



Couples Devotional Workbook

A Journey to Deeper Connection with God and Each Other



Introduction



Purpose of the workbook

This devotional is designed to help you strengthen your faith and your relationship simultaneously. It is not only about reading scripture together, but also about living it out daily—through prayer, reflection, communication, forgiveness, and intentional love.



How to use it

Each section is structured for a one-week focus. Begin the week by reading the scripture together, then work through the devotional thought. Take time each day to journal or pray together. End the week with the couple's activity.



Materials you'll need

- A Bible
 - A shared journal (or separate journals if you prefer)
 - Pens/highlighters
 - An open heart, ready to grow in faith and love
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Section 1: Foundation of Love

Scripture Focus: 1 Corinthians 13:4–7

Devotional Thought

This scripture describes love in action—patient, kind, humble, forgiving. Real love isn't just a feeling; it's a daily choice. As a couple, love is tested in small and big ways. Choosing to love with patience, kindness, and grace lays the foundation for your marriage.

Reflection Questions

- Which part of this scripture challenges us the most right now?
- How have we seen God's love reflected in our relationship?

Couple Activity

Write down one specific way you will show this kind of love to your spouse this week. Place it somewhere visible as a daily reminder.

Prayer Guide

Pray together, asking God to help you embody the qualities of love in 1 Corinthians 13.

Journaling Space

Section 2: Communication with Grace

Scripture Focus: James 1:19

Devotional Thought

Healthy communication is rooted in grace. God’s word calls us to be quick to listen, slow to speak, and slow to anger. When we practice this, we reflect Christ in our conversations.

Reflection Questions

- How do we typically handle conflict?
- Do I listen to understand, or just to reply?

Couple Activity

Practice “active listening.” Set a timer for 5 minutes. One partner speaks while the other only listens, then switch roles. Share what it felt like to be fully heard.

Prayer Guide

Ask God to give you patience and compassion in your conversations.

Journaling Space

Section 3: Forgiveness and Healing

Scripture Focus: Ephesians 4:32

Devotional Thought

Forgiveness is an act of obedience that frees both hearts. Holding onto resentment builds walls, but forgiveness allows healing and reconnection.

Reflection Questions

- Write about a past hurt you've healed from together.
- Are there unspoken wounds we need to bring into the light?

Couple Activity

Pray together, releasing resentment. Speak words of forgiveness aloud.

Weekly Challenge

Extend forgiveness quickly this week, even for small frustrations.

Journaling Space

Section 4: Building Trust

Scripture Focus: Proverbs 3:3–4

Devotional Thought

Trust is not built overnight but through consistency, honesty, and faithfulness. When trust is present, love grows deeper.

Couple Activity

Make a list of 3 daily habits that strengthen trust (such as honesty, accountability, or encouragement). Commit to practicing them daily.

Prayer Guide

Thank God for the trust you've built and ask Him to help you guard it faithfully.

Journaling Space

Section 5: Intimacy Beyond the Physical

Scripture Focus: Song of Solomon 2:16

Devotional Thought

True intimacy goes beyond physical closeness. It is about knowing and being known—spiritually, emotionally, and physically. When couples nurture intimacy on all levels, love flourishes.

Reflection Question

- How do we nurture emotional closeness in our marriage?

Couple Activity

Schedule a “sacred date night.” Begin with prayer, share a meal, and spend intentional time without distractions.

Weekly Challenge

Share one new thing about yourself each day this week—something your spouse may not know.

Journaling Space

Section 6: Shared Purpose

Scripture Focus: Ecclesiastes 4:9–12

Devotional Thought

Marriage is stronger when it is rooted in God’s mission. You are not only life partners—you are spiritual partners, called to walk together in purpose.

Reflection Question

- What mission has God placed on our marriage?

Couple Activity

Write a short “marriage mission statement” that reflects your values and goals.

Prayer Guide

Ask God to align your dreams with His purpose for your marriage.

Journaling Space

Section 7: Gratitude in Marriage

Scripture Focus: 1 Thessalonians 5:18

Devotional Thought

Gratitude shifts our focus from what is lacking to the blessings we already have. Expressing gratitude daily strengthens love and joy.

Couple Activity

Each day this week, write 3 things you're grateful for in each other. Share them at the end of the week.

Weekly Challenge

Begin each prayer together with thanksgiving.

Journaling Space

Section 8: Prayer as a Couple

Scripture Focus: Matthew 18:20

Devotional Thought

When you pray together, you invite God's presence into your relationship. Prayer unites hearts in a way nothing else can.

Couple Activity

- Commit to praying together daily, even if briefly.
- Write a "couple's prayer" to repeat together regularly.

Weekly Challenge

Keep a “prayer log” of requests and answered prayers.

Journaling Space

Section 9: Navigating Storms Together

Scripture Focus: Mark 4:39

Devotional Thought

Every couple will face storms—financial struggles, health challenges, or emotional trials. With Christ at the center, peace is possible even in chaos.

Reflection Questions

- How do we currently face challenges?
- How can we invite Christ into our trials more intentionally?

Couple Activity

Create a “storm strategy.” Decide how you will support each other spiritually and emotionally during hard times.

Prayer Guide

Pray for peace and unity in the midst of trials.

Journaling Space

Section 10: Legacy of Love

Scripture Focus: Psalm 78:4

Devotional Thought

Your marriage is not just about the present—it is a legacy. The way you love each other tells a story that will impact future generations.

Couple Activity

Write a letter to your future selves (or children/family) about the kind of love you want to be remembered for.

Weekly Challenge

Choose one way this week to live your legacy intentionally.

Journaling Space

✦ Closing Blessing

May your marriage be rooted in faith, strengthened in love, and guided by God's wisdom. May you continue to grow closer to one another as you draw nearer to Him. Revisit these devotionals often, and let them remind you that love is a daily journey of grace, forgiveness, and joy.