



United in Christ – Strengthen Your Relationship Together



Grow closer to each other and God. This 7-day couples Bible Study deepens love, trust, and spiritual unity through shared scripture, prayer, and journaling.

Table of contents

<u>Introduction</u>	3
<u>Day 1: Building on the Rock</u>	4
<u>Day 2: Learning to Listen Like Christ</u>	9
<u>Day 3: Conflict Without Division</u>	14
<u>Day 4: Speaking Life Over Each Other</u>	19
<u>Day 5: Serving One Another with Joy</u>	24
<u>Day 6: Growing Together in Spiritual Purpose</u>	29
<u>Day 7: Keeping Christ at the Center</u>	34



Introduction

Relationships are one of God’s most powerful tools for growth, love, and transformation. Whether you’re married or dating, walking with Christ together will always strengthen your bond in ways the world cannot.

Too many couples pursue emotional intimacy without spiritual intimacy. But **true unity begins in Christ**—when you both commit to seeking God together. That’s where trust is deepened. Grace is extended. Wounds are healed. And love becomes more than a feeling—it becomes a shared purpose.

This 7-day Bible Study Plan is designed for **couples to complete side-by-side** through HolyJot. Each day includes scripture, devotional reflections, shared journaling prompts, and joint prayer. You’ll be encouraged to talk, listen, and pray with each other—and most importantly, to **grow together in Christ**.

Whether your relationship is thriving or hurting, new or long-standing, these next seven days can build something sacred between you. God is inviting you both to be **United in Him**.



Day 1: Building on the Rock



Day 1: Building on the Rock

Your Verse

Matthew 7:24–25 (NIV) “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”

Supporting Scriptures

- *Ecclesiastes 4:12 (NIV) “Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”*



Day 1: Building on the Rock

Devotional: Start with the Right Foundation

Every couple builds something—either intentionally or unintentionally. The question is not whether you are building, but what your foundation is made of. **Jesus offers a choice:** build on the rock of His truth, or on the shifting sand of the world.

When your relationship is centered on Christ, you can withstand storms. Misunderstandings, financial stress, insecurity, or disappointment—these winds will come. But when you’re both grounded in Him, **you don’t fall apart, you grow stronger.**

Ecclesiastes reminds us of the power of unity, but notice the “third strand”—that’s God. He is not a passive observer in your relationship. He’s the stabilizer. The glue. The anchor. And the more you invite Him in, the more unshakable your bond becomes.

Today is the start of something sacred: building a spiritual foundation as a couple. You don’t need to have it all figured out. You just need to say yes—to Jesus, and to each other.



Day 1: Building on the Rock

Journaling Prompts

1. In what ways have we been building our relationship on a strong foundation? In what ways have we relied on sand?

2. What would it look like for us to invite Jesus more fully into our relationship?

3. How do we want our relationship to feel five years from now—and what do we need to build that together?



Day 1: Building on the Rock

Prayer for Today

Lord Jesus, we want to build our relationship on You. Help us to be like the wise man who dug deep and built on the rock. We know storms may come, but if we're grounded in You, we will not fall. Help us communicate better, forgive quickly, and love unselfishly. Be our third strand, the One who holds us together. We dedicate this Bible Study—and our relationship—to You. In Your name we pray, amen.





Day 2: Learning to Listen Like Christ



Day 2: Learning to Listen Like Christ

Your Verse

James 1:19 (NIV)

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.”

Supporting Scriptures

- ***Proverbs 18:13 (NIV)***

“To answer before listening— that is folly and shame.”



Day 2: Learning to Listen Like Christ

Devotional: Listening is Love in Action

One of the simplest ways to show love in a relationship is to listen well—yet it's one of the hardest. True listening is **more than hearing words**; it's giving your partner the gift of attention, empathy, and patience. It's saying, "You matter. Your thoughts are safe here."

James tells us to be **quick to listen, slow to speak, and slow to anger**. But let's be honest—many of us reverse that! We jump to conclusions, defend ourselves too fast, or interrupt when our partner is still opening their heart.

Jesus was the best listener. He heard the hearts behind the words. He paused. He asked questions. And He responded with wisdom and gentleness—even when the people around Him were messy, emotional, or wrong.

You and your partner won't always agree. But when you learn to listen like Christ—**without judgment, assumption, or defensiveness**—you create emotional safety. And where safety grows, love flourishes.



Day 2: Learning to Listen Like Christ

Journaling Prompts

1. Do I feel heard in this relationship? Why or why not?

2. How can we both grow in listening to one another with empathy and without interruption?

3. What's one small change we can make this week to become better listeners?



Day 2: Learning to Listen Like Christ

Prayer for Today

Father, thank You for listening to us with perfect love and patience. Help us reflect that same heart with one another. Teach us to slow down, tune in, and be quick to listen. Remove pride, defensiveness, and distraction from our conversations. Grow our emotional intimacy as we learn to truly hear one another's hearts. Make us safe places for each other. In Jesus' name, amen.





Day 3: Conflict Without Division



Day 3: Conflict Without Division

Your Verse

Ephesians 4:26–27 (NIV)

“In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

Supporting Scriptures

- ***Colossians 3:13 (NIV)***

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”



Day 3: Conflict Without Division

Devotional: Fighting Fair, Loving Strong

Every relationship will face conflict. But what makes a godly relationship different is **not the absence of arguments—it's how the arguments are handled.**

God doesn't call us to pretend we're never angry or frustrated. In fact, Ephesians acknowledges anger—but also commands us **not to sin in it.** We sin in anger when we lash out, shut down, get passive-aggressive, or bring up old wounds to hurt. We sin when we let the sun go down still stewing in resentment.

When unresolved conflict lingers, Satan gains a foothold. He whispers lies —“You'll never fix this.” “They don't really love you.” “You were right to shut them out.” But **Jesus wants healing, not division.**

Conflict is a chance to practice grace, to grow closer, and to learn what each person needs. Love doesn't mean you never disagree. Love means **you disagree without destroying one another.** With humility, forgiveness, and prayer, you can handle conflict without letting it become a wall between you.



Day 3: Conflict Without Division

Journaling Prompts

1. How do we usually respond to conflict? Do we withdraw, explode, or communicate with grace?

2. Have we been holding onto anything we need to gently bring into the light and resolve?

3. How can we develop a healthier process for resolving issues together?



Day 3: Conflict Without Division

Prayer for Today

Lord, thank You for giving us grace even when we fall short. Help us to be quick to forgive, slow to anger, and gentle in conflict. Give us the humility to admit when we're wrong, the patience to hear each other out, and the strength to reconcile quickly. Let nothing divide what You are joining together. Heal old wounds, soften our hearts, and lead us in peace. In Jesus' name, amen.





Day 4: Speaking Life Over Each Other



Day 4: Speaking Life Over Each Other

Your Verse

Proverbs 18:21 (NIV) “The tongue has the power of life and death, and those who love it will eat its fruit.”

Supporting Scriptures

- *Ephesians 4:29 (NIV) “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”*



Day 4: Speaking Life Over Each Other

Devotional: Your Words Shape Their World

The words we speak to each other in a relationship carry incredible weight. They can **lift or crush, ignite or extinguish, heal or wound**. Proverbs makes it clear: your tongue holds the power of life or death. And in marriage or dating, your words help shape the emotional climate of your relationship.

In seasons of stress, busyness, or frustration, it becomes easy to let careless comments, sarcasm, or dismissive tones slip through. But over time, those moments can chip away at love and trust.

Conversely, a word of encouragement, affirmation, or blessing can renew your partner's heart like water on dry ground. When you **speak life**, you become a reflection of Christ—the One who always speaks identity, hope, and truth over His beloved.

God calls us to build each other up *according to each other's needs*. That means tuning into what lifts your partner's spirit and offering those words freely. It's not about flattery or performance—it's about love expressed with intention.



Day 4: Speaking Life Over Each Other

Journaling Prompts

1. What are some life-giving words my partner has spoken to me that I still remember?

2. Are there any patterns of speech I need to repent of (criticism, sarcasm, silence)?

3. How can we intentionally speak blessing over each other this week—verbally and in writing?



Day 4: Speaking Life Over Each Other

Prayer for Today

Lord, thank You for being the God who speaks life into our hearts. Forgive us for the times we've used our words to wound rather than heal. Teach us to bless, not curse; to build up, not tear down. Holy Spirit, guard our tongues and soften our hearts. Let our home be filled with encouragement, laughter, truth, and kindness. Help us speak to one another the way You speak to us—with grace and power. In Jesus' name, amen.





Day 5: Serving One Another with Joy



Day 5: Serving One Another with Joy

Your Verse

Galatians 5:13 (NIV)

“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”

Supporting Scriptures

- *Philippians 2:3–4 (NIV)*

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”



Day 5: Serving One Another with Joy

Devotional: Love Looks Like a Towel, Not a Throne

In a world that often promotes relationships as 50/50 deals or “what do I get out of this?” contracts, Jesus flips the script completely. He showed that the greatest love is **humble service**, and the clearest display of that was when the King of the universe **knelt to wash feet**.

To serve your spouse or partner with joy is to embrace the posture of Christ. It’s noticing their needs before they speak them. It’s doing the dishes not because it’s your turn, but because you love them. It’s checking in on their emotional and spiritual well-being even when you’re tired.

And here’s the beauty—when both people serve each other out of love and not obligation, the relationship flourishes with peace, honor, and delight. You’re not keeping score. You’re giving from a place of abundance, not scarcity.

Jesus didn’t love us because we earned it. He loved us through sacrifice. And when we serve each other with that kind of joyful humility, **His presence shows up in powerful ways**.



Day 5: Serving One Another with Joy

Journaling Prompts

1. What does humble service look like in our relationship right now?

2. Are there areas where we've been acting out of "what I need" more than "how can I give"?

3. What's one simple act of service I can do for you this week to reflect Christ's love?



Day 5: Serving One Another with Joy

Prayer for Today

Jesus, You knelt when You could've ruled. You served when You could've demanded. Help us love like You. Show us how to serve each other not out of guilt or pressure, but from joy and deep affection. Remove selfishness from our hearts. Make our home a place where sacrifice is honored, and humility is celebrated. May our relationship mirror Your love—a love that stoops low to lift the other up. In Your holy name we pray, amen.





Day 6: Growing Together in Spiritual Purpose



Day 6: Growing Together in Spiritual Purpose

Your Verse

Ecclesiastes 4:9–12 (NIV)

*“Two are better than one, because they have a good return for their labor:
If either of them falls down, one can help the other up.
But pity anyone who falls and has no one to help them up.
Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken.”*

Supporting Scriptures

- *Amos 3:3 (NKJV)*
- *“Can two walk together, unless they are agreed?”*



Day 6: Growing Together in Spiritual Purpose

Devotional: More Than Romance—You Have a Mission

God didn't design your relationship just for comfort and companionship—He designed it for **purpose**. Whether you're married or dating with intention, there is a spiritual mission embedded into your union.

Ecclesiastes reminds us that **two are better than one**—not just for warmth or defense, but because they can accomplish more together for God's glory. When Christ becomes the **third strand**, your bond gains supernatural strength.

Too often, couples operate in separate spiritual lanes. She may be pursuing Jesus while he coasts. Or vice versa. But God's invitation is to walk **together in unity of purpose**. That doesn't mean doing everything identically—it means aligning your hearts toward the same Kingdom goals: love, discipleship, service, and holiness.

Ask yourselves: What is God calling *us* to do together that we couldn't do alone?

Your relationship can be a vessel of healing to others, a safe place of restoration, and a lighthouse of faith. The more you grow spiritually, side-by-side, the more powerful your love becomes.



Day 6: Growing Together in Spiritual Purpose

Journaling Prompts

1. What spiritual strengths does each of us bring to this relationship?

2. Where have we been spiritually “out of sync,” and how can we realign?

3. What shared mission do we believe God might be calling us to pursue together?



Day 6: Growing Together in Spiritual Purpose

Prayer for Today

Father, thank You for bringing us together with purpose. You didn't design our love to be shallow or self-centered. You called us to glorify You as one. Help us walk in unity. Show us the mission You've given us together—whether it's raising godly children, serving our church, helping others, or simply loving well. Bind us with You as our third strand. May we grow together in faith, vision, and surrender to Your will. In Jesus' name, amen.





Day 7: Keeping Christ at the Center



Day 7: Keeping Christ at the Center

Your Verse

Colossians 3:16–17 (NIV)

“Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.”

Supporting Scriptures

- *John 15:5 (NIV)*

“I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing.”



Day 7: Keeping Christ at the Center

Devotional: Centered and Rooted in Christ—Always

As your journey through this Bible Study comes to a close, this truth remains: **Christ must stay at the center** of your relationship every single day.

It's tempting to drift. Life gets busy. Emotions fluctuate. But Christ is the **anchor** who holds your love steady when storms hit. He is the **source** of your joy, patience, forgiveness, passion, and purpose. Without Him, relationships fall into patterns of pride, hurt, selfishness, or disconnection. With Him, love is sustained, renewed, and made holy.

Jesus said, *“apart from Me you can do nothing.”* That includes being a godly boyfriend, girlfriend, spouse, or friend. But when you **remain in Him**, you'll find your relationship producing fruit—peace, joy, gentleness, kindness, and faithfulness.

So how do you keep Christ at the center? By worshiping together. By reading His Word together. By praying with each other and for each other. By staying accountable to what you've learned and letting grace flow freely.

Your relationship was never meant to run on human love alone. It was meant to be **filled with Christ**, empowered by the Spirit, and focused on His glory.



Day 7: Keeping Christ at the Center

Journaling Prompts

1. In what ways have we grown spiritually together this past week?

2. How can we make worship, prayer, and Bible study a consistent rhythm together?

3. What boundaries or habits can help us keep Jesus at the center of our relationship?



Day 7: Keeping Christ at the Center

Prayer for Today

Lord Jesus, thank You for walking with us through this study. We have seen You draw us closer—not just to each other, but to You. Help us never forget what we’ve learned. Let this not be the end, but the beginning of a lifestyle with You at the center of our love. May our relationship reflect Your truth and grace in every season. Teach us to remain in You always, bearing fruit and glorifying Your name. Unite us, guide us, and use us. In Your precious name, amen.





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

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



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



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

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.