

Each month, you and your spouse will reflect on a specific topic related to marriage, using the provided scriptures as a guide.

How to Journal Together Each Week:

1. **Read & Meditate:** Choose at least **one scripture per week** from the month's list. Read it together and take a few moments to meditate on its meaning.
2. **Pray Over It:** Ask God for **wisdom, understanding, and revelation** regarding how this scripture applies to your marriage.
3. **Discuss Together:** Talk about the scripture and reflect on:
 - What is God saying to us through this verse?
 - How does this apply to our marriage right now?
 - What changes or actions should we take in response to this scripture?
4. **Write in Your Journal:** Each of you should take time to journal individually or together, answering:
 - What stood out from our discussion?
 - What insights did God reveal about our marriage?
 - What steps can we take to grow in this area?
5. **Commit to Growth:** Set a small, intentional goal or action for the week based on what you've learned and revisit it at the end of the week.

At the end of each month, reflect on your journaling, celebrate progress, and thank God for His work in your marriage.

This process will help deepen your connection as a couple, strengthen your faith, and invite God into every part of your marriage.

MONTHLY JOURNAL PROMPTS

March: Inviting God into the Daily Details

Prompt: In what ways do we intentionally invite God into our everyday routines, decisions, and conversations? Where might we be operating on autopilot instead of in dependence on Him as a couple?

Scriptures: Proverbs 18:21, Ephesians 4:2–3, 1 Corinthians 13:4–7, Romans 15:2

April: Growing in Emotional Safety and Trust

Prompt: Do we feel emotionally safe with one another? How do our words, reactions, and responses build or erode trust? What would it look like to create greater emotional security in our marriage?

Scriptures: Proverbs 18:21, Ephesians 4:2–3, 1 Corinthians 13:4–7, Romans 15:2

May: Spiritual Leadership and Mutual Submission

Prompt: How do we each contribute to spiritual leadership in our marriage? Are we honoring God through humility, service, and mutual submission, rather than control or passivity?

Scriptures: Ephesians 5:21, Joshua 24:15, 1 Peter 5:5, Micah 6:8

June: Navigating Change and Seasons Together

Prompt: What season are we currently in as a couple? How do we respond to change—whether expected or unexpected—and how can we remain united and anchored in God through transitions?

Scriptures: Ecclesiastes 3:1, Isaiah 43:19, Romans 8:28, Psalm 37:23–24

July: Honoring One Another Through Service

Prompt: In what ways do we practically serve one another in love? Are there unmet needs we need to address more intentionally? How can service strengthen our connection rather than feel transactional or burdensome?

Scriptures: Galatians 5:13, John 13:14–15, Philippians 2:3–4, Mark 10:45

August: Rebuilding and Rekindling Emotional Closeness

Prompt: How emotionally connected do we feel right now? What habits, distractions, or pressures may be pulling us apart, and what intentional steps can we take to draw closer again?

Scriptures: Song of Solomon 1:2–4, Amos 3:3, Hebrews 10:24–25, Psalm 85:6

September: Handling Conflict in a God-Honoring Way

Prompt: How do we typically respond to conflict? Do we pursue understanding or winning? What changes can we make to address disagreements with grace, patience, and respect?

Scriptures: James 1:19, Proverbs 20:3, Matthew 5:9, Romans 12:18

October: Strengthening Unity and Partnership

Prompt: Where do we function well as a team, and where do we struggle? How can we strengthen unity in decision-making, responsibilities, and vision for our life together?

Scriptures: Ecclesiastes 4:12, Philippians 1:27, Romans 12:16, Psalm 133:1

November: Building a Marriage That Leaves a Legacy

Prompt: What legacy are we building through our marriage—for our children, family, church, and community? Are our choices aligning with the legacy we hope to leave behind?

Scriptures: Proverbs 13:22, Psalm 145:4, Deuteronomy 6:6–7, Colossians 3:17

December: Guarding Our Hearts and Minds

Prompt: What thought patterns, influences, or habits threaten our peace or unity? How can we be more intentional about guarding our hearts and protecting the spiritual health of our marriage?

Scriptures: Philippians 4:7–8, Proverbs 4:23, 2 Corinthians 10:5, Psalm 119:37

January 2027: Strength in Gratitude and Contentment

Prompt: Are we content with where God has us, or do comparison and dissatisfaction creep in? How can gratitude reshape our perspective and strengthen our appreciation for one another?

Scriptures: Hebrews 13:5, Philippians 4:11–13, Psalm 103:2, 1 Timothy 6:6

February 2027: Reflecting, Renewing, and Recommitting

Prompt: As we reflect on this year, where have we seen God move in our marriage? What lessons have we learned, and how can we intentionally recommit to growth, faith, and unity in the year ahead?

Scriptures: Lamentations 3:22–23, Psalm 77:11–12, Joshua 24:14–15, 2 Corinthians 5:17

YEAR-END COVENANT RENEWAL

Each spouse take a few moments to reflect individually in their own journal. Afterward, come together to discuss and record a unified reflection on this page.

1. Unified Reflection

This year, we thank God for:

One way this year strengthened our marriage:

One lesson God taught us about our covenant this year:

2. Intentional Focus for the Year Ahead

Agree on **one focus area** in each category.

Spiritual Focus (*faith, prayer, time with God, spiritual alignment*)

Relational Focus (*communication, intimacy, unity, emotional connection*)

Practical Focus (*time, finances, habits, routines, shared responsibilities*)

3. Spoken Blessing

Take turns speaking a blessing over one another.

Our spoken blessing (optional to write):

4. Covenant Recommitment & Seal

Read aloud together:

“Today, we choose one another again.

*We recommit ourselves to this covenant,
not based on circumstances, emotions, or convenience,
but on obedience, love, and faith.*

We choose unity over division,

*grace over offense,
and purpose over pride.*

*With God as our foundation,
we renew our commitment to walk together
in love, honor, and faithfulness.”*

Now seal it with a KISS!! 😊

“Therefore what God has joined together, let no one separate.” — Mark 10:9