

CAM for Today

A Couples Marriage Devotional

Opening Reflection

Marriage is often described as a relationship built on love. But anyone who has been married for more than a few years learns an important truth: love is not only a feeling—it is a daily decision. Feelings change with stress, work, family responsibilities, and life seasons. But strong marriages are sustained when two people continually choose each other again and again. Healthy couples don't avoid difficulty. Instead, they learn how to return to unity after conflict, misunderstanding, or stress. This devotional is designed to help couples slow down, reconnect, reflect on Scripture, and invite God back into the center of their marriage.

Scripture

Ecclesiastes 4:9–12 (KJV)

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

What This Means for Marriage

The Bible describes marriage as a partnership where two people support and strengthen one another. It recognizes that life will bring challenges—moments when one spouse feels tired, discouraged, or overwhelmed. In those moments, the purpose of marriage is not competition or control, but support. When God becomes the third strand in the relationship, the bond becomes stronger and more resilient. Inviting God into your marriage means allowing humility, forgiveness, patience, and kindness to shape how you treat each other.

Reflection Together

Every marriage has seasons. Some seasons feel joyful and effortless. Others feel stressful or disconnected. Those seasons do not mean your marriage is failing—they often mean it is growing. Growth requires honesty, patience, and willingness to reconnect. Take a few moments together to reflect on how God has already been present in your relationship. Remember the early days of your relationship, the moments that made you laugh, and the ways you have supported each other through life's challenges.

Discussion Questions

- 1. What first drew us to each other when we began our relationship?

- 2. What is something you appreciate about me that I may not hear often enough?
- 3. When you feel stressed or discouraged, what helps you feel supported by me?
- 4. What is one area where we could improve our communication?
- 5. What is one small habit we could practice this week that would strengthen our relationship?
- 6. How can we pray for each other more intentionally?

Personal Commitment

Take a moment to finish this sentence together. Each person should answer honestly and simply.

“One way I will choose love in our marriage this week is...”

Choosing love may look like listening more carefully, speaking more gently, showing appreciation, or spending intentional time together.

Prayer for Couples

Lord, thank You for the gift of marriage. Thank You for bringing our lives together and allowing us to build a shared journey. Teach us to love with patience and humility. Help us to listen to each other with compassion and to speak words that bring life rather than hurt. Protect our marriage from resentment, pride, and distance. Strengthen our bond so that our relationship reflects Your grace and faithfulness. Guide us as we grow together. In Jesus' name, Amen.

Weekly Practice

- Spend five minutes each evening asking each other how the day really went.
- Share one thing you appreciate about your spouse before going to sleep.
- Pray together at least once this week, even if the prayer is only one minute long.
- Choose one activity you both enjoy and schedule time for it.
- When conflict happens, pause before reacting and ask: 'How can we solve this together?'

Strong marriages are not built in dramatic moments. They are built through small daily choices to show respect, patience, and love.