physical intimacy with gentleness and respect, celebrating progress rather than rushing recovery.







# Reflect and Apply

1.	How have past wounds influenced our physical closeness?
2.	What steps can we take to gently rebuild trust in intimacy?
3.	How can we express love and desire while honoring each other's pace?







# **Journaling Prompts**

1.	Write about your hopes and fears regarding physical intimacy restoration.
2.	Create a list of loving actions that promote closeness apart from sex.
3.	Reflect on God's design for marital intimacy and what it means for you.







## Prayer for Today

Lord, thank You for the gift of physical intimacy in marriage. Guide us as we rebuild trust and affection with patience and grace. Help us to honor each other's feelings and healing pace, celebrating love expressed in many ways. Renew the joy and safety of our shared intimacy. Amen.















#### Your Verse

Micah 7:18 - "Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance?"

#### **Supporting Scriptures**

- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."
- 1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins."







# Devotional: Living in the Freedom of God's Forgiveness

Understanding and embracing God's abundant forgiveness is essential for healing and moving forward. Micah 7:18 praises God's unparalleled ability to pardon sin and restore His people despite their faults.

Psalm 103:12 beautifully illustrates God's complete removal of our sins, emphasizing that His forgiveness is not partial but total.

1 John 1:9 encourages confession as the pathway to receiving God's faithful forgiveness, cleansing our hearts and restoring our peace.

As you meditate today, focus on God's grace and mercy—not just for yourself but your spouse as well. Recognize that forgiveness opens room for renewal and freedom from past burdens.







# Reflect and Apply

1.	How have I experienced God's forgiveness in my own life?
2.	Am I extending the same forgiveness to my spouse and myself?
3.	What weight can I release as I accept God's pardon today?







# **Journaling Prompts**

1.	Write a testimony of God's forgiveness in your life or marriage.
2.	Journal feelings that come up when you consider fully forgiving.
3.	List obstacles preventing full acceptance of God's forgiveness.







## Prayer for Today

Merciful God, thank You for Your perfect forgiveness that removes our sins as far as the east is from the west. Help us to confess freely and receive Your cleansing grace. Teach us to forgive ourselves and others with the same mercy, freeing our hearts to love and heal. Fill us with peace born of Your grace. Amen.

















Day 11: 🧌 Partnering in Accountability

#### Your Verse

Galatians 6:1-2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

#### **Supporting Scriptures**

- Ecclesiastes 4:12 "A cord of three strands is not quickly broken."
- James 5:16 "Confess your sins to each other and pray for each other so that you may be healed."







Day 11: 🙀 Partnering in Accountability

# Devotional: Strengthening Marriage through Shared Accountability

Accountability within marriage promotes healing, purity, and mutual growth. Galatians 6:1-2 highlights the importance of helping each other carry burdens, reflecting Christ's love.

Ecclesiastes 4:12 describes the strength found in partnership, especially when holiness and healing are pursued together.

James 5:16 encourages open confession and intercessory prayer between believers, inviting healing through transparency.

Discuss with your spouse how you can intentionally support one another in resisting temptations and pursuing purity. Make mutual accountability a regular, loving practice.







Day 11: 🕍 Partnering in Accountability

# Reflect and Apply

1.	How comfortable am I sharing struggles and failures with my spouse?
2.	What fears or barriers keep me from full transparency?
3.	How can we lovingly support each other's purity and growth?







Day 11: 🕍 Partnering in Accountability

# **Journaling Prompts**

1.	List areas where you desire more accountability or support.
2.	Write about past experiences of vulnerability that built trust.
3.	Commit to specific accountability actions you will take this week.







Day 11: A Partnering in Accountability

## **Prayer for Today**

Jesus, help us to carry each other's burdens and foster open accountability in our marriage. Give us courage to confess honestly and humility to receive correction with love. Bind us tightly together as three strands with You at the center, so our marriage grows stronger and purer each day. Amen.  $\heartsuit$   $\bigwedge$   $\diamondsuit$ 







# Day 12: Effective Communication to Heal









Day 12: Effective Communication to Heal

#### Your Verse

Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths...but only what is helpful for building others up."

#### **Supporting Scriptures**

- Proverbs 15:1 "A gentle answer turns away wrath..."
- James 1:19 "Be quick to listen, slow to speak and slow to become angry."







Day 12: Effective Communication to Heal

#### Devotional: Speaking Life and Healing into Marriage

Clear, loving communication is key to overcoming past hurts and restoring intimacy. Ephesians 4:29 teaches us to use words that build up rather than tear down, promoting healing rather than pain.

Proverbs 15:1 reminds us of the calming power of gentle responses, especially when discussions may be emotional or difficult.

James 1:19 calls us to listen more than speak and control anger, allowing space for understanding and empathy.

Practice speaking and listening in ways that encourage transparency, trust, and hope for your marriage.







Day 12: 💬 Effective Communication to Heal

# Reflect and Apply

How do I typically communicate during conflict or pain?
What changes can I make to talk more gently and constructively?
How can I improve my listening to understand my spouse better?
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Day 12: 💬 Effective Communication to Heal

# **Journaling Prompts**

1.	Recall a time when communication helped heal or deepen connection.
2.	Identify communication habits that hurt or hinder restoration.
3.	List specific phrases or approaches to use that build up your spouse.







Day 12: 💬 Effective Communication to Heal

## Prayer for Today

Lord, teach us to communicate with kindness, patience, and truth. Help us to listen deeply and speak words that encourage and heal. Remove anger and pride, and replace them with humility and grace. May our conversations build stronger bonds and open doors to restoration and intimacy. Amen.















#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."

#### **Supporting Scriptures**

- Philippians 4:6-7 "Do not be anxious about anything...and the peace of God...will guard your hearts and minds."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







#### Devotional: Choosing God's Peace Over Anxiety

**Peace is a precious gift God offers even amidst marital struggles.** John 14:27 distinguishes God's peace from worldly peace—calming fears and calming hearts despite circumstances.

Philippians 4:6-7 encourages releasing anxiety through prayer and petition, inviting God's peace to guard your hearts and minds.

Colossians 3:15 calls for letting Christ's peace have full authority in your heart, ruling over tension and conflict.

Embrace this peace today as anti-anxiety medicine, trusting God to steady your hearts in the journey toward purity and restoration.







# Reflect and Apply

1.	What anxieties or fears threaten our marriage's healing?
2.	How can I practice releasing worries to God in prayer?
3.	In what ways can God's peace rule in my heart today?







# **Journaling Prompts**

Write about your current struggles and offer them to God.
Record Scriptures that bring you peace to revisit in tough times.
Journal how God's peace has helped you previously.







# **Prayer for Today**

Prince of Peace, calm our anxious hearts and fill us with Your unfailing peace. Teach us to release our fears and trust Your perfect plans. Guard our minds and guide our steps as we navigate healing and renewal. Let Your peace reign in our hearts and marriage. Amen. 😂 🙏 💝 🥬







# Day 14: X Repairing Trust One Step at a Time









Day 14: K Repairing Trust One Step at a Time

#### Your Verse

Psalm 34:18 - "The LORD is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Proverbs 3:3 "Let love and faithfulness never leave you; bind them around your neck."
- Romans 5:5 "God's love has been poured out into our hearts through the Holy Spirit."







Day 14: K Repairing Trust One Step at a Time

# Devotional: Trust Can Be Restored through God's Love

Trust, once broken, can feel impossible to rebuild—but God is near to those who suffer. Psalm 34:18 promises God's closeness and saving grace for the brokenhearted and crushed in spirit.

Proverbs 3:3 instructs us to hold tightly to love and faithfulness—key ingredients for slowly restoring trust.

Romans 5:5 assures us that God's love, poured into our hearts, empowers us to love beyond hurt, enabling repair.

Commit to small, consistent steps honoring love and faithfulness to rebuild trust in your marriage, relying on God's sustaining love each day.







Day 14: 🛠 Repairing Trust One Step at a Time

# Reflect and Apply

1.	What small actions can rebuild trust between us?
2.	How can I allow God's love to help me forgive and grow?
3.	Where do I feel closest to God during times of brokenness?







Day 14: 🎇 Repairing Trust One Step at a Time

# **Journaling Prompts**

1.	Identify daily habits to strengthen trust and faithfulness.
2.	Write encouraging notes to your spouse expressing commitment.
3.	Reflect on moments when God's love comforted you.







Day 14: **K** Repairing Trust One Step at a Time

## Prayer for Today

God of compassion, be close to our broken hearts and heal what is crushed in spirit. Help us bind love and faithfulness tightly in our marriage. Pour Your love into us that we may rebuild trust step by step, holding on to each other and You. Restore hope and joy in our hearts. Amen.  $\heartsuit$   $\curlywedge$   $\diamondsuit$ 















#### Your Verse

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

#### **Supporting Scriptures**

- Lamentations 3:22–23 "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."
- Philippians 1:6 "He who began a good work in you will carry it on to completion."







#### Devotional: Grace Empowers Our Healing Journey

**Healing and restoration require grace—both God's and your own.** 2 Corinthians 12:9 reminds us that God's grace is sufficient, especially in our weakness.

Lamentations 3:22–23 magnifies God's unfailing compassion and faithfulness, which renew daily like morning light.

Philippians 1:6 gives hope that God will complete the good work He started when you committed to healing.

Take time today to celebrate small victories and growth in your marriage journey. Recognize God's ongoing work and embrace His grace for where you still need healing.







# Reflect and Apply

1.	What progress have we made that God's grace enabled?
2.	How can I encourage myself and my spouse with grace?
3.	What areas still need God's power to perfect?







# **Journaling Prompts**

1.	List specific breakthroughs and moments of healing.
2.	Write gratitude entries focused on God's faithfulness.
3.	Journal how grace has shaped your perspective this week.







## Prayer for Today

Lord, thank You for Your sufficient grace and power in our weakness. Praise You for never-failing compassion and faithfulness that renew daily. We celebrate progress, trusting You to complete the good work in our hearts and marriage. Fill us with hope and perseverance to continue forward. Amen.









# Day 16: Embracing God's Redemption Story









Day 16: Day 16: Embracing God's Redemption Story

#### Your Verse

Romans 8:28 - "In all things God works for the good of those who love him."

#### **Supporting Scriptures**

- Jeremiah 29:11 "For I know the plans I have for you...plans to give you hope and a future."
- Isaiah 61:3 "To bestow on them a crown of beauty instead of ashes..."







Day 16: Day 16: Embracing God's Redemption Story

#### Devotional: God's Plan for Hope and Restoration

Your marriage story, even with pain and brokenness, is part of God's redemptive plan. Romans 8:28 reassures that God works all things—good and bad—for the good of those who love Him.

Jeremiah 29:11 offers hope of a future filled with peace and restoration, despite today's struggles.

Isaiah 61:3 paints a vivid picture of God turning ashes of despair into beauty and joy.

Trust God to weave your past hurt into a glorious tapestry of redemption. Allow His hope to inspire courage and faith as you move forward.







Day 16: C Embracing God's Redemption Story

# Reflect and Apply

1.	How can I see God working good even in painful moments?
2.	What future hope does God promise for our marriage?
3.	In what areas do I need to surrender control to God's plan?







Day 16: C Embracing God's Redemption Story

# **Journaling Prompts**

1.	Write about how God has redeemed difficult experiences in your life.
2.	Record hopes and dreams for your marriage's future with God.
3.	Journal prayers releasing past hurts and embracing hope.







# Prayer for Today

Father, thank You that all things work together for our good. Help us trust Your plan for hope and a restored future. Transform our ashes into beauty and joy, weaving our story into Your greater redemptive work. Give us faith to embrace Your promises and courage to move forward in love. Amen. 🕰 🙏











# Day 17: Celebrating Vulnerability as Strength









Day 17: 🎾 Celebrating Vulnerability as Strength

#### Your Verse

2 Corinthians 12:10 - "For when I am weak, then I am strong."

#### **Supporting Scriptures**

- Psalm 34:18 "The LORD is close to the brokenhearted."
- James 5:16 "Confess your sins to each other and pray for each other so that you may be healed."







Day 17: W Celebrating Vulnerability as Strength

### Devotional: Choosing Vulnerability to Experience God's Strength

Vulnerability, though often uncomfortable, is a source of real strength. 2 Corinthians 12:10 highlights that admitting weakness invites God's power to work mightily in us.

Psalm 34:18 assures us that God draws near when we're brokenhearted, offering comfort and strength.

James 5:16 encourages confession and prayer between believers to experience healing.

Embrace vulnerability with your spouse today — share fears, hopes, and struggles honestly. This openness enables deeper healing, connection, and trust.







Day 17: 💖 Celebrating Vulnerability as Strength

# Reflect and Apply

1.	What fears do I have about being vulnerable with my spouse?
2.	How can openness create deeper intimacy and healing in our marriage?
3.	Where have I seen God's strength in moments of weakness?







Day 17: 💖 Celebrating Vulnerability as Strength

# **Journaling Prompts**

1.	Write about a time vulnerability led to growth or healing.
2.	Journal fears or barriers to being vulnerable today.
3.	List ways you can create safe spaces for vulnerability.







Day 17: 🎾 Celebrating Vulnerability as Strength

## Prayer for Today

God, give us courage to be vulnerable with one another. Help us see weakness as a pathway to Your strength. Draw near when we are brokenhearted and teach us to confess openly, so healing flows freely. Bind us closer through honesty and love. Amen. 🗳 🙏 😂 🕡

















#### Your Verse

Joshua 24:15 - "But as for me and my household, we will serve the LORD."

#### **Supporting Scriptures**

- Lamentations 3:22 "Because of the LORD's great love we are not consumed."
- Galatians 6:9 "Let us not become weary in doing good."







# Devotional: Faithfulness Builds a Strong Marriage Foundation

**Restoration is a daily choice requiring commitment and perseverance.** Joshua 24:15 models decisive commitment to serve God and remain faithful despite challenges.

Lamentations 3:22 reminds us God's love is the reason we endure and aren't consumed by struggles.

Galatians 6:9 encourages persistence in doing good, warning against growing weary.

Commit today to serving God and each other with renewed passion. Persevere through setbacks, knowing that consistent faithfulness paves the way for lasting restoration.







# Reflect and Apply

1.	How committed am I daily to healing and purity in our marriage?
2.	What encourages me to persevere when progress feels slow?
	How can I renew my commitment to serve God together with my spouse?







# **Journaling Prompts**

1.	Write a daily devotion or affirmation renewing your commitment.
2.	List motivators that encourage you to keep going.
3.	Journal prayers asking perseverance and renewed passion.







### Prayer for Today

Lord, teach us daily commitment to You and each other. Help us not grow weary but persevere through challenges with Your strength and love. Let our faithfulness be a strong foundation for restoration and joy. May we serve You with whole hearts every day. Amen. 6 4 6

















Day 19: TEmbracing Gratitude and Joy

#### Your Verse

1 Thessalonians 5:16-18 - "Rejoice always, pray continually, give thanks in all circumstances."

#### **Supporting Scriptures**

- Psalm 100:1-2 "Shout for joy to the Lord...come before him with joyful songs."
- Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!"







Day 19: Tembracing Gratitude and Joy

#### Devotional: Choosing Joy and Gratitude Every Day

Gratitude and joy fuel hope and increase resilience on the restoration journey. 1 Thessalonians 5:16–18 instructs us to rejoice, pray, and give thanks no matter the circumstances.

Psalm 100 celebrates joyful worship as a response to God's goodness.

Philippians 4:4 commands rejoicing in the Lord repeatedly, reminding us joy is a choice and a gift.

Look for reasons to celebrate progress, divine provision, and love in your marriage today. Cultivate an attitude of joy that uplifts both your hearts.







Day 19: Tembracing Gratitude and Joy

# Reflect and Apply

1.	What aspects of our marriage am I grateful for today?
2.	How has joy helped me endure hard times?
3.	In what ways can I express gratitude more openly to my spouse?







Day 19: The Embracing Gratitude and Joy

# **Journaling Prompts**

1.	List blessings in your marriage or healing journey.
2.	Write a thank-you note to God or your spouse.
3.	Record moments of joy and laughter you've shared recently.







Day 19: TEmbracing Gratitude and Joy

### Prayer for Today

God of joy, fill our hearts with gratitude even amid challenges. Teach us to rejoice always and give thanks in all things. Let joy be the soundtrack of our marriage and healing journey. Renew our spirits and bind us closer in love and celebration. Amen.

















Day 20: A Walking Forward in Faith

#### Your Verse

Hebrews 11:1 – "Now faith is confidence in what we hope for and assurance about what we do not see."

#### **Supporting Scriptures**

- 2 Corinthians 5:7 "We live by faith, not by sight."
- Proverbs 16:3 "Commit to the LORD whatever you do, and he will establish your plans."







Day 20: A Walking Forward in Faith

#### Devotional: Living in Confident Hope Together

**Faith sustains us as we step into the future God has promised.** Hebrews 11:1 defines faith as confident hope and certainty without seeing.

2 Corinthians 5:7 reminds us to trust God's unseen hand, resisting discouragement from present struggles.

Proverbs 16:3 encourages committing all plans to the Lord to receive His blessing and guidance.

Move forward together today with faith, trusting God is at work in every detail of your restoration journey—even what remains unseen.







Day 20: 🙏 Walking Forward in Faith

# Reflect and Apply

How can I strengthen my faith amid ongoing challenges?
What does 'walking by faith' look like in daily marriage life?
How willing am I to commit our future fully to God's direction?







Day 20: 🙏 Walking Forward in Faith

# **Journaling Prompts**

1.	Write about hopes and fears related to your marriage's future.
2.	Journal prayers seeking increased faith and trust.
3.	List ways you can remind yourself to walk by faith daily.







Day 20: 🙏 Walking Forward in Faith

### Prayer for Today

Lord, increase our faith to confidently hope in Your promises. Help us to walk by faith, relying on You even when we cannot see the outcome. We commit our marriage and plans to You, trusting Your faithful guidance. Lead us forward in love and purpose. Amen.  $\bigwedge$   $\diamondsuit$   $\heartsuit$   $\diamondsuit$ 







# Day 21: 🥕 Celebrating Renewal and Hope









Day 21: 🏂 Celebrating Renewal and Hope

#### Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

#### **Supporting Scriptures**

- Revelation 21:5 "Behold, I am making all things new!"
- Psalm 147:11 "The LORD delights in those who fear him, who put their hope in his unfailing love."







Day 21: A Celebrating Renewal and Hope

#### Devotional: Embracing God's New Work in Marriage

As this 21-day journey concludes, celebrate the newness God offers to your marriage and hearts. Isaiah 43:18-19 calls us to release the past and embrace God's new work unfolding in our lives.

Revelation 21:5 echoes this hope, proclaiming all things made new by God's power.

Psalm 147:11 reminds us that God delights in those who place hope in His steadfast love.

Take time to reflect on growth, healing, and God's faithfulness. Step forward with joy and renewed commitment to honor God in your marriage.







Day 21: 🏂 Celebrating Renewal and Hope

# Reflect and Apply

1.	What new beginnings has God revealed during this study?
2.	How can I continue nurturing restoration and purity going forward?
3.	What hope-filled promises will I hold onto when challenges arise?







Day 21: 🏂 Celebrating Renewal and Hope

# **Journaling Prompts**

1.	Reflect on your journey over the past 21 days.
2.	Write a letter to your spouse expressing hope and commitment.
3.	List Scripture promises that inspire continued restoration.







Day 21: A Celebrating Renewal and Hope

# **Prayer for Today**

God of new beginnings, thank You for the work You have done and continue to do in our marriage. Help us to forget former hurts and embrace the new paths You set before us. Fill us with hope, joy, and steadfast love as we walk forward together in purity and faithfulness. May our marriage glorify You daily. Amen. 🏂 🙏 💋 💙







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