

Day 3 - Marriage

“So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.” — Matthew 19:6 (NIV)

Marriage is not self-sustaining. Marriages cannot be sustained on autopilot. Marriage is like a fire — it needs fuel: time, attention, and intentionality.

But all too often, marriage gets put to the side or on the back burner.

We have work, kids, schedules, stress — and very easily, you can just give your spouse the leftovers instead of your best. After years of living this lifestyle in marriage, the connection fades — not just because of a crisis, but because of constant neglect.

You can't have a strong marriage without making space for it. Marriage is an investment. What you put into it is what you will get out of it.

The Bible says, “What God has joined together, let no man separate.” This means your marriage is sacred. It's worth fighting for. It's worth prioritizing. And when we create room for our spouse, we're honoring God too.

MARGIN IN MARRIAGE DOESN'T HAPPEN BY ACCIDENT — it's built by consistent, intentional choices to value your spouse like God does.

How to strengthen your marriage this week:

- **PUT YOUR PHONE DOWN** — Undivided attention communicates value. Every minute without distraction leaves a huge impact.
- **DATE ON PURPOSE** — Schedule time together, even if it's undivided time at home after the kids go to bed.
- **SPEAK LIFE** — Encouragement isn't optional. Let your spouse hear you thank them, believe in them, and build them up.

- **PRAY TOGETHER** — It might feel awkward at first, but nothing builds intimacy like inviting God into your relationship.
- **LISTEN WITH EMPATHY** — Don't try to fix everything. Sometimes your spouse just needs to be seen and heard.

Your marriage won't thrive by default. When you make room for it, love grows deeper, trust grows stronger, and God is glorified in it.

Your marriage is worth so much more than the leftovers. Make room to invest in what God has joined together.

