

Embrace Forgiveness

DAY 1

SCRIPTURE

“Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”

(Colossians 3:13, ESV)

REFLECTION

Your marriage will fracture if you cling to every offense. Christ calls you to bear with one another and forgive, just as he forgave you.

PRAYER

Father, strip away my pride and fill me with the willingness to forgive. Teach my heart to release past hurts and to mirror Your mercy.

ACTION STEP

- Write down one specific hurt you’ve harbored against your spouse.
- Pray over it, then safely share it and verbally extend forgiveness tonight.



Love Like Christ

DAY 2

SCRIPTURE

“Husbands, love your wives, as Christ loved the church and gave himself up for her.” - Ephesians 5:25,

REFLECTION

Jesus, empower me to love my wife with a selfless, enduring love. Let my actions echo Your sacrificial heart.

PRAYER

Jesus, empower me to love my wife with a selfless, enduring love. Let my actions echo Your sacrificial heart.

ACTION STEP

- Choose one practical sacrifice today (time, comfort, preference) to demonstrate love.
- Share that act of love and explain its significance.



Listen and Understand

DAY 3

SCRIPTURE

“Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel.” - 1 Peter 3:7

REFLECTION

God made you to lead—but leadership without understanding becomes oppression. You need skillful listening to honor her heart.

PRAYER

Holy Spirit, give me ears that hear beyond words and eyes that see her unspoken needs. Help me honor her as Christ honors His bride.

ACTION STEP

- Set aside 15 uninterrupted minutes today for your spouse to talk.
- Practice active listening: reflect back what you hear before responding.



Two are Stronger

DAY 4

SCRIPTURE

“A threefold cord is not quickly broken.” -
Ecclesiastes 4:12

REFLECTION

When you stand divided, Satan picks you off one by one. But two bound in God’s purposes become an unbreakable cord.

PRAYER

Lord, weave our hearts into a cord that resists every enemy attack. Keep us united in purpose and passion for You.

ACTION STEP

- Identify one area of decision where you’ve acted alone this week.
- Decide together today, committing to unity over unilateral choice.



Patient, Kind, Unfailing Love

DAY 5

SCRIPTURE

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude...” - 1 Corinthians 13:4-5

REFLECTION

Your love is the only antidote to bitterness. Let it be patient when she's slow to change and kind when she's at her worst.

PRAYER

Jesus, fill me with enduring love that reflects Your character. When I'm tempted to lash out, let me choose compassion.

ACTION STEP

- Do three kind acts today without announcing them.
- End the day by telling her one way you saw God's love in her.



Guard Your Heart and Marriage

DAY 6

SCRIPTURE

“For I hate divorce, says the Lord, the God of Israel...” -
Malachi 2:16

REFLECTION

Divorce wounds the covenant. God hates it because it destroys what He's fused together.

PRAYER

God of covenant, strengthen us to persevere under strain. Give us faithfulness where temptation whispers divorce as freedom.

ACTION STEP

- Identify a point of division where divorce has felt like an option.
- Pray through that road's end together and write a covenant renewal statement.



Renewed Devotion

DAY 7

SCRIPTURE

“Love one another with brotherly affection. Outdo one another in showing honor.” - Romans 12:10

REFLECTION

Every marriage needs ongoing resurrection. Pour out new devotion, honoring one another above self, reflecting the glory of the resurrected King.

PRAYER

Risen Lord, resurrect any dead places in our marriage. Ignite fresh honor and unshakeable devotion between us.

ACTION STEP

- Plan a dedicated “honor date” this week focused on celebration and gratitude.
- Commit to praying together daily for the next seven days using these reflections.

