

## God Time Day 1: Make God Your "One"



Marriage is part of God's plan. Yet, even among Christians, marriages often struggle, fail to thrive, or end in divorce. Why? Many times, it's because even the most well-meaning Believers are spiritually ill-equipped for living as husband and wife. But there is hope!

It begins, of course, with God. Putting God *first* is the first step toward creating a great marriage.



Read Matthew 22:37.

*[Jesus] said to him, "Love the Lord your God with all your heart, with all your soul, and with all your mind."*



Circle each occurrence of the word "all."

How does this indicate priority?

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Have you made God your number one—your *first* priority?



Think of one thing you could stop or start doing to make God your number one.

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## God Time Day 2: Others Are Your "Two"



Read Matthew 22:39b.

*Love your neighbor as yourself.*

Jesus is speaking in the verse above. Elsewhere in the Bible, He explains that our "*neighbor*" is *anyone* we can show God's love to. If you are married, this includes your spouse. This seems like a no-brainer, but sometimes we give our best "out there" and have nothing left to give once we cross our own threshold.



If you are married, what do you need to stop or start doing to make your spouse your second-after-God priority?

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If you are not married, what do you need to stop or start doing to make others your second-after-God priority?

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## God Time Day 3: Leave Behind the Temptation to Idolize or Demonize



When God initiated the first marriage (creating Eve to be Adam's wife and companion), He showed us the intentionality of their union.



Read Genesis 2:24.

*This is why a man leaves his father and mother and bonds with his wife, and they become one flesh.*



Circle the word "*leaves*" and underline the word "*bonds*."

In this verse, we see the tension of opposites. The man "*leaves*" his parents, and he "*bonds*" with his wife. One relationship loosens while the other strengthens. This is a beautiful and natural transition.

If we bond with our spouse in such a way that we look to them to be our "number one" (see Day 1), we create a problem. We "idolize" them, expecting them to fill a role they will never be able to fill.

Exodus 20:3, *You must not have any other god but me.* (NLT)

When we idolize others and they fail, which they will, there is the temptation then to "demonize" them. We begin noticing every flaw, painting them as worse than they really are.



Give an honest evaluation of the way you view your spouse or even a close friend. Are you idolizing them, expecting them to fill roles that only God can, or demonizing them because they fell short of a godly standard? Be specific.

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(Undo that mindset with prayer and attention.)

Now, what flaws do you see in yourself?

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Remember to extend the grace towards others (especially a spouse) that you want them to extend to you.

**God Time Day 4: Leave Behind the Things That Interfere**



Read Jesus' words in Matthew 7:12.  
*Therefore, whatever you want others to do for you, do also the same for them, for this is the Law and the Prophets.*



When it comes to relationships, we often want to be treated better than we are willing to treat others. In the verse above, how does Jesus tell us to treat others?

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Sometimes, we don't invest fully into our marriage or other close relationships because we let things, habits, feelings, thoughts, or behaviors get in the way. Sadly, it's easy to do. Obvious things like sin can hurt and destroy relationships, but sometimes the things that we allow to hurt our marriages aren't so obvious. They are actually "good things." Yes, even good things can interfere in our relationships if we let those things take priority over our spouse.



List *good* things you have let get in the way of having 100% healthy relationships. (E.g., internet, phone usage, hobbies, work/success, money, other relationships, etc.)

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If you are married, what good things have you let get in the way of your relationship with your spouse?

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If you are unmarried, what good things do *you* let get in the way of the relationships that mean the most to you?



What can you do to change this for the better? List three realistic and achievable steps you can take. (Remember, sometimes the good thing just needs to be put in its proper place, other times, it needs to be limited or eliminated.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**God Time Day 5: Protect and Nurture Your Priorities**



Any good marriage (or godly relationship) takes work. After taking the vow of commitment, a married couple must work hard to protect and nurture what God has joined together.

Underline anything that stands out to you in these verses:



- John 15:13 *No one has greater love than this: to lay down his life for his friends.*
- Ephesians 5:23 *For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. (ESV)*
- Proverbs 31:11-12 <sup>11</sup>*The heart of her husband trusts in her, and he will not lack anything good. <sup>12</sup>She rewards him with good, not evil, all the days of her life.*

Christians love one another by living sacrificially. God has set husbands as the head. As such, he lives to protect, lead, and love his wife. A wife is to nurture and do good to her husband. A couple must actively work to invest in their relationship—both protecting and nurturing their marriage.



If you are married, work with your spouse, to determine how you can protect and nurture your marriage in these areas:

1. Physically: \_\_\_\_\_
2. Spiritually: \_\_\_\_\_
3. Emotionally: \_\_\_\_\_



If you are unmarried, how can you stand in support of both God's definition of marriage and the Christian marriages that you know? (E.g., pray for them, lend wisdom, help in times of need, etc.)

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Take a vow of priority on page 24.