

Bonded by Grace

A Ministry of Mr. AlMajor

God's Blueprint for Marriage

Practices to keep love growing and Christ at the center

Core Scriptures

- Ephesians 5:25–33 — Christlike love and mutual honor.
- Ecclesiastes 4:12 — A cord of three strands is not quickly broken.
- 1 Corinthians 13:4–7 — Love's character in action.
- Colossians 3:12–15 — Compassion, forgiveness, and peace at home.

Keeping Your Marriage Alive

- Pray together aloud, even briefly—invite Christ into daily moments.
- Practice daily gratitude: share 3 thanks each evening.
- Schedule weekly connection: device-free walk, coffee, or devotion.
- Repair quickly: apologize, forgive, and revisit hurt with gentleness.
- Pursue friendship: laugh, learn, and serve together.

Communication & Conflict

- Use 'I' statements and reflect back what you heard.
- Pause + pray before heated talks (Eph. 4:26–27).
- Fight the problem, not the person; be teammates.
- Set a time to re-evaluate decisions; honor differences.

Simple Couple Practices

- Monthly budget check + prayer over finances.
- Share a Scripture of the week; place it on the fridge.
- Bless your spouse secretly (note, task, or small gift).
- Quarterly check-in: goals, intimacy, rest, ministry.