# Strengthening Marriage Through Social Media Boundaries



Explore God's design for marriage while establishing healthy social media boundaries to protect love, trust, and faith in your relationship.





#### Table of contents

<u>Introduction</u>	4
Day 1: 8 God's Design for Marriage	5
Day 2: Social Media's Place in Marriage	11
Day 3: <u>See Communication and Transparency Online</u>	17
<u>Day 4:  Defining Boundaries Together</u>	23
Day 5: Managing Time and Attention	29
<u>Day 6: Q Examining Online Relationships</u>	35
Day 7: Cultivating Trust and Respect	41
Day 8: Saying No to Temptation	47
<u>Day 9:  Growing Together Spiritually</u>	53
Day 10: Balancing Privacy and Sharing	59
Day 11: Protecting Against Comparison	65
<u>Day 12: W Healing From Digital Wounds</u>	71
<u>Day 13: SEmbracing Differences Online</u>	77
<u>Day 14:  Renewing Your Mind Daily</u>	83
Day 15: Practicing Forgiveness Regularly	89
<u>Day 16: ® Practicing Digital Sabbath</u>	95











#### Introduction

**Marriage** is a beautiful covenant designed by God, reflecting His love, faithfulness, and commitment. In today's digital age, social media poses unique challenges and opportunities for married couples. It can enhance connection or create distractions and misunderstandings. *Balancing online presence with spiritual intimacy requires wisdom and intentionality.* 

This 21-day study invites you to explore biblical principles of marriage alongside practical steps to set healthy boundaries in your online life. Each day will examine scripture passages that highlight God's design for unity, trust, and love and will encourage honest journaling about your digital habits and heart attitudes.

As you engage with these devotionals, let **FaithAI's** approach inspire a custom framework tailored to your unique relationship. This plan encourages vulnerability, communication, and prayerful discernment to develop digital boundaries honoring God and protecting your marriage.

We will reflect on God's Word, ask probing questions to increase self-awareness, and offer prayers seeking strength, grace, and clarity. Whether newlyweds or lifelong partners, this study will help you cultivate a marriage marked by faith-driven connection beyond screens and distractions.

Let's journey together toward a marriage free from digital compromise and rich in trust grounded in God's unchanging love.















#### Your Verse

Genesis 2:24 - 'That is why a man leaves his father and mother and is united to his wife, and they become one flesh.'

#### **Supporting Scriptures**

- Ephesians 5:31 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.'
- Matthew 19:6 'So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.'







#### Devotional: Understanding One Flesh in Marriage

**Marriage** begins with God's beautiful design: two becoming one flesh. This unity is not just physical but emotional, spiritual, and relational. It is a covenant that binds hearts and lives together under God's authority and love.

Today, reflect on how your marriage embodies this unity. In the context of social media, consider how online interactions and digital habits either honor or challenge this sacred oneness. Are there distractions or boundaries needing attention?

Honest journaling about your social media use can reveal areas where digital habits might pull you away from true intimacy. Consider your spouse's feelings and the trust you're building online. Prayerfully ask God for wisdom and a renewed commitment to guard your marriage.







## Reflect and Apply

1.	What does 'one flesh' mean to you in your marriage?
2.	How does social media impact your sense of unity with your spouse?
3.	Are there online habits that may be creating distance or distrust?







## **Journaling Prompts**

1.	Describe your ideal God-centered marriage in three sentences.
	List social media habits that help or harm your connection with your spouse.
	Write a prayer asking God for guidance in protecting your marriage online.







#### Prayer for Today

**Lord,** thank You for the gift of marriage and the unity it represents. Help us to honor this sacred bond in all areas of life, including our online interactions. Strengthen our commitment and guide us to set wise boundaries that protect our love and trust. Teach us to reflect Your love in every digital choice we make. *In Jesus' name, amen.*  $\swarrow$ 

















#### Your Verse

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

#### Supporting Scriptures

- Psalm 101:3 'I will not look with approval on anything that is vile.'
- 1 Corinthians 10:31 'So whether you eat or drink or whatever you do, do it all for the glory of God.'







#### Devotional: Guarding Your Heart in a Digital World

The Bible commands us to **guard our hearts**, recognizing that what we allow into our minds and emotions shapes our actions and relationships. Social media is a powerful force that can influence our thoughts, feelings, and behaviors—both positively and negatively.

Reflect on your current social media usage. Does it build your marriage up or tear it down? Consider if certain content, interactions, or habits are inviting distractions, jealousy, or mistrust into your relationship.

Setting boundaries around screen time, content exposure, and online communication is an act of stewardship over the heart God entrusted to you. Collaborate with your spouse to establish guidelines that protect your marriage and foster spiritual intimacy.







#### Reflect and Apply

1.	What social media content most affects your emotions and thoughts?
2.	How can you guard your heart against harmful influences online?
3.	What boundaries do you believe would honor God and your spouse?







#### **Journaling Prompts**

1.	Identify three social media triggers that lead to negative feelings in your
	marriage.
2.	Write about a positive way social media has helped your relationship.
3.	List practical steps you and your spouse can take to guard your hearts together.







#### Prayer for Today

**Father,** guard our hearts from harmful influences and distractions online. Help us discern what to consume and what to reject. Guide our choices so our social media use glorifies You and strengthens our marriage. May our hearts remain focused on You and each other. *In Jesus' name, amen.* 















#### Your Verse

James 5:16 - 'Therefore confess your sins to each other and pray for each other so that you may be healed.'

#### **Supporting Scriptures**

- Ephesians 4:25 'Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.'
- Colossians 3:9 'Do not lie to each other, since you have taken off your old self with its practices.'







#### Devotional: Fostering Honest Online Communication

Healthy marriage thrives on **honest communication** and transparency, even about online activities. Keeping secrets or hiding digital habits harms trust and intimacy.

Use today to talk openly with your spouse about your social media interactions. Share feelings, concerns, and expectations clearly. This kind of transparency builds healing and deepens connection.

*Journaling* can help you prepare for these conversations by exploring your fears, hopes, and boundaries you desire. Pray for courage and grace to be vulnerable and receive your spouse with love.







## Reflect and Apply

1.	Are there online habits you have hidden from your spouse?
2	How willing are you to share your social media activity openly?
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	What can you do to foster better communication about digital boundaries?







#### **Journaling Prompts**

	. Write honestly about your online communication with others outside your marriage.	
	List topics you feel safe discussing openly with your spouse and those you find difficult.	
3.	Pray for a heart of transparency and humility in your marriage.	







#### Prayer for Today

**Lord,** grant us honesty and courage in our communication about social media. Help us be open and transparent, trusting You with our vulnerabilities. Heal any past wounds caused by hidden actions and restore deep intimacy between us. May our words build up, not tear down. *In Jesus' name, amen.* 











# Day 4: Defining Boundaries Together









Day 4: 
Defining Boundaries Together

#### Your Verse

Psalm 16:6 – 'Lord, you have assigned me my portion and my cup; you have made my lot secure.'

#### **Supporting Scriptures**

- Proverbs 25:28 'Like a city whose walls are broken through is a person who lacks self-control.'
- Galatians 5:22–23 'But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.'







Day 4: <a>Placeholder</a> Defining Boundaries Together

# Devotional: Building Secure Boundaries with God's Guidance

Just as a city needs walls, a marriage requires boundaries that protect it from harm. Setting clear social media boundaries is an act of love and wisdom, providing security and peace.

Boundaries may include limits on time spent online, types of content viewed, and respectful interaction with others. These guidelines need to be created **together**, reflecting mutual respect and commitment.

Ask the Holy Spirit to cultivate self-control and wisdom as you define these walls for your marriage. Your boundary framework, personalized with your spouse, will safeguard your relationship amidst digital temptations.







Day 4: 🖲 Defining Boundaries Together

#### Reflect and Apply

	What boundaries do you currently have around social media in your marriage?
	How can you and your spouse work together to strengthen these boundaries?
	What role does God's Spirit play in helping you maintain self-control online?







Day 4: 
Defining Boundaries Together

#### **Journaling Prompts**

1.	List boundaries you feel would protect your marriage from digital harm.
	Describe how you and your spouse can hold each other accountable lovingly.
3.	Write a prayer inviting God to guide your boundary-setting process.







Day 4: P Defining Boundaries Together

#### Prayer for Today

**Heavenly Father,** thank You for providing wisdom and strength to set healthy boundaries. Help us build secure walls around our marriage that glorify You and protect our unity. Fill us with self-control and fruit of the Spirit as we guard our hearts and screens. Guide us in this journey of growing closer to You and each other. *In Jesus' mighty name, amen.*

















#### Your Verse

Ephesians 5:15-16 - 'Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity.'

#### **Supporting Scriptures**

- Psalm 90:12 'Teach us to number our days, that we may gain a heart of wisdom.'
- Colossians 3:23 'Whatever you do, work at it with all your heart, as working for the Lord.'







#### Devotional: Wisely Investing Time in Marriage

Time is a precious gift from God, and attention is a powerful expression of love. Reflect on how you manage your time and focus, especially around social media.

Is screen time edging out quality moments with your spouse? Are notifications interrupting your conversations or shared experiences?

Be intentional about making the most of your time together. Establish agreed-upon habits to limit distractions and prioritize nurturing your marriage. Remember, investing your best attention demonstrates your love and faithfulness.







## Reflect and Apply

1.	How does your current social media use affect the quality of time with your spouse?
	What practical changes can help prioritize your marriage over digital distractions?
	How can you encourage each other to be fully present in moments together?







#### **Journaling Prompts**

	Track your screen time today and write about how it affects your marriage.
	Describe ideal daily routines that include undistracted time with your spouse.
2	
	Pray asking God to help you steward your time and attention with wisdom.







#### Prayer for Today

**Lord,** help us to use our time wisely and to give our full attention to one another. Teach us to say no to distractions and yes to deepening our love and connection. May our moments together be sacred and focused on You and each other. We surrender our schedules and screens to Your guidance. *In Jesus' name, amen.*  $\Sigma$ 







# Day 6: Q Examining Online Relationships









Day 6: Q Examining Online Relationships

#### Your Verse

Psalm 26:2 - 'Test me, LORD, and try me, examine my heart and my mind.'

#### **Supporting Scriptures**

- 1 Corinthians 15:33 'Bad company corrupts good character.'
- Proverbs 13:20 'Walk with the wise and become wise.'







#### Devotional: Evaluating Digital Connections Wisely

Our hearts and minds must be examined regularly, especially in how we engage online. Friendships, comments, and interactions in social media communities can influence our attitudes and actions.

Are any online connections potentially harming your marriage or spiritual walk? Are you transparent with your spouse about these relationships?

**Pause today to prayerfully assess** your digital relationships. Ask God to reveal any unhealthy ties and grant the strength to set necessary boundaries or make changes to protect your marriage.







# Reflect and Apply

1.	Which online relationships impact your heart and your marriage?
2.	Are there connections that challenge your commitment or values?
3.	How can you involve your spouse in evaluating online friendships?







# **Journaling Prompts**

1.	List online relationships that bring you closer to God and your spouse.
	Write honestly about any digital interactions that cause tension or jealousy.
3.	Pray for discernment concerning your online friendships.







### Prayer for Today

**Father,** reveal to us the nature of our online relationships. Help us to walk in wisdom, surrounding ourselves with positivity and truth. Protect our hearts from harmful influences and guide us to cultivate relationships that honor You and our marriage. *In Jesus' name, amen.* 

















#### Your Verse

Romans 12:10 – 'Be devoted to one another in love. Honor one another above yourselves.'

#### **Supporting Scriptures**

- 1 Peter 4:8 'Love covers over a multitude of sins.'
- Proverbs 3:3 'Let love and faithfulness never leave you.'







#### Devotional: Love and Respect in Digital Spaces

Trust and respect are foundational in marriage and extend naturally to online behavior. Being respectful means honoring your spouse's feelings and boundaries, even in the digital world.

Ask yourself how your social media actions reflect love and honor. Are you mindful of posts or messages your spouse may find uncomfortable or hurtful?

Work together to cultivate an environment of mutual respect that fosters trust. Love and faithfulness online are powerful testimonies to God's covenant in your marriage.







# Reflect and Apply

1.	How do you show respect to your spouse in your online interactions?
2.	Are there actions or posts that might damage trust?
3.	How can you rebuild trust if it has been broken by online behavior?







# **Journaling Prompts**

	Write about a time you felt deeply trusted or respected online by your spouse.
2.	List ways to demonstrate love and honor in your digital life.
3.	Pray for a heart that prioritizes trust and respect in all communication.







### Prayer for Today

**Lord,** help us to honor one another with love and respect in every interaction, especially online. May our actions build trust and reflect Your grace and faithfulness. Heal any wounds and renew our devotion to each other. *In Jesus'* name, amen.  $\heartsuit \circlearrowleft \r$ 

















#### Your Verse

1 Corinthians 10:13 - 'No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear.'

#### **Supporting Scriptures**

- James 1:14–15 'But each person is tempted when they are dragged away by their own evil desire...'
- Matthew 26:41 'Watch and pray so that you will not fall into temptation.'







#### Devotional: Resisting Online Temptations Together

Temptations online can be subtle — flirtatious comments, inappropriate content, or addictive behaviors. God promises faithfulness in helping us resist since no temptation is unique or insurmountable.

Work alongside your spouse as accountability partners, encouraging and praying for one another. Setting clear boundaries is a form of spiritual warfare, protecting your marriage from potential harm.

*Journaling* on your specific vulnerabilities can clarify where to build stronger walls. Together, seek God's strength to say no to temptation and yes to honoring your covenant.







# Reflect and Apply

1.	What specific online temptations do you face?
2.	How can you and your spouse support each other in resisting them?
3.	What spiritual disciplines help you stay vigilant against temptation?







### **Journaling Prompts**

	Write about a time you resisted temptation and how it affected your marriage.
2.	List triggers that could lead you into online temptation.
3.	Pray for strength and protection against digital temptations.







### Prayer for Today

**God,** thank You for Your faithfulness in guarding us against temptation. Help us recognize and resist online dangers for our marriage's sake. Bind us in accountability and grace, and empower us through the Holy Spirit to stay pure and devoted. *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.'
- Colossians 2:6-7 '...being rooted and built up in him, strengthened in the faith as you were taught.'







#### Devotional: Strengthening Faith in Marriage

A thriving marriage thrives on spiritual unity: the couple and God woven tightly like a three-strand cord. Social media can either hinder or help this growth.

Use technology to cultivate your spiritual lives together by sharing devotionals, praying online, or encouraging one another through messages. Let your digital habits reflect your commitment to grow in faith and love.

*Journaling* about ways to grow spiritually with your spouse uncovers new opportunities to deepen your relationship and keep God at the center of your marriage.







# Reflect and Apply

1.	In what ways does your marriage include God as a 'third strand'?
2.	How might technology be used to enhance spiritual growth, not distract?
3.	What new spiritual practices could you start together?







# **Journaling Prompts**

1.	Describe a spiritual moment shared with your spouse recently.
2.	List digital tools that could support your spiritual growth as a couple.
3.	Pray for unity around God's presence in your marriage.







### Prayer for Today

**Lord,** be the center of our marriage and the third strand that strengthens us. Help us engage with one another and with You in ways that deepen our faith and love. May technology serve as a tool for growth, not distraction. *In Jesus'* name, amen.















#### Your Verse

Proverbs 11:13 – 'A gossip betrays a confidence, but a trustworthy person keeps a secret.'

#### **Supporting Scriptures**

- Matthew 6:6 'But when you pray, go into your room, close the door and pray to your Father, who is unseen.'
- Philippians 4:8 'Think about such things... whatever is true, noble, right, pure, lovely, admirable.'







### Devotional: Wisely Choosing What to Share

Marriage is a sacred trust, and some things thrive in privacy rather than public sharing. Social media invites constant sharing, but discernment is crucial in what you post or reveal about your relationship.

Integrity and respect mean protecting your spouse's privacy, honoring confidentiality, and choosing kindness over seeking validation online.

Talk with your spouse to establish what is comfortable to share publicly and what should remain between you two. Guard your marriage's dignity and purity with wisdom.







# Reflect and Apply

1.	What aspects of your marriage feel sacred and private to you?
2.	How do you decide what is appropriate to share online?
3.	How can respecting privacy enhance trust and intimacy?







# **Journaling Prompts**

1.	Write about a past social media post you wish you had kept private.
2.	List types of information you and your spouse agree should remain private.
3.	Pray for wisdom and self-control in sharing online.







### Prayer for Today

**Dear Lord,** teach us to balance openness with discretion. Help us protect our marriage's sacredness by honoring privacy and practicing wise sharing. May our online presence reflect Your holiness and love. *In Jesus' name, amen.* 

















#### Your Verse

Galatians 6:4 - 'Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else.'

#### **Supporting Scriptures**

- Psalm 139:14 'I praise you because I am fearfully and wonderfully made.'
- 2 Corinthians 10:12 'We do not dare to classify or compare ourselves with some who commend themselves.'







#### Devotional: Freedom from the Comparison Trap

Social media often showcases idealized images and stories that can tempt couples into unhealthy comparisons. This can foster discontent, envy, and dissatisfaction with one's own marriage.

Remember, God uniquely crafted your relationship with strengths and challenges. Focus on your journey rather than others', celebrating your story with gratitude.

*Journaling* can expose areas where comparison causes pain and redirect your focus to God's unique blessing on your marriage.







# Reflect and Apply

1.	How does social media influence your view of your marriage?
2.	In what ways do you compare your relationship to others?
3.	How can focusing on God's design help you appreciate your marriage?







# **Journaling Prompts**

1.	List ways your marriage is uniquely beautiful and God-honoring.
2.	Write about a time you overcame feelings of jealousy or inadequacy.
3.	Pray for contentment and gratitude in your marriage.







### Prayer for Today

God, free us from the temptation to compare. Help us celebrate the unique gift of our marriage according to Your design. Teach us to appreciate and nurture what You have given us, trusting Your perfect plan. In Jesus' name, amen. 🥎











# Day 12: Wealing From Digital Wounds









Day 12: WHealing From Digital Wounds

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 41:10 'Do not fear, for I am with you... I will strengthen you and help you.'
- Ephesians 4:32 'Be kind and compassionate to one another, forgiving each other.'







Day 12: WHealing From Digital Wounds

#### Devotional: God's Healing for Online Hurts

Digital missteps, misunderstandings, or breaches of trust can cause hurt in marriage like any other wound. Thankfully, God is the ultimate healer of broken hearts and relationships.

Invite healing through honest conversation, forgiveness, and prayer. Resist blaming and instead focus on restoring connection and rebuilding trust.

Your commitment to healing honors God's desire for unity and peace within your marriage.







Day 12: WHealing From Digital Wounds

## Reflect and Apply

1.	Are there unresolved digital hurts in your marriage?
2.	How can you invite God's healing into these areas?
3.	What role can forgiveness play in rebuilding trust?







Day 12: V Healing From Digital Wounds

## **Journaling Prompts**

1.	Write about any pain caused by social media in your relationship.
2.	Describe steps you can take toward healing and forgiveness.
3.	Pray for God's healing presence and grace in your marriage.







Day 12: Wealing From Digital Wounds

#### Prayer for Today

**Healer God,** bind up the wounds that technology or misunderstandings have caused. Help us forgive freely and seek restoration wholeheartedly. Teach us to love as You love, tender and forgiving, so our marriage may flourish in Your peace. *In Jesus' name, amen.*















#### Your Verse

Romans 12:4–5 – 'Just as each of us has one body with many members, and these members do not all have the same function.'

#### **Supporting Scriptures**

- 1 Corinthians 12:14 'Even so the body is not made up of one part but of many.'
- Galatians 3:28 'There is neither Jew nor Gentile, neither slave nor free... for you are all one in Christ Jesus.'







#### Devotional: Honoring Unique Perspectives

No two people think alike, especially when it comes to technology use and boundaries. Embracing your spouse's unique needs and views enriches your marriage rather than divides it.

Social media preferences and habits may differ. Seek understanding, patience, and compromise so you build a digital framework honoring both parties.

Celebrate diversity in your relationship as a strength grounded in Christ's unity.







## Reflect and Apply

1.	In what ways do your and your spouse's views on social media differ?
2.	How do you respond to these differences: with grace or frustration?
3.	What compromises have you made or could you consider?







#### **Journaling Prompts**

1.	Describe how your spouse's online habits differ from yours.
2.	Write about a time you grew in patience and understanding.
3.	Pray for humility and love to embrace differences compassionately.







#### Prayer for Today

Lord, help us to love and accept each other's differences, especially in how we use digital technology. Grant us grace to listen, understand, and compromise in ways that honor You and strengthen our marriage. In Jesus' name, amen.























Day 14: Renewing Your Mind Daily

#### 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, noble, right, pure, lovely, admirable—think about such things.'
- 2 Timothy 1:7 'God gave us a spirit not of fear but of power, love, and self-discipline.'







Day 14: Renewing Your Mind Daily

#### Devotional: Mind Renewal in the Digital Age

Our minds are bombarded daily with images, messages, and opinions from social media. The Bible encourages us to actively renew our minds, discerning what we allow to settle in our hearts.

Choose content that uplifts and reflects God's truth. Set aside time for prayer, scripture reading, and reflection to counterbalance worldly influences.

This daily renewal will strengthen your marriage by cultivating attitudes of love, patience, and self-control.







Day 14: O Renewing Your Mind Daily

## Reflect and Apply

1.	What types of online content influence your thoughts the most?
2.	How can you intentionally renew your mind each day?
3.	How does a renewed mind impact your marriage?







Day 14: O Renewing Your Mind Daily

## **Journaling Prompts**

1.	List sources of positive and negative digital influence in your life.
2.	Write about a scripture that helps you stay spiritually refreshed.
3.	Pray for God to help you protect your mind from harmful content.







Day 14: Renewing Your Mind Daily

#### Prayer for Today

**God,** renew our minds daily and protect us from unhealthy digital influences. Help us focus on Your truth, beauty, and goodness so that our hearts overflow with love and peace for our spouse. *In Jesus' name, amen.* 🔘 🛠 🙏







# Day 15: Practicing Forgiveness Regularly









Day 15: Practicing Forgiveness Regularly

#### Your Verse

Colossians 3:13 - 'Forgive as the Lord forgave you.'

#### **Supporting Scriptures**

- Matthew 18:21-22 'I tell you, not seven times, but seventy-seven times.'
- Ephesians 4:32 'Be kind and compassionate, forgiving each other.'







Day 15: C Practicing Forgiveness Regularly

#### Devotional: Forgiveness as a Daily Discipline

Even with the best boundaries, mistakes happen and feelings get hurt—online and offline. Choosing to forgive as God forgives us is vital for marital health.

Forgiveness is not always easy, but it releases bitterness and opens doors to renewal. Commit today to a daily practice of forgiving each other's faults, especially those related to social media.

Prayer and journaling about forgiveness can strengthen your resolve and deepen grace within your marriage.







Day 15: 🖸 Practicing Forgiveness Regularly

## Reflect and Apply

1.	Are there unforgiven hurts related to social media use?
2.	What prevents you from extending or receiving forgiveness?
3.	How can forgiveness build a stronger, healthier marriage?







Day 15: C Practicing Forgiveness Regularly

## **Journaling Prompts**

1.	Write about a time you experienced God's forgiveness.
2.	List areas in your marriage needing forgiveness and grace.
3.	Pray for a forgiving heart and restoration in your relationship.







Day 15: C Practicing Forgiveness Regularly

#### Prayer for Today

**Lord,** thank You for forgiving us when we fall short. Help us to extend that same grace to our spouse, releasing all bitterness and hurt. Teach us to forgive quickly and love deeply, so our marriage reflects Your mercy. *In Jesus' name, amen.*















#### Your Verse

Exodus 20:8 - 'Remember the Sabbath day by keeping it holy.'

#### **Supporting Scriptures**

- Mark 2:27 'The Sabbath was made for man, not man for the Sabbath.'
- Hebrews 4:9-10 'There remains a Sabbath-rest for the people of God.'







# Devotional: Renewing Marriage Through Rest from Screens

The Sabbath principle encourages rest and re-centering on God and relationships. In a world saturated with screens, taking regular breaks from digital devices is crucial for marriage health.

Identify a weekly time to unplug together—no phones, social media, or digital distractions. Use this sacred time to focus on each other and God.

This practice refreshes hearts and minds, renewing intimacy and joy.







## Reflect and Apply

1.	How often do you take breaks from digital devices as a couple?
2.	What activities help you reconnect without screens?
3.	How can a digital Sabbath honor God and strengthen your marriage?







#### **Journaling Prompts**

1.	Plan and write about a Digital Sabbath experience with your spouse.
2.	Describe feelings before, during, and after unplugging together.
3.	Pray for discipline and commitment to rest and reconnect regularly.







#### Prayer for Today

**Dear God,** help us to practice rest and renewal by stepping away from screens regularly. May these moments strengthen our bond and keep our hearts focused on You and each other. Bless us with peace and restoration. *In Jesus' name, amen.* 😂 🕲 🤝

















#### Your Verse

Hebrews 10:24-25 - 'Let us consider how we may spur one another on toward love and good deeds.'

#### **Supporting Scriptures**

- Ecclesiastes 4:9 'Two are better than one.'
- Proverbs 27:17 'As iron sharpens iron, so one person sharpens another.'







#### Devotional: Partnering in Digital Faithfulness

Accountability strengthens resolve and promotes growth. Share your social media goals and struggles with each other openly, encouraging faithfulness and integrity.

Celebrate victories and gently correct missteps. Use this mutual accountability to build a culture of support within your marriage.

With God at the center, you become sharper and stronger together.







## Reflect and Apply

1.	How comfortable are you sharing digital challenges with your spouse?
2.	What positive impact has accountability had on your relationship?
3.	How can you better encourage each other in faith and integrity?







## **Journaling Prompts**

1.	Write about a time accountability helped you make a better choice.
2.	List ways you can encourage your spouse in digital faithfulness.
3.	Pray for openness and encouragement in your communication.







#### Prayer for Today

**Father,** thank You for the gift of partnership in marriage. Help us be honest and encouraging with one another, holding each other accountable with love. Strengthen our walk together toward faithfulness in all areas. *In Jesus' name, amen.* 💝 <equation-block>







## Day 18: Mindful Consumption of Content









Day 18: Mindful Consumption of Content

#### Your Verse

Philippians 4:8 – 'Finally, brothers and sisters, whatever is true, noble, right, pure, lovely, admirable—think about such things.'

#### **Supporting Scriptures**

- Proverbs 4:20–22 'Give attention to my words... they are life to those who find them.'
- Matthew 15:18 'But the things that come out of a person's mouth come from the heart.'







Day 18: Mindful Consumption of Content

#### Devotional: Choosing Content that Builds Up

Where your mind dwells, your heart follows. Be intentional about the content you engage with online and offline—choose what builds your spirit, faith, and marriage.

Replace entertainment or information that sows discord or temptation with content that uplifts, educates, or inspires your faith journey.

This kind of mindful consumption will create a healthier digital environment for you and your spouse.







# Reflect and Apply

1.	What types of social media content have benefited your marriage?
2.	Are there sources you need to avoid or limit?
3.	How can you encourage each other to engage with wholesome content?







# **Journaling Prompts**

1.	List favorite uplifting online resources or accounts you follow.
2.	Write about content you find harmful or distracting.
3.	Pray for discernment in choosing what to consume daily.







Day 18: Mindful Consumption of Content

## Prayer for Today

**Lord,** guide our minds to focus on what is good and pure. Help us reject harmful distractions and seek content that nurtures our souls and marriage. Transform our digital habits to reflect Your truth and love. *In Jesus' name, amen.*  $\square$   $\heartsuit$   $\bigwedge$ 







# Day 19: X Celebrating Wins and Growth









Day 19: 🎇 Celebrating Wins and Growth

#### Your Verse

1 Thessalonians 5:18 - 'Give thanks in all circumstances.'

#### **Supporting Scriptures**

- Psalm 107:1 'Give thanks to the LORD, for he is good; his love endures forever.'
- Philippians 1:6 'He who began a good work in you will carry it on to completion.'







Day 19: 🗱 Celebrating Wins and Growth

#### Devotional: Gratitude for Progress in Marriage

Pause today to celebrate how far you and your spouse have come in building healthy digital boundaries and nurturing your marriage. Gratitude fortifies love and inspires continued growth.

Reflect on the lessons learned, challenges overcome, and moments of grace experienced through this study. Thank God for faithful guidance and strength.

Use journaling to recount your victories and envision future growth together.







Day 19: 🎇 Celebrating Wins and Growth

# Reflect and Apply

1.	What progress have you noticed in your digital habits and marriage?
2.	Which lessons impacted you the most?
3.	How will you continue to grow and protect your relationship?







Day 19: 🎇 Celebrating Wins and Growth

# **Journaling Prompts**

1.	Write a gratitude list related to your marriage and digital journey.
2.	Describe a breakthrough moment you experienced as a couple.
3.	Pray in thanksgiving for God's faithfulness in your marriage.







Day 19: 🗱 Celebrating Wins and Growth

## Prayer for Today

**Thank You, Lord,** for every step of growth in our marriage. We celebrate Your faithfulness and the ways You protect and shape us. Continue guiding us to love well and live intentionally, honoring You in all we do online and offline. *In Jesus' name, amen.*















#### Your Verse

Proverbs 16:3 - 'Commit to the LORD whatever you do, and he will establish your plans.'

#### **Supporting Scriptures**

- Psalm 37:5 'Commit your way to the LORD; trust in him and he will do this.'
- James 1:5 'If any of you lacks wisdom, you should ask God.'







#### Devotional: Designing Boundaries With Purpose

Now that you've explored biblical principles and reflected on your habits, it's time to build your personalized digital boundary framework. Commit it prayerfully to God, trusting He will guide and establish your plans.

Work together outlining specific rules, practices, and consequences that align with your values and nurture your marriage's health.

Keep this framework dynamic—review and adjust as you grow together in faith and wisdom.







# Reflect and Apply

1.	What core values should your digital framework reflect?
2.	How will you hold each other accountable to this plan?
3.	What role will prayer and scripture have in maintaining boundaries?







# **Journaling Prompts**

1.	Draft key elements of your digital boundary framework.
2.	Write about hopes and challenges in implementing this plan.
3.	Pray for God's guidance and perseverance in this commitment.







## Prayer for Today

Lord, we commit our plans to You as we design our digital boundaries. Grant us wisdom, unity, and strength to honor this framework. Help us to protect our marriage and glorify You through our choices. *In Jesus' name, amen.* 



















#### Your Verse

Ecclesiastes 4:9-12 - 'A cord of three strands is not quickly broken.'

#### **Supporting Scriptures**

- Joshua 24:15 'But as for me and my household, we will serve the LORD.'
- Matthew 19:6 'Therefore what God has joined together, let no one separate.'







#### Devotional: Renewing Your Marriage Covenant

On this final day, take time to renew your covenant as a couple—both with God and with each other. Celebrate the growth, understanding, and commitment you have cultivated.

Reflect on the journey and pray together, asking God to continue strengthening your marriage and honoring your chosen digital boundaries.

May your relationship remain deeply rooted in the threefold cord of husband, wife, and God, unbreakable and blessed.







# Reflect and Apply

How has this study impacted your view of marriage and technology?
What commitments are you renewing today?
How will you carry forward what you've learned?







# **Journaling Prompts**

1.	Write a renewal vow or commitment statement for your marriage.
2.	Describe your hopes and prayers for the future together.
3.	Pray together, asking God's blessing on your covenant renewal.







## Prayer for Today

**Gracious God,** thank You for guiding us through this journey. We renew our covenant before You today, committing to love, honor, and protect each other and our marriage. Bless our efforts to maintain healthy boundaries and keep You at the center forever. *In Jesus' name, amen.* 







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