



# UNITED

| A 10 Week Love Journey  
| for Married Couples



## A Note from Pastor Jubal

Dear Friends,

I want to personally thank you for saying yes to this journey.

Marriage is one of the most sacred callings God gives us and also one of the most challenging. It takes courage to show up, to grow, to confront hard things, and to believe that with God, your best days can still be ahead.

These notes aren't just information. They're an invitation: to reflect, to reconnect, and to rebuild stronger than ever. Whether your marriage is thriving or hanging by a thread, I want you to know this: **God is with you, and we are for you.**

You've been given time, space, and tools to grow. What you do with them now is up to you. But I believe, with all my heart, that if you put in the work, stay humble, stay prayerful, and lean into what God is doing, **your marriage can flourish in ways you never imagined.**

Let's finish this journey stronger than we started. You're not alone. We're in this with you.

Anticipating Great Things,



**Pastor Jubal García**

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# WEEK 1:

## GOD AT THE CENTER OF OUR MARRIAGE

**KEY VERSE: Psalm 127:1a (NLT) “Unless the Lord builds a house, the work of the builders is wasted.”**

A healthy marriage doesn't start with better communication, sex, or finances. It starts with God.

Too many couples invite God to the wedding but forget to include Him in the marriage. But without God at the center, even the best intentions fall apart. When Jesus is the cornerstone of your relationship, everything else, love, trust, intimacy and healing flows from Him.

Putting God first doesn't mean adding Him to your calendar. It means building everything around Him. Your decisions, your priorities, your conversation and your conflicts should all be influenced by your walk with God, individually and as a couple.

When God is first, love becomes deeper, forgiveness comes easier, and joy lasts longer. You can't have a godly marriage without God in it.

**BOTTOM LINE: When Jesus is the center of your marriage, everything else begins to find its place.**

### **HOMEWORK**

#### **COUPLE REFLECTION QUESTIONS:**

1. How have we been treating God in our marriage?
2. What specific areas of our relationship need God's leadership right now?

3. What would it look like to truly build our home around Jesus?

### **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ Psalm 127:1
- ▶ Matthew 7:24–27
- ▶ Ecclesiastes 4:12
- ▶ Colossians 3:16–17

Study Questions:

1. According to Matthew 7, what happens when we build on the wrong foundation?
2. What does it mean to “*let the message about Christ fill your lives*” (Col. 3:16)?
3. How can we become a spiritual team, not just emotional or physical partners?

### **JOURNAL ENTRY: “LORD, BE THE CENTER OF OUR HOME”**

Each of you write a personal reflection:

1. Where have we been relying more on ourselves than on God?
2. What’s one area I want to surrender to God in our marriage?
3. A simple prayer: “Jesus, we want You at the center. Lead us.”

End with this line: “We don’t just want a good marriage, we want a godly one.”

## **ACTION STEP (TOGETHER)**

Create a Spiritual Growth Plan as a couple:

- ▶ How will we pray together weekly?
- ▶ What’s one Bible plan or book we’ll read together this month?
- ▶ What does “church together” look like for us in this season?

*Optional: Choose a “marriage verse” for this season and post it somewhere in your home.*

## **CLOSING PRAYER (TO PRAY TOGETHER)**

“God, we want You, not just in our lives, but in our marriage. Be our builder. Be our foundation. Teach us to rely on You, trust You and walk with You in every decision. Let our marriage reflect Your love, grace and unity. Help us not just to survive but to thrive, rooted in You. In Jesus’ name, Amen.”

## WEEK 2:

# COMMUNICATION THAT BUILDS, NOT BREAKS

**KEY VERSE:** *Ephesians 4:29 (NLT) “Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”*

Words can build or break. Every conversation in marriage either brings you closer or pushes you further apart.

God designed communication to be a tool for connection, not conflict. But many couples struggle with poor listening, passive aggression, harsh tones, or shutting down altogether. The goal isn't perfect speech, it's Godly speech. Words that are honest, kind, clear and constructive.

Healthy communication is less about talking and more about understanding. It's learning to listen with love, speak with grace and respond with humility.

You don't just need to talk more, you need to talk better.

**BOTTOM LINE:** When you speak with love and listen with grace, your marriage gets stronger.

### **HOMEWORK (3–4 Pages of Weekly Application)**

#### **COUPLE REFLECTION QUESTIONS**

1. What communication habits are hurting our relationship right now?
2. How do I usually respond when I feel unheard, criticized, or frustrated?



3. What's one way I can become a safer listener or a better speaker?

### **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ Ephesians 4:25–32
- ▶ James 1:19–20
- ▶ Proverbs 15:1
- ▶ Colossians 4:6

Study Questions:

1. What does “speaking the truth in love” really look like?
2. According to James 1:19, which comes first, listening or speaking?
3. How does anger impact communication in marriage?

### **JOURNAL ENTRY: “GOD, TRANSFORM THE WAY WE TALK”**

Write a short prayer or reflection:

1. Confess any patterns of sarcasm, silence, yelling, or defensiveness.
2. Ask God to soften your words and strengthen your listening.
3. Invite the Holy Spirit to fill your conversations with peace and love.
4. End with this line: “*Let our words heal, not harm.*”

## **ACTION STEP (TOGETHER)**

Try a Daily Check-In this week:

- ▶ Set aside 5–10 minutes each evening.
- ▶ Ask: “How’s your heart today?” and listen without interrupting.
- ▶ Then respond with encouragement and prayer.

We will check in daily at: \_\_\_\_\_

**Optional:** Come up with a “safe word” or hand signal to pause heated arguments and reset the tone.

## **CLOSING PRAYER (TO PRAY TOGETHER)**

“Lord, teach us to speak with kindness, listen with love and respond with patience. Help us unlearn the ways we’ve wounded each other and relearn the way You speak to us, with grace, truth and tenderness. Let our communication bring life to our marriage. In Jesus’ name, Amen.”

## WEEK 3: RESOLVING CONFLICT IN A GODLY WAY

**KEY VERSE: *Ephesians 4:26 (NLT)* “Don’t sin by letting anger control you. Don’t let the sun go down while you are still angry.”**

Conflict is inevitable in marriage but division is optional.

Even the strongest couples disagree. The issue isn’t if you’ll fight but how. When conflict arises, the world teaches us to fight to win. But God teaches us to fight for reconciliation, not revenge.

In marriage, your spouse is not your enemy. You are on the same team. And conflict can actually deepen intimacy if handled with humility, forgiveness and love.

Unresolved conflict leads to bitterness. But godly conflict leads to healing.

It’s not about who’s right. It’s about what’s right in God’s eyes.

### **HOMEWORK (3–4 Pages of Weekly Application)**

#### **COUPLE REFLECTION QUESTIONS**

1. What’s our typical “fight pattern”? (Blow up? Shut down? Avoid?)
2. What triggers most of our arguments?
3. How do we usually resolve things and what needs to change?

## **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ Ephesians 4:26–32
- ▶ Proverbs 15:18
- ▶ Matthew 5:23–24
- ▶ Romans 12:17–21

Study Questions:

1. What does “don’t let the sun go down” mean practically?
2. How does forgiveness change the tone of conflict?
3. What’s the difference between peacekeeping and peacemaking?

## **JOURNAL ENTRY: “GOD, HELP US HANDLE CONFLICT WITH GRACE”**

Each of you write:

1. A time you handled conflict poorly and what you learned from it.
2. One habit you want to break in how you argue.
3. A short prayer asking God to give you patience, wisdom, and unity in the middle of tension.
4. End with this line: “Lord, let our fights lead to healing, not hurt.”

## **ACTION STEP (TOGETHER)**

Create a Conflict Plan:

- ▶ Pick a “pause button” phrase you both agree to honor during heated moments (e.g., “Let’s reset.”).
- ▶ Agree on when and how to revisit the issue calmly.
- ▶ Choose a verse to post as your conflict reminder.

Our reset phrase: “\_\_\_\_\_”

We’ll revisit conflict by:\_\_\_\_\_

Our anchor verse:\_\_\_\_\_

## **CLOSING PRAYER (TO PRAY TOGETHER)**

“God, give us humble hearts and calm spirits when we disagree. Help us see each other as teammates, not opponents. Show us how to listen better, forgive quicker, and speak more gently. Let Your peace rule in our hearts and home. In Jesus’ name, Amen.”

# WEEK 4:

## SEXUAL INTIMACY & SACRED CONNECTION

### BIBLICAL LESSON (One-Page Teaching)

**KEY VERSE:** *1 Corinthians 7:3 (NLT) “The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs.”*

Sex isn’t just physical—it’s spiritual.

The world has reduced sex to pleasure, performance, or preference, but God created it to be sacred, a beautiful, intimate gift shared only within the covenant of marriage. It’s about trust, unity, vulnerability and joy.

In marriage, sex is not just about getting; it’s about giving. It’s a way to serve each other emotionally, spiritually and physically. And when it’s healthy, it becomes a safe place for connection and healing.

Many couples struggle with mismatched desires, past baggage, or poor communication. That’s why intimacy must be built on grace not guilt. Vulnerability not pressure.

Sex is more than an act, it’s a reflection of covenant love.

**BOTTOM LINE:** Sex in marriage is not dirty or awkward, it’s sacred, selfless and God-designed.

### HOMEWORK (3–4 Pages of Weekly Application)

### COUPLE REFLECTION QUESTIONS

1. How was sex modeled or talked about in your home growing up?
2. What insecurities, wounds, or past experiences do we need to bring into the light?
3. How can we create a safe space to talk honestly about our intimacy?

### **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ 1 Corinthians 7:2–5
- ▶ Genesis 2:24–25
- ▶ Hebrews 13:4
- ▶ Song of Songs 4:1–16

Study Questions:

1. Why does God call sex “honorable” and “not to be defiled”?
2. What does Genesis 2:25 mean by “naked and unashamed”?
3. How does the Bible affirm sexual delight within marriage?

### **JOURNAL ENTRY: “GOD, RESTORE AND RENEW OUR INTIMACY”**

Each of you write:

1. How I feel about intimacy in our marriage right now.
2. A need I haven’t expressed to my spouse.

3. A prayer inviting God to heal, bless, and strengthen our sexual connection.

End with this line: “We want our intimacy to reflect God’s love, pure, passionate, and protected.”

## **ACTION STEP (TOGETHER)**

Do a “Heart Check” Conversation:

- ▶ Set aside quiet time to talk about what you love, what hurts and what you need in your sexual connection.
- ▶ No shame. No defensiveness. Just honesty, grace and listening.

Conversation Prompts:

- ▶ I feel most loved when you...
- ▶ I feel disconnected when...
- ▶ One thing I’d love us to try or grow in is...

**Optional:** Create a weekly “connection rhythm”, a no-pressure space to be close, talk, or simply enjoy each other emotionally and physically.

## **CLOSING PRAYER (TO PRAY TOGETHER)**

“Lord, thank You for the gift of intimacy. Heal any shame, fear, or brokenness we carry. Teach us to love each other with joy, trust and tenderness. Let our physical connection reflect the spiritual bond You’ve given us in marriage. May our intimacy be protected, deepened and blessed. In Jesus’ name, Amen.”



## WEEK 5:

# REBUILDING TRUST AFTER DISAPPOINTMENT

**KEY VERSE: 1 Corinthians 13:5b (NLT) “Love... keeps no record of being wronged.”**

Every marriage experiences moments of failure, frustration and disappointment. The question is; what do we do afterward?

When trust is broken, through lies, distance, neglect, or betrayal, it can feel like the whole relationship is cracked. But here’s the good news: God rebuilds. And restores.

Rebuilding trust takes honesty, consistency, time and grace. The one who was hurt must choose to forgive. The one who failed must walk in humility and repentance. And both must learn to believe that God restores what’s been damaged.

You don’t have to live stuck in the past. In Christ, your marriage can be healed and made new.

**BOTTOM LINE: Trust can be broken but with God, it can also be rebuilt.**

### **HOMEWORK (3–4 Pages of Weekly Application)**

#### **COUPLE REFLECTION QUESTIONS**

1. Where have we experienced broken trust in our relationship: big or small?
2. What would rebuilding look like for us practically and spiritually?

3. What step can each of us take this week to move toward restoration?

### **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ 1 Corinthians 13:4–7
- ▶ Proverbs 28:13
- ▶ Ephesians 4:31–32
- ▶ Psalm 147:3

Study Questions:

1. What does it mean that “love keeps no record of wrongs”?
2. According to Proverbs 28:13, why is confession better than hiding?
3. How can forgiveness and accountability work together?

### **JOURNAL ENTRY: “GOD, HELP US TRUST AGAIN”**

Each of you write:

1. One hurt that’s been hard to move on from.
2. One step I can take toward rebuilding or repairing trust.
3. A prayer asking God to remove fear, heal wounds and restore our foundation.

End with this line: “Lord, we give You the broken pieces and ask You to build something stronger.”

## **ACTION STEP (TOGETHER)**

Do a Forgiveness and Honesty Exercise:

- ▶ Take time to confess one thing you've been holding back or not fully sharing.
- ▶ Then offer each other full forgiveness: no strings, no records.
- ▶ Make a short "Rebuild Plan".
- ▶ How will we restore consistency?
- ▶ What changes can we both make?
- ▶ What boundaries or tools do we need?

Our trust restoration goal is: \_\_\_\_\_

\_\_\_\_\_

Optional: Consider inviting a mentor couple or counselor into the process for accountability and prayer.

## **CLOSING PRAYER (TO PRAY TOGETHER)**

"Jesus, You are the Healer of hearts and the Restorer of broken things. Help us be honest without fear and forgive without holding back. Rebuild what we have lost. Teach us to trust again, not just in each other, but in You. Let our story become a testimony of grace. In Your name, Amen."

# WEEK 6: FIGHTING FOR UNITY IN A DIVIDED WORLD

**KEY VERSE:** *Ephesians 4:3 (NLT) “Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.”*

We live in a divided world: politically, culturally, emotionally. But in your marriage, you’re called to be one.

Unity isn’t sameness. You’ll have different personalities, backgrounds, and even opinions. Unity means you’re moving in the same direction, committed to the same mission, and protecting each other from anything that threatens your bond.

Marriages fall apart when outside voices get louder than God’s voice and louder than your spouse’s. Division doesn’t need an open door, just a small crack. But couples who fight for unity don’t just react, they prepare. They talk, they pray, they stand together.

Unity is not automatic, it’s intentional.

**BOTTOM LINE:** Unity isn’t found, it’s fought for.

## **HOMEWORK (3–4 PAGES OF WEEKLY APPLICATION)**

### **COUPLE REFLECTION QUESTIONS**

1. What threatens our unity most; outside influences, stress, distractions, or selfishness?
2. Are there areas where we’ve started pulling in different directions?

3. How can we protect and prioritize our “oneness” this week?

### **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ Ephesians 4:1–6
- ▶ Ecclesiastes 4:9–12
- ▶ Philippians 2:2–4
- ▶ Matthew 19:5–6

Study Questions:

1. What does it mean to “bind yourselves together with peace”?
2. What does humility have to do with unity?
3. Why does Jesus say “let no one split apart what God has joined together”?

### **JOURNAL ENTRY: “GOD, MAKE US ONE”**

Each of you write:

1. Where have I let the world divide us: through opinions, media, or pressure.
2. One way I want to draw closer to you this week.
3. A prayer for spiritual, emotional and practical unity in our marriage.

End with this line: “We choose to fight together, not against each other.”

## **ACTION STEP (TOGETHER)**

Do a Unity Inventory:

- ▶ What voices are shaping your thinking more than Scripture?
- ▶ What boundaries do we need with social media, friends, family, or schedules?
- ▶ What shared goals can we focus on this season?

This month, we'll stay united by: \_\_\_\_\_

\_\_\_\_\_

Optional: Choose a daily unity habit: praying together, eating tech-free meals, or sharing wins and worries.

## **CLOSING PRAYER (TO PRAY TOGETHER)**

"God, we want to be one in heart, one in mind and one in purpose. Help us silence the noise of the world and tune our ears to Your voice. Teach us to protect our peace, honor our differences and stay rooted in Your love. Make us unshakable, not because we're perfect, but because we're united in You. In Jesus' name, Amen."

## WEEK 7: MONEY, STRESS, AND SHARED PRIORITIES

**KEY VERSE:** *Matthew 6:21 (NLT) “Wherever your treasure is, there the desires of your heart will also be.”*

Money is never just about dollars, it’s about values, priorities and trust.

Finances are one of the leading causes of conflict in marriage not because couples lack money, but because they lack unity about how to use it. Money reveals your heart. How you handle it as a couple reveals your trust in God and your honor toward one another.

In marriage, financial unity isn’t about who makes more or who manages the bills, it’s about walking together in agreement, stewardship and peace. That means setting a budget together, submitting your money to God and seeing every dollar as part of your shared mission.

When couples trust God and each other with their finances, stress decreases and unity increases.

**BOTTOM LINE:** Financial peace comes when you trust God and walk in unity.

### **HOMEWORK (3–4 PAGES OF WEEKLY APPLICATION)**

#### **COUPLE REFLECTION QUESTIONS**

1. How did your family discuss or communicate about money?
2. What are our current stress points related to finances?

3. Where do we need more agreement or clarity in our financial decisions?

### **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ Matthew 6:19–24
- ▶ Proverbs 21:5
- ▶ 1 Timothy 6:6–10
- ▶ Malachi 3:10

Study Questions:

1. Why does Jesus say money reveals your heart?
2. How does God call us to plan and give?
3. What's the promise of Malachi 3:10 when we tithe faithfully?

### **JOURNAL ENTRY: “GOD, BE LORD OVER OUR FINANCES”**

Each of you write:

1. One financial fear or pressure you feel right now.
2. One way I can grow in stewardship or generosity.
3. A prayer surrendering your money and future to God.

End with this line: “Lord, help us steward our finances with peace, purpose and unity.”



## **ACTION STEP (TOGETHER)**

Build a Mini Budget Together:

- ▶ Write out your income and main expenses.
- ▶ Set one giving goal and one savings goal for the next month.
- ▶ Choose one financial habit to break and one to start.

Budget Notes:

- ▶ Giving Goal: \_\_\_\_\_
- ▶ Savings Goal: \_\_\_\_\_
- ▶ New Habit: \_\_\_\_\_

Optional: If debt is an issue, list it out and make a simple debt plan or meet with a financial coach.

## **CLOSING PRAYER (TO PRAY TOGETHER)**

“Father, thank You for every resource You’ve placed in our hands. Help us manage our money with wisdom, not worry. Remove fear, pride, or selfishness. Show us how to honor You and bless others with our finances. Make us generous, united and content. In Jesus’ name, Amen.”

## WEEK 8: PARENTING WITH PURPOSE AND UNITY

**KEY VERSE:** *Proverbs 22:6 (NLT) “Direct your children onto the right path, and when they are older, they will not leave it.”*

Parenting is a calling, not just a task.

God has entrusted you with the lives of your children, not just to raise them, but to disciple them. That means your role isn't just to provide for them, but to shape them spiritually, emotionally and morally.

But to lead your kids well, you must first lead yourselves well and that requires unity.

Children thrive when mom and dad are on the same page. That means consistent discipline, shared vision, and a home environment shaped by grace, truth and love. You don't have to be perfect parents, but you do need to be present, prayerful and united.

As a parent, your goal isn't just to raise kids, but to disciple followers of Jesus.

**BOTTOM LINE:** Parenting works best when you walk in unity, pray together and lead by example.

### **HOMEWORK (3–4 Pages of Weekly Application)**

#### **COUPLE REFLECTION QUESTIONS**

1. What are some differences in how we were raised?
2. Where are we aligned in parenting and where do we clash?

3. What kind of legacy do we want to leave for our children?

### **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ Proverbs 22:6
- ▶ Deuteronomy 6:5–7
- ▶ Ephesians 6:4
- ▶ Psalm 127:3–5

Study Questions:

1. What does it mean to “train up” a child, not just teach?
2. According to Deuteronomy 6, how often should we talk about God with our kids?
3. How do love and discipline go hand-in-hand?

### **JOURNAL ENTRY: “LORD, HELP US PARENT WITH PURPOSE”**

Each of you write:

1. One fear or challenge you feel in parenting right now.
2. One area where you want to grow as a parent.
3. A prayer asking God to give you wisdom, patience, and unity in your parenting journey.

End with this line: “Help us raise children who know You, love You and follow You.”

## **ACTION STEP (TOGETHER)**

Create a Parenting Vision Statement:

- ▶ What are our top 3 values we want to pass down?
- ▶ What is one rhythm we can add to teach our children to be disciplined?
- ▶ What’s one adjustment we can make in how we discipline or encourage?

Write your vision:

- ▶ Our parenting mission:

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- ▶ Our family values:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Optional: Start a new weekly habit: family prayer time, bedtime devotions, or “heart check” talks with your kids.

## **CLOSING PRAYER (TO PRAY TOGETHER)**

“Father, thank You for the children You’ve trusted us with. Help us raise them with wisdom, love and grace. Show us how to lead together, correct with compassion and disciple them with truth. Let our home be a place where faith grows and Your presence is felt. In Jesus’ name, Amen.”

# WEEK 9:

## SPIRITUAL GROWTH AS A COUPLE

**KEY VERSE:** *Colossians 2:7a (NLT) “Let your roots grow down into him, and let your lives be built on him.”*

Spiritual growth is not automatic, it’s intentional.

As individuals, we’re called to grow in Christ. But as a married couple, we are called to grow together. That means praying with each other, learning Scripture together and aligning your life decisions with God’s will, not just your own comfort.

Too often, one spouse grows while the other stays stagnant. But the healthiest marriages are those where both husband and wife are pursuing Jesus together and individually. When your roots go deep in Christ, your marriage becomes strong, secure and fruitful.

Don’t just live under the same roof, grow from the same root.

**BOTTOM LINE:** A spiritually strong marriage begins with two people who love Jesus more than they love each other.

### HOMEWORK (3–4 Pages of Weekly Application)

#### COUPLE REFLECTION QUESTIONS

1. How have we each grown spiritually over the past year?
2. What holds us back from growing together in our faith?
3. What small spiritual habits can we start as a couple this week?

## **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ Colossians 2:6–7
- ▶ Matthew 7:24–27
- ▶ John 15:4–5
- ▶ Joshua 24:15

Study Questions:

1. What does it mean to be “built on Christ”?
2. How does spiritual growth help weather life’s storms?
3. What happens when we remain connected to Jesus?

## **JOURNAL ENTRY: “JESUS, GROW US TOGETHER IN YOU”**

Each of you write:

- ▶ A spiritual goal you have for yourself.
- ▶ A prayer request you want your spouse to pray about this week.
- ▶ A desire you have for your marriage to become spiritually stronger.

End with this line: “We want to grow deeper in Christ, so we can grow closer to each other.”

## **ACTION STEP (TOGETHER)**

Pick Two Spiritual Habits to Start:

1. \_\_\_\_\_ (e.g., pray together before bed)
2. \_\_\_\_\_ (e.g., read a Psalm together once a week)

Then plan a short worship moment at home this week: read a verse, pray, and thank God for where He's brought you.

Optional: Choose a devotional or short Bible plan to do together for the next 7 days.

## **CLOSING PRAYER (TO PRAY TOGETHER)**

"Lord Jesus, You are the foundation of our lives and our marriage. Teach us how to grow spiritually not just for ourselves, but for each other. Show us how to pray, seek and walk with You together. May our faith be deep, our love be real and our marriage be a reflection of Your grace. In Jesus' name, Amen."



## WEEK 10: FINISHING STRONG & STAYING FAITHFUL

**KEY VERSE: 2 Timothy 4:7 (NLT) “I have fought the good fight, I have finished the race, and I have remained faithful.”**

Marriage is not a sprint, it's a lifelong race.

There will be seasons where it's easy and seasons where it's hard. Times when love feels like a fire and times when it feels like a flicker. But what matters most is not how perfect your journey is, it's how faithful you remain.

God doesn't expect perfection. He expects commitment. Faithfulness is about showing up, staying in and never letting go. It's choosing to keep your vows not because it's easy, but because it's worth it. And with Jesus as your strength, you can finish strong, together.

**BOTTOM LINE: Marriages don't fall apart because people fall out of love they fall apart because people stop choosing love.**

### **HOMEWORK (3–4 Pages of Weekly Application)**

#### **COUPLE REFLECTION QUESTIONS**

1. What season has tested our marriage the most?
2. What has helped us stay faithful to each other so far?
3. What does it look like for us to finish strong, spiritually, emotionally, and practically?

## **BIBLE STUDY CHALLENGE**

Read These Passages Together:

- ▶ 2 Timothy 4:6–8
- ▶ Hebrews 12:1–2
- ▶ Ecclesiastes 4:12
- ▶ Revelation 2:10

Study Questions:

1. What do you learn about perseverance and reward?
2. What does it mean to fix your eyes on Jesus in your marriage?
3. Why is faithfulness such a powerful testimony to others?

## **JOURNAL ENTRY: “WE CHOOSE TO STAY FAITHFUL”**

Each of you write:

1. What “finishing strong” looks like for your marriage.
2. One area where you want to recommit to your spouse.
3. A prayer asking God to strengthen your love, faithfulness, and future.

End with this line: “By God’s grace, we will finish this race, together.”

## **ACTION STEP (TOGETHER)**

Do a Marriage Legacy Check-In:

- ▶ What are the top lessons we've learned about love and faithfulness?
- ▶ What are our top 3 goals for the next season of marriage?
- ▶ How can we invest in another couple, just as we've been invested into?

Write your legacy notes:

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Our Marriage Legacy Will Be:

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Our Next 3 Marriage Goals:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Optional: Schedule a "covenant renewal night", re-read your vows, pray together and dream about the future.

## **CLOSING PRAYER (TO PRAY TOGETHER)**

"God, thank You for carrying us through these 10 weeks of growth. Help us not to stop here, but to walk out everything we've learned. Keep our love strong. Guard our hearts. Teach us to finish the race of marriage with joy, endurance and faithfulness. May our story reflect Your goodness. In Jesus' name, Amen."

## **FINAL WORD OF ENCOURAGEMENT**

You made it!

Not just through the sessions but through hard conversations, honest reflection, and intentional growth. That matters more than you know.

This isn't the end of your journey. It's the beginning of a new chapter; one where you keep choosing love, unity, forgiveness, and faithfulness every single day.

Keep praying together. Keep growing together. Keep fighting for each other. You're not striving for perfection; you're walking in **purpose**.

And remember: the strongest marriages aren't the ones that never struggle. They're the ones that never stop **showing up**.

We love you, we believe in you, and we're praying God continues to do amazing things in your marriage!

**Stay faithful. Stay united. Stay rooted in Christ.**

Anticipating Great Things,

**Pastor Jubal**