



FREE MARRIAGE RESOURCE

7 Days to a More Christ-Centered Marriage

A simple one-week journey of Scripture, conversation, prayer, and intentional action to help you grow closer to Christ and to each other.

A stronger marriage does not begin by trying harder to change your spouse.
It begins by inviting Jesus Christ more deeply into the way you love, listen, forgive, pray, serve, and walk through life together.

Grace That Restores. Truth That Transforms.

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Seven Days. One Important Direction.

Marriage can become crowded with work, children, schedules, bills, responsibilities, phones, fatigue, and unfinished conversations. Two people can deeply love one another and still discover that they have gradually stopped being intentional about the relationship that once received so much attention.

A Christ-centered marriage does not mean a perfect marriage. It means a husband and wife continually choosing to bring their relationship under the leadership of Jesus Christ and the truth of God's Word. It means learning to love sacrificially, communicate with grace, forgive, serve, pray, and keep growing together.

This seven-day guide is not designed to solve every marriage problem in one week. It is designed to help you **change direction together**. Each day includes Scripture to read, a short devotional thought, questions to discuss, one practical action, and a prayer you can pray together.

How to Use This Guide

Set aside 15-20 minutes each day. Put away distractions. Read the Scripture and devotional thought together, then answer the questions honestly without turning the conversation into a debate. Complete the action step and end by praying together. If a difficult subject surfaces, resist the urge to solve everything immediately. Listen, extend grace, and agree to continue the conversation.

One important rule for the week: Do not use these pages to prove your spouse needs to change. Ask God first, What do You want to change in me?

Put Christ Back at the Center

Read Together: Matthew 6:33; John 15:4-5

Every marriage is built around something. Sometimes it is Christ. Sometimes, without realizing it, it becomes children, careers, comfort, finances, activities, or simply surviving the week. A Christ-centered marriage begins when both spouses recognize that neither person was designed to carry the weight of being the other's savior, source of identity, or ultimate fulfillment.

Jesus must occupy the place that belongs to Him. When both husband and wife are pursuing Christ, marriage gains a foundation deeper than circumstances or emotions. The first step this week is not fixing your spouse. It is asking whether Christ truly has first place in your own heart and in your marriage.

Talk About It

- What currently receives the most attention and energy in our marriage?
- What would look different if we intentionally put Christ first?
- What is one spiritual habit we would like to develop together?

Today's Action

Choose one simple practice you will do together this week - pray before bed, read a short passage of Scripture, or spend ten minutes talking about what God is teaching you.

Pray Together

Lord Jesus, forgive us for the times we have allowed other things to take the place that belongs to You. Be the center of our marriage. Draw each of us closer to You and, as You do, draw us closer to one another. Teach us to build our relationship on Your truth rather than our changing feelings or circumstances. Amen.

Listen Before You Defend

Read Together: James 1:19; Proverbs 18:13; Ephesians 4:29

Many marriage conflicts are intensified because both people are preparing their response while neither is truly listening. Biblical communication requires more than speaking honestly. It requires humility enough to hear what the other person is actually saying.

Listening does not mean you automatically agree. It means you value your spouse enough to understand before responding. Sometimes the most loving sentence in a marriage is, *"Help me understand what you mean."*

Talk About It

- When do you feel most heard by me?
- Is there something you have been trying to tell me that I have not understood?
- What could I do differently when we disagree?

Today's Action

Give each spouse five uninterrupted minutes to answer: *"One thing I wish you understood better about me right now is..."* The listener may ask clarifying questions but may not argue or defend.

Pray Together

Father, make us quick to listen, slow to speak, and slow to become angry. Guard our words. Help us hear not only what is being said but also the heart behind it. Give us humility to understand before we defend ourselves. Amen.

Choose Grace and Forgiveness

Read Together: Colossians 3:12-14; Ephesians 4:31-32

No marriage survives without forgiveness because no marriage contains two perfect people. Hurt left unresolved can slowly become resentment, distance, sarcasm, defensiveness, or indifference. The gospel reminds us that Christians forgive from a place of having received extraordinary forgiveness from Christ.

Forgiveness does not call wrong behavior right, eliminate appropriate boundaries, or mean trust is instantly restored. It means refusing to make bitterness your permanent home. Where repentance, healing, or rebuilding trust is needed, grace and truth must work together.

Talk About It

- Is there a hurt between us that we have avoided discussing?
- Do I tend to keep a record of past failures?
- What would genuine confession, forgiveness, or rebuilding trust look like here?

Today's Action

If you have wronged your spouse, offer a specific apology without excuses: "I was wrong when I _____. I understand that it hurt you by _____. Will you forgive me?"

Pray Together

Jesus, thank You for the forgiveness You have given us. Expose bitterness, pride, and resentment in our hearts. Give us courage to confess our own sin before pointing to the failures of the other. Teach us to extend grace without abandoning truth and to pursue genuine reconciliation. Amen.

Love Through Service

Read Together: Philippians 2:3-5; Mark 10:45; 1 Corinthians 13:4-7

Marriage can quietly become a running calculation: Who did more? Who is more tired? Who sacrificed last? Who is not meeting whose needs? Jesus offers a different model. He demonstrated greatness through humble service.

Serving your spouse is not about keeping score or earning something in return. It is choosing to notice another person's needs and respond in love. Small acts done consistently often communicate love more powerfully than occasional grand gestures.

Talk About It

- What is one thing I do that makes you feel genuinely cared for?
- Where are you carrying more weight than I realize?
- What is one practical way I could make this week easier for you?

Today's Action

Do one act of service today that your spouse did not request and that genuinely makes their day lighter. Do it without announcing it or expecting repayment.

Pray Together

Lord, free us from selfishness and scorekeeping. Give us the attitude of Christ. Open our eyes to each other's needs and teach us to serve with joy, humility, and love. Amen.

Protect Friendship and Intimacy

Read Together: Genesis 2:24; Song of Songs 8:6-7; Proverbs 5:18

Strong marriages need more than shared responsibilities. Husbands and wives also need friendship, affection, emotional connection, laughter, conversation, and appropriate physical intimacy. These can easily be crowded out by the demands of ordinary life.

Intimacy grows where people feel safe, valued, known, and pursued. Rather than waiting for connection to happen spontaneously, healthy couples intentionally make room for one another. Marriage deserves more than whatever time is left after everything else is finished.

Talk About It

- What do you miss about us from an earlier season of our relationship?
- When do you feel closest to me?
- What could we do regularly that would help protect our friendship?

Today's Action

Plan one distraction-free hour together within the next seven days. No phones, errands, household administration, or screens. Do something that allows you to enjoy each other's company.

Pray Together

Father, thank You for the gift of our relationship. Restore friendship where busyness has created distance. Help us delight in one another, protect our time together, and grow in emotional, spiritual, and physical intimacy in ways that honor You. Amen.

Pray Together

Read Together: Philippians 4:6-7; Matthew 18:19-20; 1 Thessalonians 5:16-18

Many Christian couples believe in prayer but rarely pray together. Praying with your spouse can feel surprisingly vulnerable because it reveals fears, hopes, gratitude, dependence, and areas where you need God.

You do not need impressive words. A simple, sincere prayer can change the atmosphere of a marriage because it reminds both spouses that they are not facing life alone and that God, not either spouse, is ultimately their source of wisdom, strength, and peace.

Talk About It

- What is one thing you would like me to pray about for you?
- What is one concern we need to surrender to God together?
- What is one thing we can thank God for in our marriage today?

Today's Action

Each spouse share one gratitude, one concern, and one request. Then pray aloud for each other. Even if your prayer lasts only thirty seconds, begin.

Pray Together

Father, thank You that we can come to You together. We surrender our worries, decisions, needs, and future to You. Teach us to become a couple that prays together in good seasons and difficult ones. Give us Your wisdom and peace. Amen.

Choose Your Marriage Again

Read Together: Ecclesiastes 4:9-12; Hebrews 10:24; Joshua 24:15

A wedding is a powerful beginning, but a strong marriage is built through thousands of choices afterward. Couples repeatedly choose whether to move toward one another or away, whether to nurture resentment or forgiveness, whether to drift spiritually or pursue Christ together.

Today is an opportunity to choose your marriage again - not because every problem has disappeared, but because covenant love keeps showing up. Ask what you want your relationship to become over the next year and what choices will help you move in that direction with Christ at the center.

Talk About It

- What is one thing from this week we want to continue?
- What do you hope will be different in our marriage one year from now?
- What commitment can each of us make to help our marriage grow?

Today's Action

Write a simple shared commitment beginning: *"With God's help, we will intentionally..."* Choose two or three practices you can realistically continue. Put the statement somewhere you will see it.

Pray Together

Lord, thank You for our marriage. We choose again to honor our covenant and to pursue You together. Strengthen what is healthy, heal what is wounded, expose what needs to change, and give us courage to do the work love requires. May our marriage increasingly reflect Your grace, faithfulness, and love. In Jesus' name, amen.

Day 8 Begins Tomorrow

You have completed seven days, but the purpose of this guide was never to create a one-week spiritual high. It was to help you begin habits that can continue shaping your marriage.

A Christ-centered marriage is built in ordinary moments: choosing to listen, offering forgiveness, serving without keeping score, protecting your friendship, opening Scripture, praying together, and returning to Christ when you fall short.

Before you finish, choose **two practices from this week** that you will continue for the next 30 days. Keep them simple enough to be sustainable. Consistency matters more than creating an impressive plan you cannot maintain.

A Prayer for Your Marriage

Father, thank You for bringing us together and for every evidence of Your grace in our marriage. Help us never become satisfied with simply sharing a home while our hearts drift apart. Draw us closer to Jesus Christ and teach us to love one another with patience, kindness, humility, faithfulness, forgiveness, and truth. Protect our covenant. Strengthen our friendship. Guide our decisions. Heal the places that need healing. Help our home reflect Your presence and our marriage bring honor to You. In Jesus' name, amen.

Ready to Continue?

THE 90-DAY CHRIST-CENTERED COUPLE

A guided journey toward Christ and each other.

Continue building on this week through Scripture, devotional insight, meaningful conversation, practical action, and prayer - with a companion workbook designed to help you work through the journey together.

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