

DAILY DEVOTIONAL

COUPLES EDITION

30 DAYS TO BUILD

A Better Home

THE BUILDING BLOCKS

Here is a Daily Devotional to enable you to make the most out of this sermon. You may use it for you and your spouse's personal growth.

December 8: Truth in Love.

Read Ephesians 4:15, 25, 29. Content matters and so does tone. Truth + grace builds safety and growth at home.

- What spoke to you the most in the sermon "The Building Blocks"? What was one truth that really spoke to you? How will what you heard change the way you approach your relationships?
- Of the three building blocks for a better home, which one do you need

to work on most in your life right now: communication, consideration, or conciliation?

- 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?

Home Building Prayer: “Lord, thank you that you created everyone with a unique communication personality. Help me to become more aware of the barriers to communication, so that I can learn to listen and understand others. In Jesus’ Name I pray. Amen.”

Pastor Whitcomb’s Building Tip: “The healthier the communication, the healthier the relationship.”

December 9: Words Carry Weight.

Read Proverbs 18. Meditate on verse 6. Learning to live together is not always easy. Differing expectations, family backgrounds, and living styles can create conflict.

- What areas have been challenging for you since you were married? How do you deal with these issues?
- Share an example of a misunderstanding that you experienced based on culture, gender, or personality differences. What's your funniest memory of "I said this...you heard that"?
- 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 behaviors?

- Is there anything that you would like to change in your communication style? If yes, how would you change it?

Home Building Prayer: “Father, let our tongues sow peace and not strife, in Jesus’ Name. Amen.”

Pastor Whitcomb’s Building Tip:
“Be quick to listen – so you can understand the other person. Be slow to speak – so you can be understood.”

December 10: Coaching, Not Provoking.

Read Psalm 19 and Ephesians 6:4.
Lead with empathy and clarity;
training beats nagging every time.

- What area of conversation brings up the most conflict in your family?
- In the middle of a conflict, we all have a natural response. What is

your normal response to each of these situations?

- When I am accused
- When someone tells me that I hurt him or her
- When I know I'm right
- How would God want you to change your normal response in the above situations? What new response should you practice?
- Consider a couple that you admire. What have you observed about their communication?

Home Building Prayer: Ask God to help you control your mouth. Make Psalm 19:13-14 your prayer this week.

Pastor Whitcomb's Building Tip:
“Don't settle for being right. Make things right.”

December 11: Understand Before You're Understood.

Read Proverbs 15:23: 20:5. Wise spouses draw out deep waters and choose right words at the right time. If we can understand our partner's emotions, we can better see things from his or her perspective.

- When is the worst time for hard talks in your home? What mindset would Jesus Christ have if He were in your shoes? How would He view and treat the people in your life?
- What questions help you draw out feelings, not just facts?
- In what practical ways can you demonstrate empathetic understanding and genuine, heartfelt compassion for your spouse as you listen to his or her emotions?
- Why does the Book of Proverbs compare the issues of a person's heart to deep waters? How does

seeking to understand a person
draw out the heart issues?

Home Building Prayer: Talk to God today. Ask Him to open your eyes to consider others, especially your spouse, and the fact that they have also been wounded in life. Pray for grace to extend love and compassion to those who are hurting you because they are hurt.

Pastor Whitcomb's Building Tip:
“Your first priority in a relationship is to understand, not to be understood.”

**December 12: Gentle Answers
De-escalate.**

Read James 1:19 and Proverbs 15:1.
Soften the start-up and you soften the outcome. Choose soft starts, not sharp shots.

- James told his beloved brethren that they should be slow to speak and quick to listen. How can we

consistently remind ourselves of these principles? In what practical ways do you attempt to control how and what you say when you are in a disagreement with your spouse?

- What phrase will you use to start tough talks? How will you signal “time out” to cool off?
- Many times, people will use the “silent treatment” when they are angry. Why? How might this be damaging to a relationship? How is the “silent treatment” different from a Spirit-controlled conversation?

Home Building Prayer: “Lord Jesus, teach our mouths gentleness and our hearts humility. Amen.”

Pastor Whitcomb’s Building Tip: “Every conflict is an opportunity to communicate in love.”

December 13: Don't Let Anger Settle In.

Read Ephesians 4:26–27. Don't stew about matters – resolve them. Clarify what happened, own your part, and close the day in peace.

- What unfinished conversations are you carrying?
- What apology do you owe your spouse today?
- What boundary protects you when tempers rise?
- How will you do daily check-ins?
- What is your plan for big conflicts (mentor/counsel)?

Home Building Prayer: “Prince of Peace, settle our hearts and help us reconcile quickly. Amen.”

Pastor Whitcomb's Building Tip: “The #1 error we make during conflict in relationships is to assume motive.”

December 14: Forgive as You've Been Forgiven.

Read Ephesians 4:32; Colossians 3:12–14. Be kind, patient, and forgiving as Christ forgave you; love ties everything together. Forgiveness keeps your house light, loving, and strong.

- Where do you need to forgive and release today?
- What practical kindness can you show this week?
- Which virtue (patience, humility, gentleness) needs attention?
- What boundary helps you protect trust?
- How will you clothe your home in love daily?

Home Building Prayer: “Father, clothe us with compassion, humility, and love. Teach us to forgive as we’ve

been forgiven. In Jesus' Name we pray. Amen."

Pastor Whitcomb's Building Tip:
"Consideration turns conflict into conversation."

Get counseling at Agape House!

The Counseling Ministry at Agape House is concerned about the holistic well-being of all church members. We have professional counselors to attend to your needs.

Please fill out a **Communication Card** at the **Welcome Center** and you will be contacted within the week.

"In the multitude of Counsellors, there is safety." Proverbs 11:14