BY CELINDA AND
CHRISTOPHER JOOSTE

WORKBOOK ISSUE #1

RESTORING YOUR MARRIAGE

A WORKBOOK FOR HEALING YOUR MARRIAGE

"So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate."

- Matthew 19:6

RESTORING YOUR MARRIAGE

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RESTORING YOUR MARRIAGE

A Workbook for Healing Your Marriage

By Celinda and Christopher Jooste

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WELCOME

We are so excited to embark on this journey of rebuilding trust in your marriage because we have been through the exact same thing! Your marriage is not hopeless—that I can promise you! No matter how you feel about your marriage right now, remember that God is for marriage. And if He is for marriage, then He will surely help you with yours.

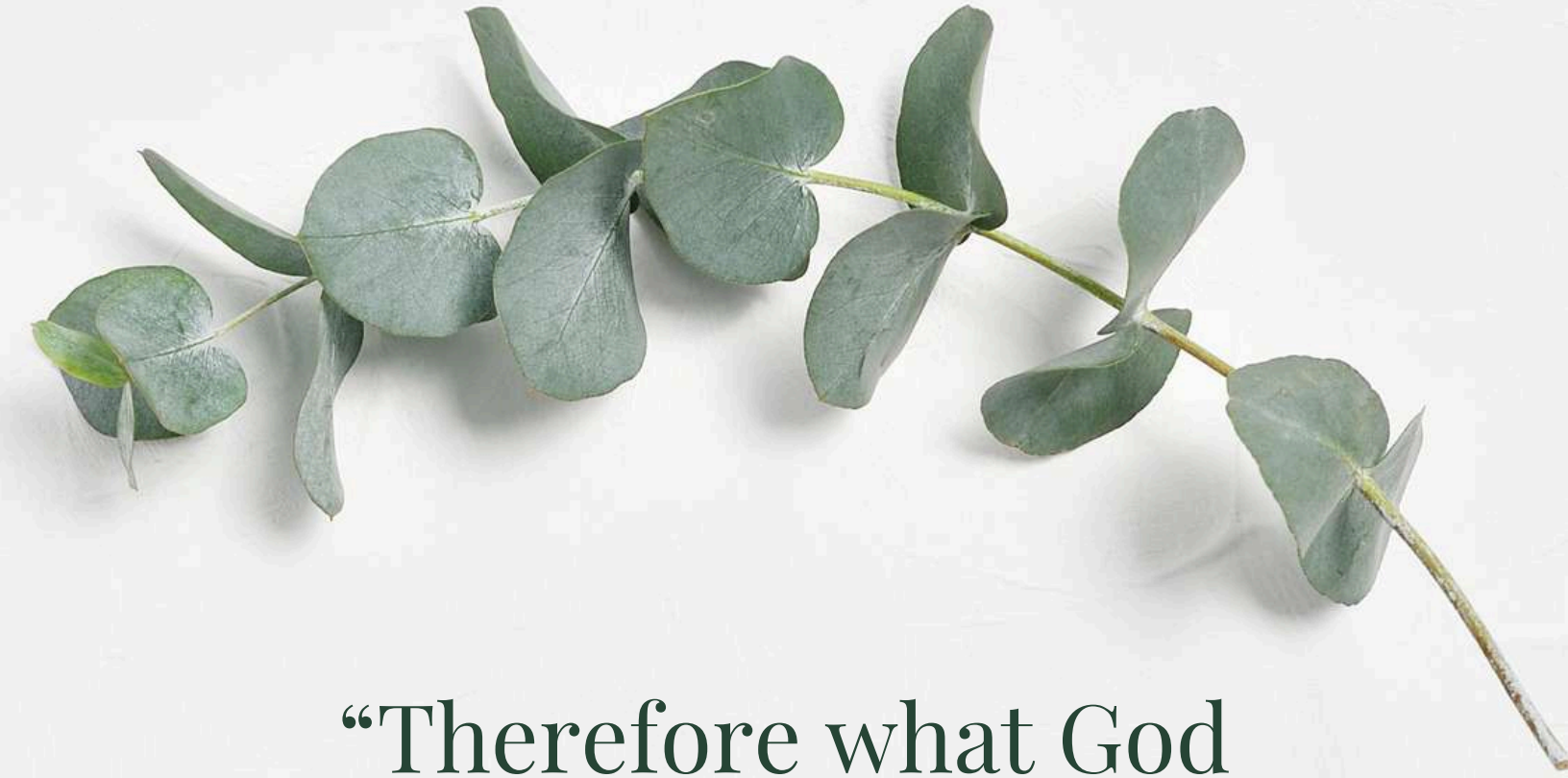
God regards marriage as a very sacred relationship, and believing that your spouse is the one you are fighting against is not the truth! The Bible says, "For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places" (Ephesians 6:12, NLT). Despite this, God has given us the armor of God to fight back (Ephesians 6:13–17).

I want to encourage you to declare this—whether it is just you or together with your spouse: "The devil will not have my marriage, because what God has joined together, let no man separate, in Jesus' name!"

FOR MORE CONTENT

SCAN ME

Yours sincerely,
Christopher and Celinda Jooste



“Therefore what God has joined together, let not man separate.”

- Mark 10:9

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Chapter 01

TRUST

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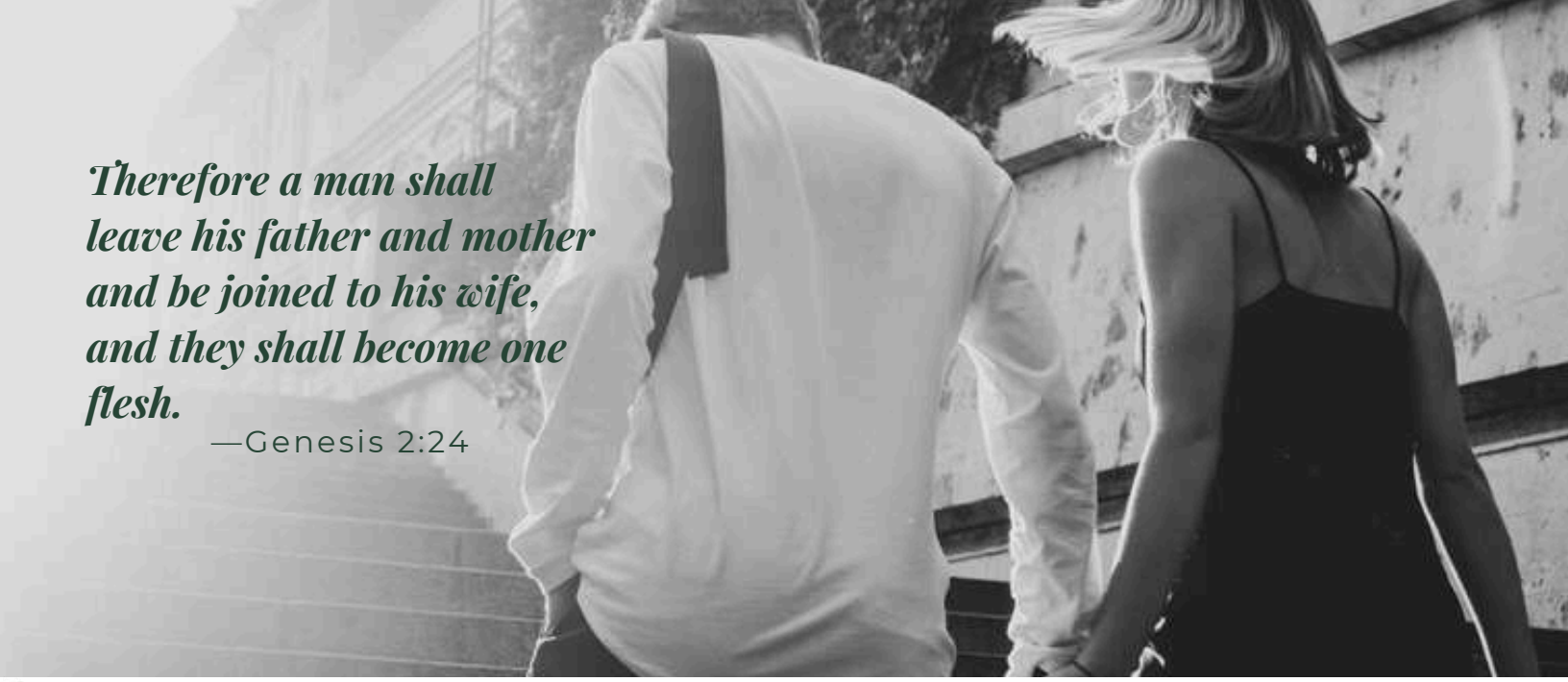
Trust
and How It Started

Marriage often comes with a wake-up call: most of us did not enter into the covenant of marriage as saints who had served the Lord all our lives, nor did we hear an audible voice from heaven saying, “This is your husband” or “This is your wife.” The truth is, many of us made our choice based on what we saw—what attracted us in the moment.

For me, what stood out about Christopher was his backbone, his relentless work ethic, and yes—the “rock band lead singer” look he had at the time. Looking back, I realize that my decision was shaped more by a worldly perspective rather than a biblical one. But by the grace of God, I believe Christopher and I have been set apart in how we approach marriage. We have seen both extremes within Christian marriages—the judgmental, performance-based kind, and the compromised, passive kind.

We have walked through the brokenness and the beauty. And now, our desire is to be as real as it gets—not sharing from mere opinion or experience, but from what God has taught us through His Word about how to align our marriage with His grand design.

Christopher and I began taking intentional responsibility in our marriage when we realized how many couples, especially within the Christian community, were silently struggling, feeling ashamed to speak up about their challenges. But here is the good news: what you are going through is not new. You are not a “worst-case scenario.” In fact, you are more normal than you think. The problem is, many people hide their marriage issues so well that it can make you feel like you are the only one facing difficulties. That silence, however, never helped our marriage. For years, we searched for godly examples to follow, marriages rooted in Scripture, but found very few. What I often saw was either the fearful, overly-submissive wife or the dominant “hear me roar” husband. Neither reflected the biblical model of unity, love, and mutual respect.



Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

—Genesis 2:24

That realization stirred something in us: couples are hungry for real, biblical examples of marriage, just like we are!

Because of this, we committed ourselves to creating content that reflects the beauty, strength, and truth of marriage according to God's Word. Something you need to recognize is that, at times, we all experience a great deal of disappointments in our spouse. Even the strongest marriages face moments where certain expectations are left unmet. We, as humans, are extremely needy, and when our needs go unmet, we begin to harbor feelings of resentment and distrust, particularly toward our spouse.

Every relationship we have, with friends, family, and colleagues—is built on the principle of trust. Without trust, relationships deteriorate, split apart, and fall apart. With that said, no relationship you have should come before the relationship you have with your spouse except for your relationship with God.

You are your spouse's accountability partner, and if other relationships come before your marriage, you will conform to the ideals of what those other relationships desire instead of becoming what your spouse desires. For trust to be restored in your marriage, you will need to list the relationships you currently have and rank them based on which are taking higher priority in your life. Then, decide for yourself if you want a thriving friendship, a thriving relationship with your parents, a thriving connection with your colleagues, or do you want a thriving marriage? Because what you spend the most time on will flourish. Can all of these relationships thrive together? Absolutely—but your marriage must take the number one priority above every other human relationship you have.

Practical Step: Evaluate Your Trust

Take some time to reflect and assess your relationships honestly. Create a list of all the key relationships in your life—such as with parents, friends, colleagues, and others—and rank them based on the time, energy, and emotional investment you give to each.

Next, ask yourself these questions: Am I unintentionally prioritizing any of these relationships above my spouse?

Do I seek advice, affirmation, or emotional support from others more than from my spouse?

Are there habits or patterns in these relationships that take away from the time or focus I should give to my marriage?

Have these relationships caused mistrust in my relationship with my spouse?

How can I rebuild trust with my spouse to strengthen our relationship and ensure a solid foundation of trust?

...Therefore what God has joined together, let not man separate.

—Matthew 19:6

The Power of Forgiveness

The pain and challenges we endure almost always leave an imprint, either creating barriers to prevent those behaviors or driving us into similar behaviors. I have lost count of the number of scientific research articles presenting statistics and predicting outcomes for individuals who have suffered from PTSD and emotional trauma. While I acknowledge the importance of diagnosis and the role of medical or therapeutic interventions, I firmly believe there is a profound simplicity that is often overlooked. The treatment could be simplified into three transformative words: **"I forgive you."**

I have witnessed and experienced how unforgiveness and resentment can cause a person's health to deteriorate under the heavy burden of not letting go from what hurt you in the past. The more one holds onto a particular event that hurt you, the more that hurt takes root and begins to define your behavior, personality, outlook on life, and affect other valuable relationships.

But here is the truth: that does not have to be you. The fact that you are taking the time to read through this workbook is a declaration that enough is enough. You are choosing to break the cycle. You are choosing to confront the past and take back control over your life and your marriage. Say this out loud: 'I will not conform to what the former generation had, and my past experiences does not define me any longer!'

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

—Hebrews 12:15 (NLT)

Practical Step: Are Past Experiences Holding You Back from Moving Forward?

This workbook is not an inner healing book, but rather a tool to help you recognize the things that are holding you back from moving forward. It is designed to guide you step-by-step in addressing these obstacles, so you can break free and move on from them.

Jesus Himself said, "Remember Lot's wife" in Luke 17:32, in this brief but powerful verse, Jesus uses the example of Lot's wife turning into a pillar of salt when she looked back at the destruction of Sodom. Why did Jesus choose to highlight this moment? Why not someone else from the Bible? Perhaps Jesus wanted to show us the danger of holding on to what is behind. Lot's wife's decision to look back was symbolic of her heart's attachment to the past, and it caused her to miss out on the bright future God had for her.

Take a moment to consider the things in your life that might be keeping you stuck. Is there something in your past that still lingers in your heart and mind, preventing you from growing? This is your opportunity to confront it, make a choice to let it go, and start moving forward. Pause and reflect on experiences that have hurt you deeply.

Allow yourself to ponder those moments and jot down any thoughts as they come to mind. You do not need to go into the details; it can be as simple as saying, "Lord, heal me from..."

One thing I want to encourage you with is that we have all experienced things that were unfair, cruel, and felt like they defiled us. But here is the good news: God is an emotional healer too. His Word says, "He heals the brokenhearted and binds up their wounds" (Psalm 147:3).

You may be wondering, how does God heal us? The answer is simple: through the reading of His Word. "My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body" (Proverbs 4:20-22, NLT).

Take a deep breath. Now, reflect for a moment on the wounds of your past. Think about the hurts, the shame, the unfair treatment you have endured. How does it feel when you bring them to mind?

Now, I want you to do something powerful: release them and let them go. Say this out loud: "Father, I come to You in the name of Jesus. Today, I forgive these people for wounding my soul. I pray that You will heal my broken heart and bind up all my wounds. I declare them free and forgiven, In Jesus' name, I pray. Amen."

You might be asking, Can it really be that easy? And my answer is—yes, it can! The truth is, your healing is in your hands. It is not up to anyone else. You are the one who gets to say, "Enough is enough." Healing begins when you make the decision to let go and move forward. Think about this: when you forgive someone or release a painful experience, you are choosing to move beyond the negative emotions that have been holding you captive.

The power of that hurt no longer has control over you. By holding onto it, you are essentially giving it permission to keep influencing your life, your choices, and your peace. But when you forgive—you take back that control.

Scriptural Principle for Forgiveness

We forgive because He forgave us first:
And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. —Ephesians 4:32

If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins. —Matthew 6:14-15 (NLT)

The forgiveness we extend to others is directly connected to the forgiveness we receive from God. God's forgiveness was not free—it came at the highest cost: the sacrifice of His one and only Son, Jesus Christ. When we consider this, the question becomes: What will our forgiveness cost us? It will cost us everything!

Vision

I had the incredible privilege of traveling with the well-known evangelist Angus Buchan to Israel. During our time together, Ev. Angus shared an unforgettable lesson on vision and common sense—one that has stayed with me ever since. He spoke about how forward progress is only possible when we focus on what lies ahead, not on what is behind us. To illustrate his point, he drew from his farming days. He told us, “Imagine a farmer trying to plow his field, but instead of looking ahead, he keeps looking behind. What do you think would happen?” Of course, it would be impossible to plow a straight line. The slightest misdirection in the moment may seem minor, but over time, that small mistake turns into a major deviation. You might not notice it at first, but before long, you are miles off course and in big trouble. He paused and looked around, then added, “That is exactly what happens when we keep looking at the past. We cannot move forward if we are constantly looking backward.”
—Christopher Jooste

Scripture *Notes*

Scripture *Notes*

Chapter 02

WORDS

...they shall become one flesh.

—Genesis 2:24

The Marriage Vow

The day we said the words, "I do," we did not mean, "Well, we are hoping for the best." We said "I do" to live together in the holy state of matrimony, which means acknowledging marriage as sacred and holy, a spiritual covenant recognized and blessed by God. We promised to comfort and keep one another, through sickness and in health, for richer or poorer, for better or worse; to forsake all other relationships and to remain faithful to one another until death do us part. These are powerful words we spoke on our wedding day, but how many of these promises have we discounted with our words or added our own terms and conditions? We are quick to make a vow, but keeping a vow is what exhibits maturity. God takes a vow very seriously we read this in Ecclesiastes 5:4-5, "When you make a vow to God, do not delay to pay it; for He has no pleasure in fools. Pay what you have vowed—Better not to vow than to vow and not pay."

Many spouses feel abandoned by their spouse once coming into marriage because they have a "fairy tale' expectation of what marriage is supposed to be and then after a year, or two or five they find themselves completely and utterly unhappy because they had expectations that were left unmet. When couples were dating all they ever did was pursue one another and then once they step into marriage the years go by and the demands of work, children, and life increase. The marriage quietly slips down the list of priorities—when in fact, it should remain at the top.

So what can we practically do about the distance we feel with our spouse? The first instinct for many of us is to fix it by doing more. More date nights. More quality time. More intimacy. More intentional moments. More vacations. More planning. More effort. To do, to do, to do. It becomes an exhausting cycle of trying to fix closeness through external activity—when in reality, the deepest connection starts internally.

What if, instead of adding more to your to-do list, you started with something you already have? Your words. The Bible says, "Death and life are in the power of the tongue" (Proverbs 18:21). That does not just apply to your career or your calling—it applies to your marriage. What are you speaking about your spouse? What are you saying to your spouse? Are your words filled with complaints, criticism, and reminders of what they did not do—or are they filled with gratitude, affirmation, and life?

Often, the real intimacy gap is not because we lack time; it is because we have neglected tone. A spouse who is constantly torn down with words will retreat, shut down, and disconnect emotionally. But a spouse who is spoken to with honor and appreciation will feel seen, safe, and drawn in. Yes, plan that vacation. Yes, schedule the date night. But even before all that—consider your words.

The real intimacy gap is not because we lack time; it is because we have neglected tone.

—Celinda Jooste

Start by choosing words that build up and not break down. Words that strengthen the bond, not strain it. Celebrate progress, even if it is small. Overlook imperfections the way love once did. Thank them for what they do right instead of magnifying what they have done wrong. Bless them with your words, do not burden them with your criticism.

Words cost nothing, but the wrong words can cost your marriage. Before you rush to do more, pause and choose to speak better. So, before you do more, start by speaking better. You may be surprised to find that true connection does not begin with what you do on the outside—it starts with what is happening within.

Out of the abundance of the heart the mouth speaks.

—Matthew 12:34

Now that I have challenged you on the power of your words, you might be saying, "But I cannot help what I say—that is just how I feel!" And you are absolutely right. Your words are a reflection of how you feel and they start with your thoughts. Loving words start with loving thoughts; resentful words start with resentful thoughts. The way you perceive your spouse is the way you will speak about them, not just to them, but to others as well. And that, my dear friend, is dangerous territory because you bring people into agreement with what you say. One woman says, "My husband is an awful father. He is never home. He always prioritizes work. And when he is finally home, he is too tired to do anything with me or the kids." Another says, "My husband is an awful father. He refuses to work and expects me to carry the weight of everything." Two very different situations. Same root issue: unmet expectations. But more than that, it reveals a deeper problem: Expecting your spouse to be what only God was meant to be. Most of us place God-sized expectations on our spouse and when they do not meet those expectations, we spiral into disappointment, resentment, and criticism. But let me set you free with this biblical truth: Your spouse was never created to meet all your expectations—God is.

My soul, wait silently for God alone, for my expectation is from Him.

—Psalm 62:5

Your words are a reflection of how you feel and they start with your thoughts. Loving words start with loving thoughts; resentful words start with resentful thoughts.

—Celinda Jooste

Practical Step: Reflect on Your Recent Words About Your Spouse—What Fruit Have They Produced?

You may be thinking "I am not even able to write down the thoughts I have had about my spouse because that is how dark they have been." I want to encourage you, there is nothing new under the sun. Ecclesiastes 1:9 reminds us, "History merely repeats itself. It has all been done before. Nothing under the sun is truly new" (NLT). You are not the only one who is struggling with your thoughts, but I want to say in the same sentence you have the power to control what you think! Many people just dwell on what comes into their mind, but you do not have to because you have the fruit of the Spirit and one fruit is self-control. Self-control is already in you but it has to be cultivated, just like joy, patience, kindness and the rest of the fruit (see Galatians 5:22-23). It starts with you "Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ" (2 Corinthians 10:5). You have more power than you think; you have the key; you just have to unlock that realm of refusing to let negative and evil thoughts control you. But it starts with what you allow. If you allow things that are negative then you will have a negative mindset. So let me ask it this way: What are some things or people that affect your thinking negatively, and what can you practically do to clear your mind of these negative influences?

Your Words Carry Immense Power!

Now that you have taken some practical steps, I want to shift into the spiritual matter of taming the tongue. What do you know about what Scripture says regarding the tongue? If you do not realize something is harmful, you will continue to indulge in it. And many people—often unknowingly—continue speaking in ways that bring damage to their marriage, their home, and themselves. Here are some powerful truths from Scripture about the tongue and the power it carries:

The tongue can bring death or life; those who love to talk will reap the consequences.
—Proverbs 18:21 (NLT)

Your words have the power to build your spouse up or completely tear them down and guess what? You will reap the words you speak over them.

The Bible does not treat the tongue like it's a 50/50 chance between it happening or not. Jesus Himself made it clear: "For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says" (Mark 11:23).

A soft answer turns away wrath, but a harsh word stirs up anger. —Proverbs 15:1

Have you ever played pickleball? It is fast-paced. You hit the ball, and it comes flying right back. The longer the rally, the more intense it gets. Some of us have found ourselves in pickleball arguments with our spouse. One sharp word gets returned with another, and before you know it, you are not resolving anything, you are just reacting. Back and forth. Hit after hit. And unlike pickleball, words do not bounce; they stick, they wound, and they divide. But here is the truth: You do not have to keep the rally going. You can stop it. You can stop the hit through choosing peace and refusing to hit back.

There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health. —Proverbs 12:18

Words can hurt your spouse or they can heal your spouse. Almost 90% of the couples I have counseled have said the same thing: "I thought they were the one… but I must have missed it." You talk to enough people, and you start to see a pattern: it always starts with, "What about me?" But here is the truth: marriage was never meant to be about "me." It was meant to be about we—our vision, our covenant, our future. If we could just shift our language from me to we, our words would change. We would not speak foolish things out of frustration, because we would realize—we are not just talking at our spouse… we are talking to our own flesh. "And the two shall become one flesh…" (Genesis 2:24).

You are not separate—you are one. So, when you speak words that tear your spouse down, you are tearing yourself down. You are harming your marriage, your children, your future. Your words do not just express your reality; they create it. And then, after the damage is done, we look back and say, "See? I told you." Yes, because you kept speaking it into existence. You do not have to let your words be a weapon. Let them be a tool to build, to restore, to protect the very thing God has joined together.

Whoever guards his mouth and tongue keeps his soul from troubles. —Proverbs 21:23

I have lost count of how many times someone has said, "I am just kidding," after saying something offensive. But here is the truth: If it came out of your mouth, it came from your heart. Jesus said, "Out of the abundance of the heart the mouth speaks" (Matthew 12:34). Guarding your mouth protects you from stirring up unnecessary trouble—trouble that did not even exist until you opened your mouth.

But no man can tame the tongue. It is an unruly evil, full of deadly poison.

—James 3:8

Before you can speak life, you must first think life. If your mind is not grounded in the truth of God's Word, your words will easily follow your emotions instead of what is right, pleasing, and honorable in the sight of the Lord. The Bible says,

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. —Philippians 4:8 (NLT)

When your mind is filled with the Word and focused on what is true, your mouth naturally begins to align with that truth.

Words can hurt your spouse or they can heal your spouse.

—Celinda Jooste

Guard What Feeds Your Mind

Have you ever heard the saying, "You are what you eat"? That statement is true not only in the physical sense but also in the spiritual. You become what you continually look at and what you consistently listen to. Just as our physical diet affects our health, our spiritual "diet" affects our hearts, minds, and even our relationships. Jesus said,

The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. —Matthew 6:22

What you feed your eyes and ears determines whether light or darkness fills your life. This is not meant to condemn or criticize what you watch or listen to, it is meant to expose how the enemy works. As long as he can keep you feeding on darkness, the enemy will keep you on his playground. And this, whether you realize it or not, has a direct impact on your marriage.

For me personally, I have learned to guard my heart even against "harmless" stereotypes, like the idea of a typical husband who lounges on the couch watching football all day, or a typical wife who constantly nags about chores not being done around the house. Why? Because I do not see that picture in Scripture.

The Bible does not describe a lazy man or a nagging wife as the standard for marriage. Instead, I see my husband through the lens of God's Word, a godly man who provides for his family, works diligently, and leads our household according to the standard of the Bible. And when he rests, I see it as my joy to bless him as he refuels to take on another week of hard work.

Likewise, I choose to see myself not through society's definitions but through Scripture's truth—as a virtuous woman.

When you filter your view of your spouse and yourself through the Word instead of the world, everything changes. Your words become life-giving, your respect grows deeper for your spouse, and your love becomes anchored in the truth of God's Word. So, guard what you feed on. What you see, hear, and meditate on shapes not just your thoughts but your marriage and your destiny together.

Who can find a virtuous wife? For her worth is far above rubies.

—Proverbs 31:10

It Is Time to Pray

One of the hardest things to do is to pray for someone who you feel is undeserving of it, especially when that person is your spouse. But here is the truth: Jesus did not tell us to only pray for those who treat us well. He said,

But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you. —Matthew 5:44

I laugh as I write this because, let us be honest, sometimes our spouses can wound us deeply or frustrate us in ways no one else can. But we must remember, we are one flesh. When we pray for them, we are also praying for ourselves. Even if your spouse is not serving God, the Word says,

For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband; otherwise your children would be unclean, but now they are holy.
—1 Corinthians 7:14

Everything I have today has come through prayer. I remember the days I pleaded with God for a godly husband, and when I look at my husband now, I can hardly recognize the man he used to be. Prayer changed him, but it also changed me. Yes, there may be moments when your spouse does not seem deserving of your prayers, but God's Word commands us to pray in every situation (1 Thessalonians 5:17).

And when you pray, remind yourself—God not only listens, He answers.

And we are confident that he hears us whenever we ask for anything that pleases him. —1 John 5:14

The Lord is near to all who call upon Him, to all who call upon Him in truth. —Psalm 145:18

If you are not praying, you are not slaying. Nothing changes without prayer. Many couples live in dissatisfied marriages simply because they have not implemented the principle of prayer.

Nothing changes without prayer.

—Celinda Jooste

Maybe your spouse is not the one praying right now, but that is okay. God is still working in them, but it starts with the one who is praying. God is not only a prayer-listening God; He is a prayer-answering God. Do not grow weary in doing good. Prayer is planting seeds, and seeds produce harvests (see Galatians 6:9).

At the back of this workbook, you will find a 21-Day Family Prayer Plan designed to guide you in daily prayer for your spouse and your family. As you remain consistent, expect God to work—real change begins in the heart.

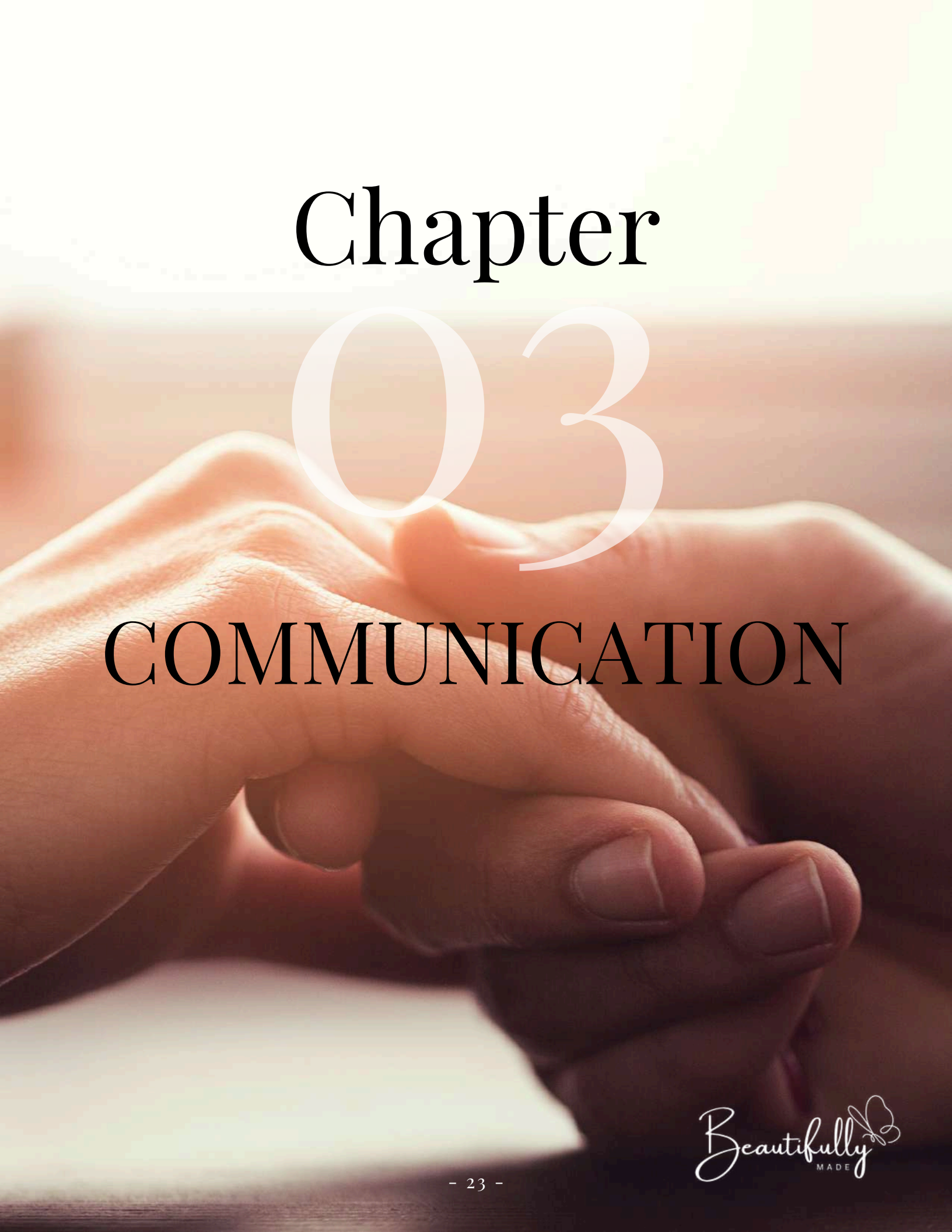
SCAN ME

Scripture *Notes*

Scripture *Notes*

Chapter 03

COMMUNICATION



What Is Communication?

Communication is the art of expressing and receiving thoughts, feelings, and information. It includes verbal methods (words and tone) and nonverbal methods (facial expressions, gestures, and body language).[1] True communication is not just about being heard, it is about being understood.

God spoke creation into existence. With just His voice, He brought life, light, and order to what was once dead, dark, and chaotic (Genesis 1). That same divine principle of creation through words still operates in us today. Proverbs 18:21 reminds us that "death and life are in the power of the tongue," emphasizing that our speech carries the ability to shape reality, for better or for worse.

When God joined husband and wife together as one flesh, He established a sacred unity. So, when we speak harshly or carelessly to our spouse, we are, in essence, tearing down a part of ourselves.

To build a strong and lasting marriage, it all begins with how we communicate. After all, most of us fell in love not only because of appearance or shared interests, but because of how that person made us feel through their words, tone, and attention. We felt seen, valued, and understood. But as time passes, many couples find that the very thing that once connected them (communication) becomes strained or neglected.

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.

—Ephesians 4:29 (NLT)

What changed? Often, it is not love that fades but the increase of responsibility that shifts our focus. Work, children, ministry, and daily pressures begin to take up emotional space, leaving little room for intentional connection. Schedules, budgets, and logistics replace the conversations that once sparked excitement. Slowly, words of affection are replaced by words of instruction, direction, or correction. However, healthy marriages require continual investment in communication that goes beyond daily to-do lists or task updates. Love cannot thrive in an environment where conversation only revolves around logistics. Most times, communication does not necessarily require a solution; sometimes it simply means to be heard.

There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.

—Proverbs 12:18

How Well Do You

Communicate?

Take a moment to honestly assess your communication by rating each statement from 1 to 5.

1 2 3 4 5

1 = RARELY
2 = OCCASIONALLY
3 = SOMETIMES
4 = OFTEN
5 = CONSISTENTLY

01	*I stay calm and respectful.*	1	2	3	4	5
02	*I become irritated and frustrated.*	1	2	3	4	5
03	*I listen to understand.*	1	2	3	4	5
04	*I interrupt or listen only to respond.*	1	2	3	4	5
05	*I express how I feel openly and honestly.*	1	2	3	4	5

06	*I shut down or keep my feelings bottled up.*	1	2	3	4	5
07	*I think before I speak.*	1	2	3	4	5
08	*I react quickly and say things I later regret.*	1	2	3	4	5
09	*I use gentle and kind words.*	1	2	3	4	5
10	*I use harsh or critical words when upset.*	1	2	3	4	5
11	*I keep my emotions under control.*	1	2	3	4	5
12	*I allow anger or tears to take over the conversation.*	1	2	3	4	5
13	*I show patience and empathy when my spouse is speaking.*	1	2	3	4	5
14	*I grow impatient or dismissive during discussions.*	1	2	3	4	5
15	*I focus on resolving the issue, not winning the argument.*	1	2	3	4	5

16	*I try to prove my point even if it hurts my spouse.*	1	2	3	4	5
17	*I admit when I am wrong and apologize quickly.*	1	2	3	4	5
18	*I justify my actions or shift the blame.*	1	2	3	4	5
19	*I speak life, encouragement, and peace.*	1	2	3	4	5
20	*I speak negatively, sarcastically, or critically.*	1	2	3	4	5

To build a strong and lasting marriage, it all begins with how we communicate.

—Celinda Jooste

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

—Hebrews 12:15 (NLT)

Taking time to evaluate how you communicate is one of the most valuable things you can do for your marriage. Many people do not realize that their communication habits, tone, timing, or even silence, can deeply affect their spouse. Over time, ineffective communication can quietly damage the connection between two people who genuinely love each other.

This simple exercise helps reveal blind spots. It is not about fault-finding; it is about awareness and growth. Often, poor communication stems not from bad intentions but from patterns we have never stopped to examine. Personally, I realized that I avoided difficult conversations because I feared conflict or backlash. Silence allows bitterness to take root, and the Bible warns us against this quiet decay.

Let your words be a tool to build, to restore, to protect the very thing God has joined together.

—Celinda Jooste

Transform the Way You Speak

Now that you have taken time to identify your communication strengths and weaknesses, it is time to invite God's Word into those areas. This page is designed to help you reflect on what Scripture says about how you speak, listen, and respond to your spouse—because it is the Word that sets us free.

As you read through each verse, let the Holy Spirit reveal what needs to be renewed in your heart and strengthened in your marriage. Remember, transformation begins within—and when your words are shaped by truth, your relationship begins to reflect God's heart.

The 20 communication scenarios you worked through can be grouped into five key areas that shape healthy, godly communication:

Anger & Self-Control

(Scenarios: 2, 8, 10, 11, 12, 14)

He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.
—Proverbs 16:32

- Proverbs 15:1-2
- James 1:19–20
- Proverbs 14:29

Listening & Understanding

(Scenarios: 3, 4, 13, 14)

He who answers a matter before he hears it, it is folly and shame to him.
—Proverbs 18:13

- Proverbs 18:15
- James 1:19–20
- Proverbs 1:5

Honesty & Openness

(Scenarios: 5, 6, 17, 18)

Therefore, putting away lying, let each one of you speak truth with his neighbour, for we are members of one another.
—Ephesians 4:25

- Proverbs 12:22
- James 5:16
- Proverbs 28:13

Words & Tone

(Scenarios: 1, 7, 9, 10, 19, 20)

A wholesome tongue is a tree of life, but perverseness in it breaks the spirit.
—Proverbs 15:4

- Proverbs 18:21
- Ephesians 4:29
- Proverbs 16:24

Humility & Reconciliation

(Scenarios: 15, 16, 17, 18)

Be kindly affectionate to one another with brotherly love, in honour giving preference to one another.
—Romans 12:10

- Ephesians 4:2
- Colossians 3:12
- Romans 12:18

Scripture *Notes*

Scripture *Notes*

Scripture *Notes*

Scripture *Notes*

Why Body Language Matters?

Our body language often reveals more than our words ever could. Before we even speak, our posture, tone, and facial expressions communicate what is happening in our hearts. The way we carry ourselves can determine whether a conversation invites peace or sparks conflict.

"Out of the abundance of the heart the mouth speaks" (Matthew 12:34). The way we carry ourselves begins with what is in our hearts first. If we carry negativity, unforgiveness, or bitterness, it almost unavoidably shows up on our faces and in our body language. Most people who are bitter have the corners of their mouths turned downward, a tense jaw, and hardened expressions. They appear closed off and less approachable, not because they intend to be, but because their inner condition has shaped their outward posture.

Scripture reminds us in Proverbs 15:13,
"A glad heart makes a happy face;
a broken heart crushes the spirit" (NLT).

Our facial expressions and body language are a reflection of our inward self. That is why the Bible instructs us to "Guard your heart above all else, for it determines the course of your life" (Proverbs 4:23, NLT).

One thing we have to realize is that people often do not know how to behave. The expression "monkey see, monkey do" is not just for children; it is a reality, no matter how old we are. If everyone is going through a certain trend or phase, most people hop right on that bandwagon. Behavior is caught, not taught. No healthy human being teaches a three-year-old to "be angry." They catch it from the way they see their parents react at home. Every time something triggers them, that learned reaction becomes their natural response.

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

—Romans 12:2

Changing the way we think comes from what we know in the Word of God. The most important relationship, before your spouse, is your relationship with God, because it is from your relationship with Him that the outflow of everything else happens.

When we are in a genuine relationship with God and spend time with Him daily, not just on Sundays at church, we begin to see Scriptures that enlighten us about how we are to act. If behaviour did not matter to God, why would Scripture place such importance on the way we live?

If we are not in a personal relationship with God, it becomes difficult to let go of old mannerisms, because the number one-way God speaks to us is through His Word. And if we are not in His Word, we will keep repeating the same cycles, not because we are not a new creation, but because the flesh is not dying daily through spiritual growth. You have to be actively involved in your relationship with God before any true inner change will take place.

Renewing your mind starts with the Word, by renewing your thoughts daily through Scripture. It is daily bread, not weekly bread.

If you are only feeding on the Word once a week, change will come, but it will be slowly. But when you spend time in the Word daily, transformation begins to happen radically.

Give us this day our daily bread.

—Matthew 6:11

...walk worthy of the calling with which you were called

—Ephesians 4:1

Transformation Happens Through

Salvation

I never want an opportunity to go by where someone does not know the Lord Jesus Christ for themselves, because without Jesus, nothing will ever truly change. Your spouse will not change, your home will not get stronger, your peace will not increase, and your joy will not overflow until you know Him personally. I know Jesus wants to make Himself known to you today.

Salvation is not for tomorrow, it is for today before it is eternally too late.

Indeed, the 'right time' is now. Today is the day of salvation. —2 Corinthians 6:2 (NLT)

If you want to see true transformation in your life and home, it starts with knowing Jesus Christ for yourself. It is the shortest prayer you will ever pray, but the most powerful.

Take a moment to pray this out loud as you read:

Father,
I come to You in the name of Jesus today.
I repent of my sins, wash me and cleanse me. Make me brand new.
I believe Jesus died and was raised on the third day for me.
I make Jesus Christ the Lord and Savior of my life.
I thank You that I am on my way to Heaven.
My sins are forgiven, and I will never be the same again.

In Jesus' name I pray,

Amen

Transformation does not start on the outside; it begins within. As you start your walk with God today, never neglect the Bible—read it daily, let it renew your heart, and watch your life begin to transform.

Here is a free downloadable Bible reading plan to help you get started.

SCAN ME

Chapter 04

PURPOSE

The Power of Endurance in Marriage

You might be wondering, "Why end with purpose? Should not purpose be in the first chapters of the book?" That is a fair question. But here is what I have come to realize through both personal experience and ministry: Most people are not searching for the big-picture solution first — they are searching for the right-now solution.

That is what the earlier chapters focused on — how to build trust, overcome unforgiveness, and strengthen communication in the now. But as we close, it is time to zoom out and look at the greater picture — the purpose behind marriage itself.

Recently, I was listening to Evangelist Jesse Duplantis share that he and his wife, Cathy, have been married for over 51 years. He said something so simple, yet so profound concerning marriage: "It is easy to start something, but it is difficult to complete something."

The Bible shows us this truth. It is exciting when something new begins, and God truly delights in those beginnings. But the real test comes in the middle — on the way to the end — and that is where many start to fall off. Why? Because if marriage were easy, why would so many choose divorce? How is it that we once loved each other so deeply in the early years, but now end our marriages over what the world calls "irreconcilable differences"? How does a love story turn into a horror show?

It is because we have neglected the purpose of marriage. When you understand the purpose, it is not as easy to give up on it.

Love never gives up, never loses faith, is always hopeful, and <u>endures</u> through every circumstance.

—1 Corinthians 13:7 (NLT)

Run to Win!

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! —1 Corinthians 9:24 (NLT)

I love how plainly the Apostle Paul says it — "So run to win!" Not for second place, not for third place, but to win the prize. Does that not stir something inside of you? To actually go after it with everything in you? And what is that prize for endurance?

God blesses those who patiently endure testing and temptation. Afterward, they will receive the crown of life that God has promised to those who love Him. —James 1:12 (NLT)

There is a crown waiting for those who stay faithful — for those who refuse to give up when things get hard. Many times, people think it is God tempting them, but that is not true. God does not tempt us, never has, and never will; that is unscriptural. What He does is refine us through the tests and trials we face each day — strengthening our faith and building our endurance.

For you know that when your faith is tested, your endurance has a chance to grow. —James 1:3 (NLT)

So do not view the challenges in your marriage as opportunities to wait for the right time to walk away, or as just another fight or point of disagreement. The enemy loves to magnify those things. He is "the accuser of the brethren" (Revelation 12:10), and he thrives on sowing seeds of discord among families — because marriage was the first covenant God ever created between man and woman and the very foundation of all society. I have believed this principle ever since I became a Christian: Society does not begin outside in the world; it begins inside the home. The foundation we build in our homes becomes the society we create outside in the world. And where does that foundation of the home start? With the union between husband and wife.

...where does the foundation of the home start? With the union between husband and wife.

—Celinda Jooste

That is why the Word tells us: "Therefore what God has joined together, let no one separate" (Mark 10:9). That includes you! Marriage is supposed to last your entire lifetime. It is a covenant more than it is about companionship.

If a house is divided against itself, that house cannot stand.

—Mark 3:25

In the Beginning...

In the beginning, God could have created anything else on that sixth day, yet He created man. He had you in mind. He had your spouse in mind. Marriage was not an afterthought; it was part of His divine plan from the very start.

Then God said, 'Let Us make man in Our image, according to Our likeness.'
—Genesis 1:26

Take a moment to read that again, "Let Us make man in Our image." The plural nature of God is revealed: Father, Son, and Holy Spirit working together in perfect unity and relationship. That means humanity was created out of relationship and for relationship. You and your spouse were not just formed to exist; you were designed to reflect the same unity of the Trinity between God the Father, Christ the Son, and the Holy Spirit.

The first man on earth was Adam, but God did not intend him to fulfil His purpose alone. Scripture makes this clear when God said, "It is not good for the man to be alone. I will make a helper who is just right for him" (Genesis 2:18, NLT).

Eve was not created to be merely a wife for Adam; she was created to help position him for his God-given destiny. Without her, he could not fulfil it. And this was the mandate God gave them in Genesis 1:26–28:

Then God said, 'Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.' So God created man in His own image; in the image of God He created him; male and female He created them. Then God blessed them, and God said to them, 'Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.'

To obey is better than sacrifice.

—1 Samuel 15:22

However, Adam and Eve both broke the covenant through their disobedience in the garden. It was not merely the eating of forbidden fruit; it was the breaking of divine trust regarding what God had entrusted them with — and that was everything He had created for them to enjoy. Disobedience to God opened the door to sin, pain, and separation from God their Creator. Within one generation, their own children, Cain and Abel, repeated the same pattern of sin through envy, pride, and ultimately the first murder (Genesis 4). Sin always starts where disobedience exists.

That is why the strength of your marriage is not in how much love you have for each other, but in how much obedience you both have toward God and His Word. Even if your spouse is not fully walking with the Lord or does not yet know Him or His Word, your obedience still carries immense power.

To obey is better than sacrifice. —1 Samuel 15:22

For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband.
—1 Corinthians 7:14

Your obedience to the Word of God creates an atmosphere where God can move powerfully on your behalf. Your endurance and faith will shift the course for many generations to come as you abide in Him and His Word.

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

—John 15:7

A Covenant that Lasts

So this is what it all comes down to:

Do you want a marriage that lasts?

Do you want a family that thrives?

If your answer is yes, then understand this: God has already done His part. The finished work of the cross made everything possible for us as believers, but now it is our turn to take hold of what is rightfully ours, and that is the covenant we made with God for our marriage.

Many Christians leave their marriages to chance, saying things like, "Let us see how it goes," or "Maybe time will fix it." But time does not heal what you do not confront. You must fight for what God has given you. You must make a daily decision that your marriage matters enough to work for it. The same effort you give to your job, your ministry, your children, your friends, and your family is the same effort your marriage deserves. It is hard work to keep the fire burning, but love that lasts is built by constantly adding wood to keep that fire going.

Sometimes, disappointment and discouragement will come your way, but I can tell you that time and time again, God has never let me harbour feelings of resentment toward my spouse. Most times, the way God speaks to me is He will tell me things like, "Wash your face and get back up!"

> ***So let us not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we do not give up.***
>
> —Galatians 6:9 (NLT)

For us to build a marriage that lasts, a family that grows, and a legacy that thrives, we must keep our covenant pure — undefiled before God.

In the Garden of Eden, Adam and Eve's marriage began in perfection because their relationship with God was in perfect alignment according to His will and plan. Everything they needed flowed from that obedience.

However, once Adam and Eve disobeyed, they broke that perfect peace with God and lost everything. And it is still the same today! God's Word is what He says it is, and God's Word will do what it says it will do.

We cannot serve a holy God with an unholy lifestyle and expect God to bless us — not only in our personal lives, but how much more in our marriages. God is merciful, yes, but He is also a just God.

Nowhere in Scripture does it say that God overlooks our wilful sins. Christianity has often quoted the verse, "For all have sinned and fall short of the glory of God" (Romans 3:23), but that Scripture is often taken out of context. At the end of the day, "the wages of sin is death" (Romans 6:23). What God overlooks are our shortcomings — the areas where we are weak and still growing — because His grace covers our imperfections, but it does not cover our wilful sins. The Bible calls us to something higher — to holiness — and that includes the marriage bed.

Marriage is honourable among all, and the bed undefiled; but fornicators and adulterers God will judge.

—Hebrews 13:4

We serve a holy God, and our lives must reflect that holiness. Our marriages should be a picture of that holiness before our Father in Heaven. When we live casually with sin, we contaminate our covenant with God. And God will never bless what is mixed with the world's way of doing marriage. You cannot hold the hand of God and play with the toys of the devil. He has called you out to be separated from the world's ways of doing things:

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. —1 John 2:15

For God did not call us to uncleanness, but in holiness. —1 Thessalonians 4:7

Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous. —1 John 3:7

These are not suggestions; they are commandments. Holiness is not legalism; it is alignment with God's will and His divine order for a relationship with Him. It is living in a way that reflects His true nature — one of holiness, purity, and truth.

Declaration of Alignment

If you are serious about your marriage and your walk with God, I want you to declare and pray this out loud with me today. You cannot pray things in your head; you have to pray things out of your mouth.

Father,
Today I come boldly before Your throne of grace, that I may obtain mercy and find grace to help in my time of need. I ask for Your forgiveness — for every area where I have fallen short, for every word, thought, or action that has grieved Your Holy Spirit.

Forgive me, Lord, for the times I have treated Your covenant lightly and disregarded its authority in my life. Forgive me for allowing the world's ways into my heart when You have called me to be holy and set apart. Create in me a clean heart, O God, and renew a steadfast spirit within me.

Today, I make a choice, not from emotion, but from conviction. As for me and my house, we will serve the Lord all the days of our lives. No longer will I live with one foot in the world and one foot in the Word. I repent of living a divided life. I renounce every sin, habit, and distraction that separates me from Your presence.

I will no longer hide in shame like Adam and Eve, but I will stand boldly in Your mercy, clothed in righteousness through Jesus Christ.

The Spirit of God dwells in me, and where Your Spirit is, there is freedom. My marriage will be a reflection of Your holiness and a testimony of Your faithfulness. I declare that my home will be filled with peace, unity, forgiveness, and the fear of the Lord.

From this day forward, I choose holiness. I choose obedience. I choose Your will and Your ways.

Your Word says, "If we confess our sins, You are faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

And today, I declare myself free, in the mighty name of Jesus.

Amen

Scripture *Notes*

Scripture *Notes*

Partnership

A Heart for the Harvest

We hope you enjoyed this workbook! We are here to be a trusted voice in your life, marriage, and home—helping you strengthen your marriage, grow spiritually, and deepen your walk with God. Stay connected by following us online, watching our past series, inviting us to speak at your next event, or partnering with us with any amount you feel led to sow into this ministry to advance God's Kingdom together.

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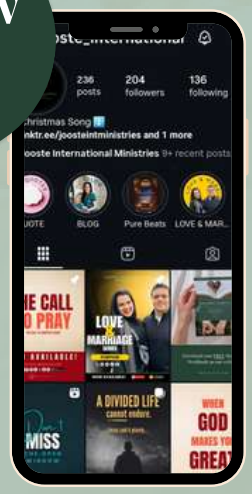

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"An unpreached Gospel is no Gospel at all."

- Evangelist Reinhard Bonnke

21-DAY *Family* PRAYER PLAN

www.cjooste.org

21-Day Family Prayer Plan

Join us in praying for our families — one focused prayer each day, knowing God will bring transformation through the power of prayer.

All Scripture in this prayer plan are taken from the New Living Translation (NLT).

Day 1 – Thanksgiving & Praise

Psalm 136:1 – *Give thanks to the Lord, for he is good! His faithful love endures forever.*

1 Thessalonians 5:18 – *Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

Psalm 100:4 – *Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.*

Psalm 103:1 – *Let all that I am praise the Lord; with my whole heart, I will praise his holy name.*

Philippians 4:4 – *Always be full of joy in the Lord. I say it again—rejoice!*

Day 2 – Unity in the Family

Psalm 133:1 – *How wonderful and pleasant it is when brothers live together in harmony!*

Ephesians 4:3 – *Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.*

Colossians 3:14 – *Above all, clothe yourselves with love, which binds us all together in perfect harmony.*

Ephesians 4:2 – *Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.*

Mark 3:25 – *Similarly, a family splintered by feuding will fall apart.*

Day 3 – Love for God's Word

Psalm 119:105 – *Your word is a lamp to guide my feet and a light for my path.*

Psalm 19:7 – *The instructions of the Lord are perfect, reviving the soul. The decrees of the Lord are trustworthy, making wise the simple.*

Matthew 4:4 – *People do not live by bread alone, but by every word that comes from the mouth of God.*

Luke 11:28 – *But even more blessed are all who hear the word of God and put it into practice.*

2 Timothy 3:16 – *All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives.*

And we are confident that he hears us whenever we ask for anything that pleases him.

—1 John 5:14

Day 4 – Wisdom & Guidance

James 1:5 – *If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.*

Proverbs 3:5 – *Trust in the Lord with all your heart; do not depend on your own understanding.*

Proverbs 3:6 – *Seek his will in all you do, and he will show you which path to take.*

Psalm 32:8 – *The Lord says, 'I will guide you along the best pathway for your life. I will advise you and watch over you.'*

Isaiah 30:21 – *Your own ears will hear him. Right behind you a voice will say, 'This is the way you should go,' whether to the right or to the left.*

Day 5 – Protection

Psalm 121:5 – *The Lord himself watches over you! The Lord stands beside you as your protective shade.*

Psalm 121:7 – *The Lord keeps you from all harm and watches over your life.*

Isaiah 54:17 – *But in that coming day no weapon turned against you will succeed.*

Psalm 91:11 – *For he will order his angels to protect you wherever you go.*

2 Thessalonians 3:3 – *But the Lord is faithful; he will strengthen you and guard you from the evil one.*

Day 6 – Health & Healing

3 John 1:2 – *Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.*

Isaiah 53:5 – *He was beaten so we could be whole. He was whipped so we could be healed.*

Jeremiah 30:17 – *"I will give you back your health and heal your wounds," says the Lord.*

Psalm 103:3 – *He forgives all my sins and heals all my diseases.*

Exodus 15:26 – *I am the Lord who heals you.*

Notes:

The Lord is close to all who call on him, yes, to all who call on him in truth.

—Psalm 145:18

Day 7 – Faith & Trust in God

2 Corinthians 5:7 – *For we live by believing and not by seeing.*

Hebrews 11:1 – *Faith shows the reality of what we hope for; it is the evidence of things we cannot see.*

Mark 11:22 – *Then Jesus said to the disciples, 'Have faith in God.'*

Proverbs 3:5 – *Trust in the Lord with all your heart; do not depend on your own understanding.*

Psalm 56:3 – *But when I am afraid, I will put my trust in you.*

Day 8 – Peace & Joy

Romans 15:13 – *I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him.*

John 14:27 – *I am leaving you with a gift—peace of mind and heart.*

Philippians 4:7 – *Then you will experience God's peace, which exceeds anything we can understand.*

Nehemiah 8:10 – *Don't be dejected and sad, for the joy of the Lord is your strength!*

Psalm 16:11 – *You will show me the way of life, granting me the joy of your presence.*

Day 9 – Provision & Finances

Philippians 4:19 – *And this same God who takes care of me will supply all your needs from his glorious riches.*

Matthew 6:33 – *Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*

Psalm 34:10 – *Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing.*

2 Corinthians 9:8 – *And God will generously provide all you need.*

Deuteronomy 28:12 – *The Lord will send rain at the proper time from his rich treasury in the heavens and will bless all the work you do.*

Notes:

But I say, love your enemies! Pray for those who persecute you!

—Matthew 5:44

Day 10 – Obedience & Holiness

1 Peter 1:15 – *But now you must be holy in everything you do, just as God who chose you is holy.*

John 14:15 – *If you love me, obey my commandments.*

Deuteronomy 28:1 – *If you fully obey the Lord your God and carefully keep all his commands … the Lord your God will set you high above all the nations of the world.*

Romans 12:1 – *Give your bodies to God because of all he has done for you … a living and holy sacrifice.*

Joshua 1:8 – *Study this Book of Instruction continually … only then will you prosper and succeed in all you do.*

Day 11 – Forgiveness & Health

Ephesians 4:32 – *Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

Matthew 6:14 – *If you forgive those who sin against you, your heavenly Father will forgive you.*

Colossians 3:13 – *Make allowance for each other's faults, and forgive anyone who offends you.*

Mark 11:25 – *When you are praying, first forgive anyone you are holding a grudge against.*

Psalm 147:3 – *He heals the brokenhearted and bandages their wounds.*

Day 12 – Protection from Temptation

1 Corinthians 10:13 – *The temptations in your life are no different … And God is faithful.*

Matthew 6:13 – *And don't let us yield to temptation, but rescue us from the evil one.*

James 4:7 – *So humble yourselves before God. Resist the devil, and he will flee from you.*

Matthew 26:41 – *Keep watch and pray, so that you will not give in to temptation.*

Galatians 5:16 – *Let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.*

Notes:

…The earnest prayer of a righteous person has great power and produces wonderful results.

— James 5:16

Day 13 – God's Favor & Blessing

Psalm 5:12 – *For you bless the godly, O Lord; you surround them with your shield of love.*

Numbers 6:24-26 – *May the Lord bless you and protect you. May the Lord smile on you and be gracious to you.*

Psalm 84:11 – *The Lord will withhold no good thing from those who do what is right.*

Proverbs 16:7 – *When people's lives please the Lord, even their enemies are at peace with them.*

Deuteronomy 28:6 – *Wherever you go and whatever you do, you will be blessed.*

Day 14 – Spiritual Growth

2 Peter 3:18 – *Rather, you must grow in the grace and knowledge of our Lord and Savior Jesus Christ.*

Colossians 1:10 – *Then the way you live will always honor and please the Lord ... your lives will produce every kind of good fruit.*

Hebrews 6:1 – *So let us stop going over the basic teachings ... let us go on instead and become mature in our understanding.*

Ephesians 3:17 – *Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love.*

John 15:5 – *Those who remain in me, and I in them, will produce much fruit.*

Day 15 – Salvation for Loved Ones

Acts 16:31 – *Believe in the Lord Jesus and you will be saved, along with everyone in your household.*

Romans 10:9 – *If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.*

2 Peter 3:9 – *He does not want anyone to be destroyed, but wants everyone to repent.*

John 3:16 – *For this is how God loved the world: He gave his one and only Son.*

Romans 1:16 – *For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes.*

Notes:

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

—Ephesians 6:18

Day 16 – Boldness & Courage

Proverbs 28:1 – *The wicked run away when no one is chasing them, but the godly are as bold as lions.*

Joshua 1:9 – *Be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you.*

Acts 4:31 – *They were all filled with the Holy Spirit. Then they preached the word of God with boldness.*

2 Timothy 1:7 – *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

Deuteronomy 31:6 – *So be strong and courageous! Do not be afraid … For the Lord your God will personally go ahead of you.*

Day 17 – Joy in Serving

Mark 10:45 – *For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.*

Galatians 5:13 – *Use your freedom to serve one another in love.*

1 Peter 4:10 – *God has given each of you a gift … Use them well to serve one another.*

Colossians 3:23 – *Work willingly at whatever you do, as though you were working for the Lord rather than for people.*

Matthew 23:11 – *The greatest among you must be a servant.*

Day 18 – Peace in Difficult Times

John 16:33 – *Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.*

Philippians 4:6-7 – *Don't worry about anything; instead, pray about everything … Then you will experience God's peace.*

Isaiah 26:3 – *You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!*

Psalm 46:1 – *God is our refuge and strength, always ready to help in times of trouble.*

Matthew 11:28 – *Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.*

Notes:

Always be joyful. 17Never stop praying. 18Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

—1 Thessalonians 5:16–18

Day 19 – Joyful Giving

2 Corinthians 9:7 – *God loves a person who gives cheerfully.*

Luke 6:38 – *Give, and you will receive. Your gift will return to you in full—pressed down, shaken together.*

Proverbs 11:25 – *The generous will prosper; those who refresh others will themselves be refreshed.*

Acts 20:35 – *It is more blessed to give than to receive.*

Malachi 3:10 – *Bring all the tithes into the storehouse … If you do, I will open the windows of heaven for you.*

Day 20 – God's Plans & Future

Jeremiah 29:11 – *For I know the plans I have for you … plans for good and not for disaster, to give you a future and a hope.*

Proverbs 16:9 – *We can make our plans, but the Lord determines our steps.*

Romans 8:28 – *God causes everything to work together for the good of those who love God.*

Psalm 37:23 – *The Lord directs the steps of the godly. He delights in every detail of their lives.*

Isaiah 58:11 – *The Lord will guide you continually, giving you water when you are dry and restoring your strength.*

Day 21 – Generational Blessings

Psalm 103:17 – *But the love of the Lord remains forever with those who fear him. His salvation extends to the children's children.*

Proverbs 20:7 – *The godly walk with integrity; blessed are their children who follow them.*

Deuteronomy 7:9 – *He keeps his covenant for a thousand generations and lavishes his unfailing love on those who love him and obey his commands.*

Isaiah 44:3 – *I will pour out my Spirit on your descendants, and my blessing on your children.*

Acts 2:39 – *This promise is to you, to your children, and to those far away—all who have been called by the Lord our God.*

Notes:

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

—Philippians 4:6–7

References

1. Abdulghafor, Rawad, Sherzod Turaev, and Mohammed A. H. Ali. “Body Language Analysis in Healthcare: An Overview.” Healthcare (Basel) 10, no. 7 (2022): 1251. https://doi.org/10.3390/healthcare10071251.