

**April 30 | Sunday**

**Birds & Bees Series: Keys to a Healthy Marriage**

Read [Ecclesiastes 4:9-12](#)



**01 | Mon – Start here** | Read [Matthew 7:12](#)

This week, you will look at marriage relationships from a biblical perspective. Don't set this devotional aside as irrelevant just because you may not be married right now. The scriptures you read over the next few days not only show the keys to a healthy marriage but can also be applied to other relationships. What would happen if you decided to make the verse for today your primary motive for the next six days? Why not try it?

**02 | Tue – Loaded language** | Read [Ephesians 5:21-33](#)

The "S" word is often used in unhealthy relationships to "keep the little woman in line" and make her subservient to her husband. This could not be further from the truth! God's plan is for marriage to be a partnership where both would submit to one another "out of reverence for Christ." Mutual love and mutual respect are the foundational keys described here. How do you submit appropriately to each other in *your* relationship?

**03 | Wed – Getting dressed** | Read [Colossians 3:5-17](#)

Life changes when you become a follower of Jesus. Paul describes in v. 7-10 what life is like BC - before Christ. Those things need to be taken off like filthy clothes - anger, rage, malice, slander, filthy language, lying. But don't stay naked! Get dressed in compassion, kindness, humility, gentleness, patience, forgiveness and put on the coat of love. What are some changes you need to make? In prayer, ask the Holy Spirit for help you throw out the trashy wardrobe and put on the "clothes" that will honor God and bless your spouse.

**04 | Thu – Ouch!** | Read [Galatians 5:13-26](#)

You can either indulge your fallen human nature (called "the flesh") OR say "no" to those harmful attitudes/behaviors (it is called "crucifying the flesh") and "yes" to what the Holy Spirit wants to produce in your life. Look closely at the attitudes you exhibit toward your spouse this week. Are there some ways you need to say "no" to your natural inclinations so you can experience the results of following the Spirit's lead? Your spouse will thank you!

**05 | Fri – Brain food** | Read [Philippians 4:4-9](#)

It is all in the mind. Whatever you focus your thoughts on will be revealed in your attitudes, words, choices, nonverbal responses and the things you do. These verses encourage you to run your thoughts through a grid. What would happen if you looked for the things in your spouse that are honorable, lovely, admirable, excellent, praiseworthy (the reasons you got married in the first place)? When these thoughts dominate your mind and spill over into your relationship, it can change everything.

**06 | Sat – What love looks like** | Read [1 Corinthians 13:4-7](#)

This definition comes from one of the most familiar passages in scripture. If you have access to the YouVersion Bible app, read these words in several different versions of the Bible to get a new perspective. It can be very challenging to live out this kind of love in life and marriage. Which specific qualities do you need the Holy Spirit to help you grow in, not only because you owe it to those you love but because God would be honored through your life?