## When Love Grows Cold: Rekindling Marriage Connection



A 21-day journey for couples seeking to restore emotional and physical intimacy, growing faith and honest sharing daily.





#### Table of contents

| 4  |
|----|
| 6  |
| 12 |
| 18 |
| 24 |
| 30 |
| 36 |
| 42 |
| 48 |
| 54 |
| 60 |
| 66 |
| 72 |
| 78 |
| 84 |
| 90 |
| 96 |
|    |











#### Introduction

**Marriage** is a sacred union designed by God, reflecting His love through the bond between two people. Yet, even in the strongest marriages, seasons come when love feels distant or cold. This 21-day study plan is crafted to help couples recognize the signs of emotional and physical disconnection and intentionally rekindle the vibrant connection God desires for them.

Throughout these days, you'll explore *biblical truths*, engage in honest reflection, and encounter practical steps to gently restore the ties that bind you. Each day offers a devotional aimed at refreshing your view of God's design for marriage, encouraging openness in your communication and fostering empathy between you and your spouse. The journaling prompts invite personal honesty and shared vulnerability, building a foundation where grace and love can flourish once again.

By inviting God's presence into the heart of your relationship, you will learn to honor your spouse's feelings and needs while nurturing your own. This journey is not just about improving communication or reigniting passion but about aligning your marriage with God's eternal purpose. As you invest in daily growth together, you will experience renewed hope, deeper understanding, and a revitalized sense of intimacy that goes beyond the physical, penetrating hearts and souls.

Whether your marriage is facing small challenges or deep struggles, this plan encourages a return to God's original loving intent—a connection that







*transforms, heals, and perseveres.* Let's begin this sacred journey together, trusting God's wisdom and grace to guide each step.















#### Your Verse

Song of Solomon 2:4 - "He brought me to the banqueting house, and his banner over me was love."

#### **Supporting Scriptures**

- Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."
- 1 Corinthians 13:4 "Love is patient, love is kind..."







#### Devotional: Spotting Emotional Distance Early

In the busyness of life, couples can find themselves emotionally distant without realizing it. Like a fire left unattended, the warmth can fade and the connection can feel fragile. God's Word reminds us through Song of Solomon that love is not just a feeling but a banner raised high — a visible declaration that invites intimacy and celebration.

**Recognizing the signs** of emotional distance is the first step in rekindling love. Consider how patience, gentleness, and humility from Ephesians 4:2 cultivate an environment where love can grow again. Love is not passive; it is active and intentional. *Today, reflect on how you and your spouse may have drifted, and open your heart to God's invitation to draw near once more.* 







## Reflect and Apply

| 1. | What moments have you noticed distance growing between you and your spouse?   |
|----|---|
|    |   |
| 2. | How do humility and patience play roles in bridging that gap?                 |
|    |   |
| 3. | What emotions surface when you consider the current state of your connection? |
|    |   |
|    |   |







## **Journaling Prompts**

|    | 1. Write honestly about any feelings of coldness or distance you have sensed lately. |
|----|--|
|    |  |
| 2. | 2. Describe a moment when you felt deeply connected to your spouse.                  |
|    |  |
|    | 3. Identify one small action you could take to show love intentionally today.        |
|    |  |
|    |  |







#### Prayer for Today

**Lord,** help us to recognize the emotional walls that have built up between us. Teach us to be patient and gentle with one another, just as You are with us. Rekindle our hearts with Your love, reminding us that true connection is a gift from You. Open our eyes to see each other anew, and guide us toward healing and renewal. *May our marriage reflect Your banner of love that never fades.* Amen.















#### Your Verse

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

#### **Supporting Scriptures**

- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."
- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."







#### Devotional: Listening and Speaking with Grace

When love grows cold, often the words between spouses become scarce or sharp. James instructs us to listen intently and guard our words carefully. Communication is the bridge that connects hearts, but it requires effort, humility, and grace.

Think about the power of a gentle answer from Proverbs 15:1 and the importance of uplifting speech from Ephesians 4:29. These principles enable couples to break down walls and create safe spaces for truth and love. **Today, commit to hearing your spouse without interruption or judgment and speaking in ways that encourage healing.** Opening channels of honest communication renews intimacy and fosters understanding.







## Reflect and Apply

| 1. | How can you practice being a better listener with your spouse?          |
|----|---|
|    |   |
| 2. | What types of words have historically built you up or broken you down?  |
|    |   |
| 3. | How might slow, thoughtful speech soften tensions in your relationship? |
|    |   |
|    |   |







## **Journaling Prompts**

| 1. | 1. Write about a recent conversation that either helped or hurt your connection. |
|----|--|
|    |  |
| 2. | 2. Identify moments where you may have spoken too quickly or harshly.            |
|    |  |
| 3. | 3. Make a list of kind, affirming things you want to say to your spouse.         |
|    |  |
|    |  |







#### Prayer for Today

**Father God,** teach us to be quick listeners and slow speakers. Help us replace harsh words with gentle answers that heal and restore. May our conversations build up rather than tear down, reflecting Your patience and kindness. Give us the grace to communicate honestly and with love. *Bind us together with Your truth and mercy, Lord.* Amen.  $\stackrel{\text{Restored}}{\rightleftharpoons}$ 

















#### Your Verse

Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

#### **Supporting Scriptures**

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







#### Devotional: The Power of Christlike Forgiveness

Past hurts and disappointments can feed the chill of a distant marriage. Yet, God calls us to forgive with a heart like His—grace-filled and generous. Forgiveness does not mean forgetting or excusing painful actions; rather, it frees us from bitterness and opens the door to renewal.

Reflect on how Colossians 3:13 encourages carrying one another's burdens and forgiving as God forgave you. When both spouses embrace forgiveness, emotional walls come down, making room for healing and deeper connection. Allow God's mercy to soften your heart and empower you to forgive honestly and wholeheartedly.







## Reflect and Apply

| 1. | Are there any hurts or offenses you are holding onto?                                |
|----|--|
|    |  |
|    | How does understanding God's forgiveness help you extend forgiveness to your spouse? |
|    |  |
| 3. | What changes when forgiveness replaces bitterness in a relationship?                 |
|    |  |
|    |  |







## **Journaling Prompts**

| 1. | 1. Write about a time you experienced God's forgiveness personally.            |
|----|--|
|    |  |
|    | 2. Identify any unforgiveness you feel toward your spouse and the reasons why. |
|    |  |
|    | 3. Commit to one specific step you can take toward offering forgiveness today. |
|    |  |
|    |  |







#### Prayer for Today

**Gracious Lord,** teach us to forgive as You have forgiven us. Help us release any bitterness and to bear with one another in love. Heal the wounds in our hearts and restore our marriage through Your grace. May forgiveness be the foundation for renewed intimacy and peace. *We trust in Your mercy, Lord.* Amen.  $\heartsuit$ 

















Day 4: A Rekindling Physical Affection

#### Your Verse

1 Corinthians 7:3-4 - "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it 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."







Day 4: 🖰 Rekindling Physical Affection

#### Devotional: Mutual Care Through Affection

Physical intimacy is a beautiful expression of love meant to be enjoyed and cherished within marriage. When love grows cold, couples often find this area neglected or fraught with tension. Paul's instructions in 1 Corinthians remind us of the mutual giving and caring involved in physical connection—no one holding dominion but affirming the other's needs.

Song of Solomon poetically celebrates desire and belonging, emphasizing the delight spouses can take in each other. Physical affection is not just about the body but communicating love, security, and acceptance. Today, ask God to help you overcome barriers and open your heart to genuine physical connection as part of your emotional healing.







Day 4: 🔥 Rekindling Physical Affection

## Reflect and Apply

| 1. | How does physical affection communicate love in your marriage?    |
|----|---|
|    |   |
| 2. | What fears or hesitations might be blocking physical intimacy?    |
|    |   |
| 3. | In what ways can intimacy become a language of grace between you? |
|    |   |
|    |   |







Day 4: 🔥 Rekindling Physical Affection

## **Journaling Prompts**

|    | 1. Describe what physical connection means personally to you and your relationship.     |
|----|---|
|    |   |
| 2. | 2. Reflect on any emotional or physical barriers that have arisen.                      |
|    |   |
|    | 3. Write a plan for a small step toward rekindling physical closeness with your spouse. |
|    |   |
|    |   |







Day 4: 🖰 Rekindling Physical Affection

#### Prayer for Today

**Dear Lord,** restore joy and mutual desire in our physical relationship. Help us respect and care for each other's hearts and bodies as You intend. Remove any walls of fear or misunderstanding, allowing intimacy to bloom in Your purity and love. *May our marriage bed always be honorable and filled with Your blessing.* Amen.









## Day 5: **(** Guarding Your Marriage









Day 5: ① Guarding Your Marriage

#### Your Verse

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

#### Supporting Scriptures

- Ecclesiastes 4:12 "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."
- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







Day 5: ① Guarding Your Marriage

#### Devotional: Protecting Your Heart Together

Relationships grow vulnerable when the heart is unguarded — exposed to outside influences or internal weaknesses. Proverbs 4:23 underscores the importance of vigilantly protecting your heart. Marriage involves guarding not only emotions but also your thoughts, actions, and boundaries.

The cord of three strands in Ecclesiastes reminds us that God is central to a strong marriage. His presence safeguards you from division and temptation. By submitting to God's authority and resisting negative forces (James 4:7), couples can fortify their relationship with spiritual strength.

Today, reflect on how you can better protect your marriage by inviting God's vigilance and your active cooperation.







Day 5: **(**) Guarding Your Marriage

## Reflect and Apply

|    | What areas of your heart or marriage feel vulnerable or guarded incorrectly? |
|----|--|
|    |  |
| 2. | How does involving God strengthen your marriage's defenses?                  |
|    |  |
| 3. | What boundaries might you need to establish or reinforce for protection?     |
|    |  |
|    |  |







Day 5: ① Guarding Your Marriage

## **Journaling Prompts**

| 1. | 1. Write about potential threats or distractions affecting your marriage.         |
|----|---|
|    |   |
|    | 2. Reflect on your current spiritual habits and how they guard your relationship. |
|    |   |
| 3. | 3. List concrete steps you and your spouse can take to protect your bond.         |
|    |   |
|    |   |







Day 5: ① Guarding Your Marriage

#### Prayer for Today

**Father God,** help us guard our hearts and marriage carefully. Strengthen us through Your Spirit to resist temptation and division. Teach us to submit fully to You so that our bond remains unbreaking. Keep our hearts united in love and truth, always.











## Day 6: Practicing Gratitude Daily









#### Your Verse

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

### **Supporting Scriptures**

- Psalm 107:1 "Give thanks to the Lord, for he is good; his love endures forever."
- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."







#### Devotional: Thankfulness Rekindles Affection

Gratitude is a powerful antidote to coldness in marriage. When spouses focus on what is going well and express appreciation, it cultivates warmth and connection. Paul exhorts us to give thanks in all circumstances as an expression of faith and trust.

Psalm 107 celebrates God's enduring love, encouraging us to remember the goodness present even in hard times. Philippians connects gratitude to prayer, showing us that thankful hearts align with God's peace and purpose.

Choose today to intentionally identify and thank God for specific qualities or acts of your spouse and in your marriage. This will fill your hearts with renewed love and hope.







# Reflect and Apply

| 1. | What qualities or actions of your spouse do you often overlook?           |
|----|---|
|    |   |
| 2. | How has gratitude softened your heart in past challenges?                 |
|    |   |
|    | In what ways can thankfulness shift your marriage's emotional atmosphere? |
| •  |   |
|    |   |







# **Journaling Prompts**

| 1. | 1. List three specific reasons you are thankful for your spouse today.   |
|----|--|
|    |  |
| 2. | 2. Write about a recent moment of encouragement or joy in your marriage. |
|    |  |
| 3. | 3. Reflect on how practicing gratitude has impacted your relationship.   |
|    |  |
|    |  |







# Prayer for Today

**Lord,** we thank You for the gift of our spouse and marriage. Help us to see and cherish the blessings amidst challenges. Fill our hearts with gratitude that brings hope and renewal. May thanksgiving be a daily practice drawing us closer together and to You. Amen.  $\bigwedge$   $\diamondsuit$   $\diamondsuit$ 

















#### Your Verse

Matthew 18:15 – "If your brother or sister sins, go and point out their fault, just between the two of you."

### **Supporting Scriptures**

- Proverbs 19:11 "A person's wisdom yields patience; it is to one's glory to overlook an offense."
- Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."







#### Devotional: Peace through Humble Conflict Resolution

Conflict, though often feared, can be a turning point in marriage when addressed with humility and respect. Jesus instructs us to lovingly confront issues privately and gently.

Proverbs reminds us that patience and choosing to overlook offenses at times show wisdom and dignity, while Romans calls us to pursue peace actively. Conflict handled gracefully deepens trust, clarifies misunderstandings, and renews commitment.

Pause today to consider how you approach disagreements. Ask God to help you respond with grace and seek reconciliation above winning an argument.







# Reflect and Apply

| 1. | How do you currently handle conflict in your marriage?      |
|----|---|
|    |   |
|    |   |
| 2. | What role does pride or fear play in your responses?        |
|    |   |
| 2  |   |
| 3. | What steps could lead to more peaceful, loving resolutions? |
|    |   |
|    |   |







# **Journaling Prompts**

| 1. | 1. Reflect on a recent conflict: how could it have been handled differently?         |
|----|--|
|    |  |
|    | 2. Write about your fears or hopes related to confronting problems with your spouse. |
|    |  |
|    | 3. Commit to a new approach or mindset toward disagreements moving forward.          |
|    |  |
|    |  |







# Prayer for Today

**Heavenly Father,** teach us to approach conflict with humility and love. Give us the courage to address issues gently and the wisdom to seek peace. Help us to forgive quickly and pursue reconciliation, reflecting Your grace in every conversation. Amen. 😂 💝 🚉









Day 8: Telebrating Unique Gifts









#### Your Verse

1 Corinthians 12:4–5 – "There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord."

### **Supporting Scriptures**

- Romans 12:6 "We have different gifts, according to the grace given to each of us."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







# Devotional: Valuing Each Other's Unique Gifts

Every spouse brings unique spiritual gifts, personalities, and strengths to the marriage. Recognizing and affirming these differences fosters appreciation and deeper connection.

Paul teaches that one Spirit equips us with diverse gifts for service and growth. When couples celebrate each other's distinct qualities instead of competing or jealousy, love flourishes.

Today, explore the unique gifts God has given you and your spouse, thanking God for this beautiful variety. How can these gifts complement rather than complicate your partnership?







# Reflect and Apply

| ow do your differences enrich or challenge your marriage?   |
|---|
|   |
| ow can a spirit of celebration transform your relationship? |
|   |
|   |







# **Journaling Prompts**

| 1. | 1. List your own spiritual or personal gifts and how they shape you.             |
|----|--|
|    |  |
|    |  |
| 2. | 2. Write about three positive traits in your spouse you want to appreciate more. |
|    |  |
|    |  |
| 3. | 3. Reflect on ways your gifts can work together to strengthen your marriage.     |
|    |  |
|    |  |
|    |  |







# Prayer for Today

**Lord,** thank You for the unique gifts You have given each of us. Help us to see and celebrate the strengths in our spouse. Teach us to work together harmoniously, using our differences to build a stronger, more loving marriage. May Your Spirit guide and unite us every day. Amen. To see

















Day 9: 🕰 Prioritizing Time Together

#### Your Verse

Ecclesiastes 4:9 - "Two are better than one, because they have a good return for their labor."

### **Supporting Scriptures**

- Mark 6:31 "Come with me by yourselves to a quiet place and get some rest."
- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."







Day 9: 

Prioritizing Time Together

### Devotional: Choosing to Spend Time Together

Life's demands often crowd out opportunities for meaningful time with your spouse. God created marriage as a team effort requiring intentional time investment to nourish connection and love.

Ecclesiastes reminds us two working together achieve more than alone, and Jesus invites us to rest and retreat relationally. Prioritizing time—not just quantity but quality—reflects wisdom and honor for your marriage.

Seek ways today to carve out moments of undistracted presence with your spouse. Even small intentional pauses can revive intimacy and trust.







Day 9: 🙇 Prioritizing Time Together

# Reflect and Apply

| 1. | How often do you truly disconnect to focus on each other?      |
|----|--|
|    |  |
|    |  |
|    |  |
| 2. | What steals your time more than your marriage?                 |
|    |  |
|    |  |
| 3. | How can you create regular space for connection in daily life? |
|    |  |
|    |  |







Day 9: 🙇 Prioritizing Time Together

# **Journaling Prompts**

| 1. | 1. Describe an ideal time spent with your spouse that brought you closer. |
|----|---|
|    |   |
| 2. | 2. List barriers that prevent quality time and ideas for overcoming them. |
|    |   |
|    |   |
| 3. | 3. Plan one actionable step to prioritize time together this week.        |
|    |   |
|    |   |







Day 9: 🕰 Prioritizing Time Together

# Prayer for Today

**God of all moments,** help us to value and protect the precious time we have together. Teach us to step away from distractions and rest in Your presence as a couple. Guide us in wisdom to invest in our marriage so it may thrive. Amen.



















#### Your Verse

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

### **Supporting Scriptures**

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







### Devotional: Strength Found in Vulnerability

Vulnerability is essential to emotional intimacy but often the hardest to embrace. Sharing fears, hopes, and burdens invites deeper trust and healing.

Galatians highlights that carrying one another's burdens fulfills Christ's law of love. Paul's words in 2 Corinthians remind us that weakness is an avenue for God's power, not shame. Psalm 34 comforts us with assurance that God draws near to broken hearts.

Open your heart today to honest sharing with your spouse, trusting God to meet you both in your weakness and bring strength.







# Reflect and Apply

| . What fears hold you back from sharing your true feelings?                |
|--|
|  |
| . How can vulnerability deepen your relationship with God and your spouse? |
|  |
| . What burdens could you begin to share today for mutual support?          |
|  |
|  |







# **Journaling Prompts**

| 1. | 1. Write about a time you felt safe to be vulnerable in your marriage.  |
|----|---|
|    |   |
| 2. | 2. Identify areas where you want to grow in openness with your spouse.  |
|    |   |
| 3. | 3. Pray for courage to carry and share your emotional burdens together. |
|    |   |
|    |   |







# Prayer for Today

**Jesus,** help us to embrace vulnerability and to carry each other's burdens. Teach us that weakness is an opportunity for Your strength to shine through. Bring healing where there is brokenness and bind our hearts with Your grace. Amen.

















#### Your Verse

Philippians 2:2 - "Make my joy complete by being like-minded, having the same love, being one in spirit and of one mind."

### **Supporting Scriptures**

- Amos 3:3 "Do two walk together unless they have agreed to do so?"
- Proverbs 16:3 "Commit to the Lord whatever you do, and he will establish your plans."







### Devotional: Unity Through Shared Vision

A strong marriage moves forward when spouses align their hearts and goals. Paul's encouragement to be like-minded in love challenges couples to unite in purpose and vision.

Amos reminds us two cannot walk together without agreement, and Proverbs assures us that committing plans to God brings stability. Setting shared goals provides direction and fuels teamwork.

Discuss today where you see God leading your marriage and commit to steps that draw you forward together.







Day 11: **③** Setting Shared Goals

# Reflect and Apply

| 1. | What common goals do you and your spouse currently have?    |
|----|---|
|    |   |
| 2. | Are there any areas where your visions differ?              |
|    |   |
| 3. | How can committing your plans to God strengthen your unity? |
|    |   |







Day 11: **③** Setting Shared Goals

# **Journaling Prompts**

| 1. | 1. Write down three shared dreams or goals for your marriage.            |
|----|--|
|    |  |
| 2. | 2. Reflect on personal goals that may need alignment with your spouse's. |
|    |  |
| 3. | 3. Plan a time to discuss and pray over your goals together.             |
|    |  |







# Prayer for Today

**Lord,** unite our hearts and minds as we seek Your will for our marriage. Help us to walk together in agreement and purpose, committing our plans to You. May our shared vision bring joy, strength, and deeper love. Amen.

















Day 12: 💥 Cultivating Joy Together

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence."
- John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."







Day 12: 🎇 Cultivating Joy Together

#### Devotional: Joy: Strengthening Love Daily

Joy is transformative, creating resilience and warmth amidst difficulties. Nehemiah reminds us that the Lord's joy is our strength, an inner resource that energizes and sustains.

Psalm 16 and Jesus' words in John invite us to seek joy found in God's presence. When spouses nurture joy together—through laughter, gratitude, and shared experiences—their connection deepens.

Choose today to prioritize joy, celebrating small victories and God's blessings in your marriage.







Day 12: 🎇 Cultivating Joy Together

## Reflect and Apply

| 1.  | What brings you genuine joy as a couple?                           |
|-----|--|
| _   |  |
|     |  |
| _   |  |
| 2.1 | How can focusing on joy soften difficulties in your marriage?      |
| -   |  |
| _   |  |
| 3.1 | In what ways can God's presence fill you with deeper joy together? |
| _   |  |
| -   |  |







Day 12: 🎇 Cultivating Joy Together

## **Journaling Prompts**

| 1. | 1. Recall a joyful memory you share with your spouse.            |
|----|--|
|    |  |
|    |  |
| 2. | 2. List simple ways you can invite joy into daily life.          |
|    |  |
|    |  |
| 3. | 3. Write a prayer asking God to fill your marriage with His joy. |
|    |  |
|    |  |







Day 12: 💥 Cultivating Joy Together

#### Prayer for Today

**Father,** fill our hearts with Your joy that strengthens and sustains us. Help us to find delight in one another and in Your presence. Teach us to celebrate even small blessings and to live as reflections of Your joy. Amen. 💸 😜 🗲

















#### Your Verse

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

#### **Supporting Scriptures**

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







#### Devotional: Love Expressed Through Service

Marriage is a calling to serve each other with humility and love. Paul's reminders encourage putting your spouse's needs ahead of selfish desires.

Jesus demonstrated ultimate servant leadership through foot washing, calling His followers to the same heart posture. When spouses serve faithfully andhumble themselves, love grows stronger and deeper.

Look for ways today to show practical love through service, building connection through giving rather than expecting.







## Reflect and Apply

| 1. | How do you currently serve your spouse's needs?              |
|----|--|
|    |  |
|    |  |
| 2. | What attitudes help or hinder a servant's heart in marriage? |
|    |  |
|    |  |
| 3. | What new act of service could you offer this week?           |
|    |  |
|    |  |







#### **Journaling Prompts**

| . Reflect on a time when your spouse served you meaningfully.       |
|---|
|   |
| 2. Write about an area where you can humbly serve your spouse more. |
|   |
| . Make a plan to act on one service step in the coming days.        |
|   |
|   |







#### Prayer for Today

**Lord Jesus,** teach us to serve each other with humility and love. Help us to value our spouse above ourselves and to follow Your example of servant leadership. May our acts of service deepen our connection and bring glory to You. Amen. 🙌 💙 🙏

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 56:3 "When I am afraid, I put my trust in you."
- 1 Peter 4:8 "Love covers over a multitude of sins."







#### Devotional: Trust Rooted in God's Faithfulness

Trust is foundational to a thriving marriage, but it requires consistent actions to build and maintain. Proverbs encourages placing ultimate trust in God, which enables us to extend trust to others.

Psalm 56 gives comfort to those struggling with fear, reminding us that placing confidence in God helps overcome doubt. Peter teaches that love's forgiving nature covers many offenses, guarding trust from collapse.

Commit today to transparency, honesty, and forgiveness which build and sustain trust in your marriage.







## Reflect and Apply

| 1. | In what areas do you struggle to trust your spouse fully? |
|----|---|
|    |   |
| 2. | How does your trust in God influence your marital trust?  |
|    |   |
| 3. | What actions rebuild trust after it has been broken?      |
|    |   |







## **Journaling Prompts**

| 1. | 1. Reflect on past experiences where trust was tested and restored. |
|----|---|
|    |   |
| 2. | 2. Identify ways you can be more trustworthy to your spouse.        |
|    |   |
| 3. | 3. List choices you can make to encourage openness and honesty.     |
|    |   |







#### Prayer for Today

**Heavenly Father,** teach us to trust You fully and extend that trust to our spouse. Heal any broken trust between us and guide us to be honest and forgiving. May our love be a safe place where trust thrives. Amen.  $\heartsuit$   $\heartsuit$   $\diamondsuit$ 

















#### Your Verse

Proverbs 19:21 – "Many are the plans in a person's heart, but it is the Lord's purpose that prevails."

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Psalm 46:10 "Be still, and know that I am God;"







#### Devotional: Freedom in Surrendering Control

Struggling for control can strain a marriage deeply; it often masks fear, insecurity, or pride. Proverbs reminds us that while we plan, God's purpose will prevail—inviting us to surrender control and trust Him fully.

Jesus offers rest to the weary and burdened, while Psalm 46 calls us to be still and recognize God's sovereign hand. Letting go of control opens room for grace, peace, and mutual respect.

Reflect today on where you need to release control and trust God's guidance in your marriage and life.







## Reflect and Apply

| 1. | What areas of your marriage do you try to control tightly?       |
|----|--|
|    |  |
|    |  |
| 2. | How does surrendering control connect with trusting God?         |
|    |  |
|    |  |
| 3. | What peace might come from letting go and resting in God's plan? |
|    |  |
|    |  |







## **Journaling Prompts**

| 1. | 1. Write about a specific struggle related to control in your relationship.   |
|----|---|
|    |   |
| 2. | 2. Reflect on how striving for control might affect your spouse and marriage. |
|    |   |
| 3. | 3. Pray for help to surrender these areas to God fully.                       |
|    |   |
|    |   |







#### Prayer for Today

**Lord,** help us to surrender our desire for control and rest in Your perfect plan. Teach us to trust Your purposes above our own and to find peace in Your timing and directions. May our marriage flow freely in Your grace. Amen.

















Day 16: C Embracing Change Together

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 43:19 "See, I am doing a new thing! Now it springs up; do you not perceive it?"
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Day 16: Cambracing Change Together

#### Devotional: Growing Through Life's Seasons

Marriage, like life, moves through seasons of growth, struggle, and transformation. Recognizing and embracing change together allows couples to adapt and thrive rather than resist and suffer.

Ecclesiastes reminds us that every season has a purpose, while Isaiah promises new things are always coming from God. Paul speaks of becoming a new creation in Christ, signaling hope and renewal for every stage.

Welcome today the changes in your marriage as opportunities for fresh growth and deeper love.







Day 16: Day 16: Embracing Change Together

## Reflect and Apply

| 1. | What changes has your marriage recently experienced or is facing?    |
|----|--|
|    |  |
| 2. | How do you typically respond to change—fear, resistance, excitement? |
|    |  |
| 3. | How can seeing change as a new beginning impact your relationship?   |
|    |  |
|    |  |







Day 16: Day 16: Embracing Change Together

## **Journaling Prompts**

| 1. | 1. Write about a past change that strengthened your marriage.               |
|----|---|
|    |   |
|    | 2. Reflect on current challenges and how God might be working through them. |
|    |   |
|    | 3. Pray for openness and courage as you walk through this season together.  |
|    |   |
|    |   |







Day 16: C Embracing Change Together

#### Prayer for Today

God of new beginnings, help us to embrace the changes You bring with grace and hope. Teach us to see every season as Your opportunity to refine and renew our marriage. May we grow stronger and closer in every new chapter. Amen.









# Day 17: 🇱 Embracing Differences









Day 17: 🗱 Embracing Differences

#### 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 "Now the body is not made up of one part but of many."
- Ephesians 4:2-3 "Be completely humble and gentle; be patient, bearing with one another in love, making every effort to keep the unity of the Spirit through the bond of peace."







Day 17: 🗱 Embracing Differences

#### Devotional: Unity in Diversity

Every marriage contains individuals uniquely created with different personalities, preferences, and strengths. Like parts of one body in the scriptures, these differences are designed to complement rather than compete.

Recognizing this helps spouses value diversity instead of allowing it to cause division. Ephesians calls for humility, patience, and peace to preserve unity despite differences.

Today, reflect on how embracing your spouse's uniqueness can bring harmony and fullness to your relationship.







Day 17: **S** Embracing Differences

## Reflect and Apply

| 1. | Which differences between you and your spouse have been sources of conflict? |
|----|--|
|    |  |
| 2. | How might these differences be gifts rather than problems?                   |
|    |  |
|    |  |
| 3. | What practices can help you bear with one another in love and patience?      |
|    |  |
|    |  |







Day 17: 🗱 Embracing Differences

## **Journaling Prompts**

|    | 1. List ways your spouse is different from you but positively impacts your life. |
|----|--|
|    |  |
| 2. | 2. Reflect on any frustrations with differences and how to reframe them.         |
|    |  |
| 3. | 3. Write a prayer asking for grace to appreciate your spouse fully.              |
|    |  |
|    |  |







Day 17: 🗱 Embracing Differences

#### Prayer for Today

**Lord,** help us to embrace our differences with humility and love. Teach us patience and gentleness to bear with one another, preserving unity through Your Spirit. May our marriage reflect the beautiful harmony of Your design. Amen. 

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# Day 18: Murturing Spiritual Growth Together









Day 18: 💋 Nurturing Spiritual Growth Together

#### Your Verse

Hebrews 10:24–25 – "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

#### **Supporting Scriptures**

- Colossians 2:6-7 "...being rooted and built up in him, strengthened in the faith as you were taught..."
- Matthew 18:20 "For where two or three gather in my name, there am I with them."







Day 18: 💋 Nurturing Spiritual Growth Together

## Devotional: Growing Faith Side by Side

Spiritual growth is essential in cultivating a marriage that thrives over time. The writer of Hebrews encourages believers to motivate and support one another in love and faith.

Being rooted in Christ and regularly gathering to worship and pray together sustains couples through challenges and joys alike. The promise that Jesus is present when two gather in His name provides assurance that God is in your marriage journey.

Seek ways today to grow spiritually with your spouse through prayer, study, and fellowship.







Day 18: 🥬 Nurturing Spiritual Growth Together

# Reflect and Apply

| 1. | How often do you engage in spiritual activities together?              |
|----|--|
|    |  |
|    |  |
|    |  |
| 2. | What spiritual disciplines would you like to develop with your spouse? |
|    |  |
|    |  |
| 3. | How does growing in faith deepen your connection?                      |
|    |  |
|    |  |







Day 18: 🥬 Nurturing Spiritual Growth Together

# **Journaling Prompts**

| 1. | 1. Reflect on recent spiritual experiences shared with your spouse. |
|----|---|
|    |   |
| 2. | 2. Identify spiritual goals for your marriage.                      |
|    |   |
| 3. | 3. Plan practical next steps to nurture faith together.             |
|    |   |







Day 18: 💋 Nurturing Spiritual Growth Together

## Prayer for Today

**God,** draw us closer to You and each other through shared spiritual growth. Help us to encourage one another and to stay rooted in Your love and truth. May Your presence be the heart of our marriage every day. Amen.  $\square$   $\wedge$ 







# Day 19: P Embracing Patience in Growth









Day 19: PEmbracing Patience in Growth

#### Your Verse

James 5:7 - "Be patient, then, brothers and sisters, until the Lord's coming."

#### **Supporting Scriptures**

- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."
- Romans 8:25 "But if we hope for what we do not yet have, we wait for it patiently."







Day 19: PEmbracing Patience in Growth

#### Devotional: Waiting Well with Patience

Growth—whether emotional, physical, or spiritual—takes time and patience. James urges believers to persevere patiently, trusting God's perfect timing.

Galatians encourages not losing heart, and Romans comforts us in waiting with hope. Marriages require this same endurance; quick fixes rarely produce lasting transformation.

Commit today to choosing patience with yourself, your spouse, and God's timing as you journey together.







Day 19: 🖓 Embracing Patience in Growth

# Reflect and Apply

| 1. | Where do you struggle with impatience in your marriage?                        |
|----|--|
|    |  |
| 2. | How does hope influence your willingness to wait?                              |
|    |  |
|    | What encouragement can you give your spouse in moments of delay or difficulty? |
|    |  |
|    |  |







Day 19: 🖓 Embracing Patience in Growth

# **Journaling Prompts**

| 1. | 1. Write about a time when patient endurance led to growth.        |
|----|--|
|    |  |
| 2  |  |
| 2. | 2. Reflect on how impatience has caused strain or hurt.            |
|    |  |
| 3. | 3. Pray for strength and hope to wait well in challenging seasons. |
|    |  |
|    |  |







Day 19: PEmbracing Patience in Growth

## Prayer for Today

**Lord,** teach us to be patient in growth, trusting Your timing and purposes. Help us to encourage one another and remain hopeful through every season. May endurance produce a strong, enduring love between us. Amen.  $\Sigma$   $\Sigma$   $\Delta$ 









# Day 20: Celebrating Progress









Day 20: Celebrating Progress

#### Your Verse

Philippians 1:6 – "He who began a good work in you will carry it on to completion until the day of Christ Jesus."

#### **Supporting Scriptures**

- Psalm 126:3 "The Lord has done great things for us, and we are filled with joy."
- Hebrews 12:1 "Let us run with perseverance the race marked out for us."







Day 20: Celebrating Progress

#### Devotional: Joy in God's Faithful Work

As you approach the end of this journey, take time to celebrate the progress God has made in your marriage. Philippians reminds us that God completes the work He starts in us.

Psalm 126 fills hearts with joy in remembering God's goodness, while Hebrews calls us to run with perseverance. Celebrate how far you have come—even small steps matter greatly in God's economy.

Celebrate today the growth, healing, and renewed love, trusting God to continue the work faithfully.







Day 20: Celebrating Progress

# Reflect and Apply

| What progress do you see in your marriage since beginning this study? |
|---|
|   |
| How can celebrating growth encourage continued commitment?            |
|   |
| In what ways do you trust God to complete His work in you both?       |
|   |
|   |







Day 20: 🏵 Celebrating Progress

# **Journaling Prompts**

| 1. | 1. List tangible ways your marriage has grown or healed.    |
|----|---|
|    |   |
| 2. | 2. Write about moments that brought renewed hope or joy.    |
|    |   |
| 3. | 3. Plan a celebration or commitment event with your spouse. |
|    |   |
|    |   |







Day 20: Celebrating Progress

## Prayer for Today

**Faithful God,** thank You for the work You have done in our marriage. We rejoice in every step of progress and trust You to complete Your purpose. Help us to persevere with joy and gratitude. Amen. 🤌 🚓 🙏







# Day 21: 😂 Looking Forward with Hope









Day 21: 🔀 Looking Forward with Hope

#### Your Verse

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

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Day 21: 🔀 Looking Forward with Hope

#### Devotional: Hope Anchored in God's Promises

As this plan concludes, embrace the hope God offers for your marriage's future. Jeremiah promises plans for prosperity, safety, and hope—assurances that God's purpose is good and enduring.

Paul's blessing in Romans yearns for joy and peace through trust, and Isaiah encourages renewal of strength for those hoping in the Lord.

Look forward confidently, standing on God's promises, committing to nurture and protect your marriage with His guidance.







Day 21: 😂 Looking Forward with Hope

# Reflect and Apply

| 1. | What hopes do you hold for your marriage in the coming year?           |
|----|--|
|    |  |
| 2  | How can keeping God's promises at the center bring peace and strength? |
| ے. | ——————————————————————————————————————                                 |
|    |  |
| 3. | What daily habits will support ongoing growth and connection?          |
|    |  |
|    |  |







Day 21: 😂 Looking Forward with Hope

# **Journaling Prompts**

| 1. Write a letter to your spouse expressing your hopes and commitment. |
|--|
|  |
| 2. List spiritual and relational goals for the future.                 |
|  |
| 3. Reflect on how God's promises shape your outlook.                   |
|  |
|  |







Day 21: 🔀 Looking Forward with Hope

## Prayer for Today

**Gracious Lord,** thank You for the hope and future You have planned for us. Fill us with joy and peace as we trust You daily. Renew our strength to persevere and build a marriage that honors You. Guide us forward in love and faith. Amen. 😂 👽 🙏







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