



GUEST SPEAKER

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COUPLES

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Daily Devotional for COUPLES

Here is a Daily Devotional to guide you in your spiritual life this week.
You may use it for your personal growth or discuss it together in your Life Group.

Day One: The Example of CHRIST and the CHURCH.

- Read Ephesians 5:21-33. In this passage, the Apostle Paul likens marriage to the relationship of Christ to the church. In what ways has Jesus shown love to his “bride”? How should this apply to your relationship to your spouse?
- How would you evaluate the current state of your marriage? Share what’s good and what’s not so good.
- What’s one thing you will do this week as a result of something you learned from this message?
- Pray together with your spouse and ask God to grow your love for one another.

Day Two: The COVENANT of Marriage.

- Marriage is fundamentally a covenant between a man and a woman before God. Why is the binding obligation of a marriage covenant so important? How would you respond to someone who says, “We don’t need a piece of paper to show we love each other.”?
- Read Malachi 2:13-16. In this passage, God tells us that our prayers will be hindered when we don’t keep the covenant of our marriage. Is it possible that some of your frustration in life is coming from the fact that you have not been faithful to your marriage covenant?
- What are some consequences of breaking the marriage covenant? How does God view marriage and divorce? Apart from adultery, what are some other ways that spouses can be unfaithful to one another?
- Pray with your spouse for God’s power to fill your home so that you always honor your marriage covenant.

Day Three: COMMUNICATION.

- Before marriage, couples usually spend a lot of time getting to know each other - discussing their thoughts, feelings, hopes, and dreams. Once couples are married, however, differing backgrounds, daily living issues, fatigue, and stress can make communication more difficult than before marriage. When this happens, the focus of communication may be reduced to superficial conversations instead of deeper communication.
- Read James 1:19-26. Has your communication with your spouse improved since you were married, gotten worse, or stayed about the same? What has contributed to the state of communication in your marriage?
- How much time do you spend communicating with your spouse each day? Are your conversations surface conversations, or do they delve into the emotions and feelings behind behaviours?
- Is there anything that you would like to change in your communication style? If yes, how would you change it? Pray together and ask God to improve your communication with one another.

Day Four: AGREEABLE Disagreement.

- Read James 3:2-12. Our speech is a barometer of our spiritual life. And the way we speak to our spouse is often a barometer of our marital life. Why is timing important to

communication? Give examples of times that are less than ideal for bringing up topics that require long, heartfelt discussions.

- In what practical ways do you attempt to control how and what you say when you are in a disagreement with your spouse?
- Couples often use the “silent treatment” with one another when they are angry. Why? How might this be damaging to a relationship? How is the “silent treatment” different from a Spirit-controlled conversation?
- Pray for God’s grace and wisdom so that you can communicate wisely with each other. Thank God for your marriage!

Day Five: An Attitude of GRATITUDE.

- Read Psalm 136 out loud together. One of the greatest ways to build your home is by cultivating an attitude of gratitude. Thankfulness has a powerful effect in strengthening the marriage covenant and family relationships.
- Think about this statement and discuss why it is true: “Gratitude can turn an ordinary meal into a feast, a house into a home, and a stranger into a friend. A life of gratitude is a life well lived.”
- How can you develop more gratitude in your marriage? Take five minutes right now and express appreciation to one another for something in your marriage.
- Pray this prayer together by faith: “Father God, thank you for my spouse! Thank you for all the many good things you have given to us. Bless our home today for your glory and our fulfilment. In Jesus’ name. Amen.”

Day Six: CONTENTMENT.

- God created sex! He designed it not only as a means for procreation, but also to be pleasurable and deeply satisfying. Unfortunately, many of us have formed our ideas about sex from the culture around us instead of from God’s perspective.
- Discuss this statement together: “Sex is not meant to be a selfish act.”
- Read Proverbs 5:15-19. How does a healthy and satisfying sexual relationship in marriage honor God? Why is sex more than a physical expression of love? What are the components that make great sex a means of deepening your love and commitment for one another?
- In what ways would you like to see your marriage relationship grow closer? How do you think sex might mix with spirituality to help you achieve that closeness?
- Pray that God will help each of you satisfy your spouse in marriage.

Day Seven: FAITHFUL in LOVE.

- Read Matthew 19:3-12. The disciples express concern, fear, and shock, and Jesus agrees that this is a hard teaching (v. 10-11). Can you accept this teaching? What steps might you take to be faithful in your marriage?
- Something NEW is created in marriage - something that has never existed before. It’s a new creation of two into one. Becoming ONE is the key cornerstone of marriage. It is what makes a Christian marriage a Christian marriage. Being wedded in a church doesn’t make your marriage a Christian marriage. But when we are one, we achieve the FIRST and FOREMOST purpose of God in marriage.
- Renew your covenant vows to one another. Pray together and ask God to bless your marriage and make it all that He desires.