




7-Day Marriage Devotional + Challenge

___ Day 1: Praying Together as a Couple

 **Key Verse:** *Matthew 18:20* – “For where two or three gather in my name, there am I with them.”


 **Reflection:** Praying together strengthens your spiritual bond and invites God into your marriage.

 **Challenge:** Set aside time today to pray with your spouse about your marriage, family, and future.


 **Prayer Focus:** Pray that God strengthens your relationship and helps you grow spiritually as a couple.

___ Day 2: Listening with Love


 **Key Verse:** *James 1:19* – “Everyone should be quick to listen, slow to speak, and slow to become angry.”


 **Reflection:** Communication is not just about talking; it’s about listening with patience and understanding.


 **Challenge:** Take time today to listen to your spouse without interrupting or reacting emotionally.


 **Prayer Focus:** Pray for the ability to listen with a compassionate heart and to seek understanding in your marriage.

___ Day 3: Handling Conflict with Grace


 **Key Verse:** *Proverbs 15:1* – “A gentle answer turns away wrath, but a harsh word stirs up anger.”


 **Reflection:** Conflict is inevitable in marriage, but how we respond makes all the difference. Choosing kindness over harshness brings peace and understanding.

 **Challenge:** When a disagreement arises, take a deep breath, pause, and respond with a gentle and respectful tone.

 **Prayer Focus:** Ask God to help you and your spouse handle conflicts with grace and wisdom.

___ Day 4: The Power of Words


 **Key Verse:** *Ephesians 4:29* – “Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”


 **Reflection:** Words have the power to bring life or destruction to a marriage. Speaking words of encouragement and love strengthens your bond.

 **Challenge:** How can you intentionally use your words to uplift and encourage your spouse today?


 **Prayer Focus:** Ask God to help you speak words of life and encouragement in your marriage.

___ Day 5: The Power of Forgiveness


 **Key Verse:** *Colossians 3:13* – “Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.”

 **Reflection:** Holding onto resentment can create distance in marriage. True intimacy comes when we forgive as Christ forgave us.


 **Challenge:** If there’s something you need to forgive your spouse for, take a step toward healing today.

 **Prayer Focus:** Ask God to help you release bitterness and extend forgiveness freely.

___ Day 6: Serving One Another in Love

 **Key Verse:** *Galatians 5:13* – “Serve one another humbly in love.”


 **Reflection:** A marriage thrives when both spouses serve each other selflessly, reflecting Christ’s love.


 **Challenge:** Find a small but meaningful way to serve your spouse today (e.g., making them coffee, running an errand, or giving a heartfelt compliment).


 **Prayer Focus:** Pray for a servant’s heart and a willingness to put your spouse’s needs above your own.

___ Day 7: Keeping Christ at the Center

 **Key Verse:** *Ecclesiastes 4:12* – “A cord of three strands is not quickly broken.”

 **Reflection:** A marriage built on Christ is stronger and more resilient. When both spouses seek Him, they grow closer to each other.

 **Challenge:** Discuss ways you and your spouse can keep Christ at the center of your marriage, such as attending church together, reading Scripture, or praying together.

 **Prayer Focus:** Ask God to be the foundation of your marriage and to strengthen your love through His grace.