

# TASTE & SEE GOD'S GOODNESS IN YOUR MARRIAGE

## 28-Day Plan

### WEEK ONE - PRAY TOGETHER

The first week is about establishing a daily habit of praying together. This is a foundation for any Christian relationship, and it opens up space for God to work in your marriage.

- 1 Set Your Prayer Time**

Agree on a specific time to pray together daily. It could be morning or evening, but consistency is key.
- 2 Pray for Your Marriage**

Pray specifically for the areas in your marriage where you need God's guidance or strength.
- 3 Pray for Your Spouse's Needs**

Take turns praying for each other's personal needs
- 4 Pray for Unity**

Pray for oneness in your decisions, vision, and future.
- 5 Pray for Patience**

Ask God to help you both cultivate patience with each other.
- 6 Pray for Joy**

Thank God for the joy He has already given you in your marriage.
- 7 Pray for Protection**

Ask God to guard your hearts, minds, and relationship from distractions

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### WEEK TWO - READING SCRIPTURE TOGETHER

This week, focus on reading the Bible together and discussing what God is teaching you as a couple.

**8**

### Read 1 Corinthians 13

Reflect on the qualities of love. Discuss which aspects of love are strengths in your relationship and which ones you need to grow in.

**9**

### Read Ephesians 5:22-33

This passage speaks about the roles of husbands and wives. Discuss how this aligns with your marriage.

**10**

### Read Proverbs 4:23

Talk about what it means to "guard your heart" in the context of marriage.

**11**

### Read Psalm 34:8

Share how you've experienced God's goodness individually and as a couple.

**12**

### Read Song of Solomon 2:15

Discuss the small issues in your marriage that, if left unchecked, could become big problems.

**13**

### Read Ecclesiastes 4:9-12

Discuss how you are stronger as a couple than as individuals.

**14**

### Reflect on the Week

Reflect on what you've learned through Scripture. Share one major takeaway and how you'll apply it to your marriage moving forward.

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### WEEK THREE - ACTS OF KINDNESS & GRATITUDE

During this week, you'll focus on showing love in action through kindness and expressing gratitude.

- 15 Write a Gratitude Letter**

Each of you writes a letter to your spouse expressing gratitude for the qualities you love in them

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- 16 Do a Random Act of Kindness**

Surprise your spouse with a small act of kindness—a thoughtful gesture, doing a chore, or bringing them something they enjoy.

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- 17 Make Time for Affection**

Set aside intentional time for physical affection

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- 18 Share Your Appreciation**

Share at least three things you appreciate about your spouse.

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- 19 Plan a Fun Date Night**

Break from routine by planning a fun, relaxed evening together—no phones or distractions, just time for enjoyment and connection.

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- 20 Cook a Meal Together**

As you cook, talk about your dreams and what you're excited about in the future.

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- 21 Reflect on Kindness**

Discuss how you can incorporate the gestures shared this week more consistently in your marriage.

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### WEEK FOUR - COMMUNICATION & CONFESSION

This final week emphasizes vulnerability and openness—communicating honestly and confessing areas where you need growth.

#### **22 Confess Areas of Weakness**

Have an open conversation where each of you shares an area where you feel weak or vulnerable in the marriage.

#### **23 Forgive Each Other**

Commit to forgiving each other for any past hurts or unresolved issues. Pray for healing and the strength to move forward.

#### **24 Talk About Future Goals**

Discuss your long-term goals as a couple—whether financial, spiritual, or family-related.

#### **25 Communicate Love Languages**

Discuss each other's love languages. This will help you understand how to better meet each other's emotional needs.

#### **26 Share One Fear**

Open up about a fear or insecurity you have

#### **27 Plan Spiritual Growth Together**

Plan for your spiritual growth as a couple.

#### **28 Celebrate and Pray**

Recommit to keeping God at the center and continue practicing what you've learned.