

30-DAY EVENING

MARRIAGE JOURNAL

Keeping the Covenant Alive

One Evening at a Time

A 30-Day Devotional Journal for Couples

LLOYD ALLEN

MrMarriage.com • Fixing Marriage Academy, LLC

A Word Before You Begin

This journal is not a program. It is a practice.

You have already done the hard work. You have sat with your spouse and named expectations that lived unspoken for years. You have communicated needs you buried. You have built agreements where there was once assumption and silence.

The Expectation Course gave you the framework. This journal gives you the rhythm. Because transformation without rhythm does not last. A single breakthrough conversation is powerful — but it is thirty days of intentional evenings that builds a new marriage culture.

Each evening takes fewer than twenty minutes. But those twenty minutes, repeated across thirty days, will do more for your marriage than most couples accomplish in years.

Here is how to use this journal:

Sit together. No phones. No children if possible. Read the Scripture aloud. Let the Tonight's Truth settle. Answer the challenge — do it, don't just discuss it. Work through the Evening Reflection honestly. Read the Closing Prayer and Covenant Statement together out loud, every night.

Day 7, Day 14, and Day 21 are Weekly Check-Ins. Give those evenings an extra thirty minutes. Day 30 is your Covenant Renewal — your most important evening of the thirty.

You were not called to survive your marriage. You were called to build it. One evening at a time.

Lloyd Allen

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How to Use This Journal

WHEN

Each evening – after dinner, after the children are settled, before sleep. Set aside 20 quiet minutes. This is not a task. It is an appointment with your marriage.

HOW

Read together out loud wherever the page says to. Answer individually first on the reflection questions, then share. Write honestly – not the safe version. The breakthrough lives in the honest version.

WEEKLY CHECK-INS

Days 7, 14, and 21 are Weekly Check-In evenings. Give them an extra 30 minutes. Review your entries from the week. Let them inform the conversation.

DAY 30

Your Covenant Renewal evening. Pull out the Marriage Covenant you signed at the end of the Expectation Course. Read it aloud together. Update what has changed. Sign it again. Mark the moment.

IF YOU MISS A NIGHT

Pick up the next evening. Do not double up. Each day is designed to stand alone. Consistency matters more than perfection.

THE COVENANT STATEMENT

Read it every night. Both of you. Out loud. Even when it feels repetitive. Especially when it feels repetitive. Repetition is how a truth becomes a conviction.



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Week 1

SCRIPTURE ANCHOR

“Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.”

— Proverbs 13:12

Most marriages don't fail over big betrayals – they erode over small, unspoken expectations. Tonight, you bridge the gap between what was said in the course and what is lived in the home.

TONIGHT'S CHALLENGE

Before anything else tonight – tell your spouse one specific thing you appreciate about how they showed up today. Name WHAT and WHY.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

One expectation I left unspoken today:

One expectation I left unspoken today:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 1

SCRIPTURE ANCHOR

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

— Ephesians 4:32

Kindness is not weakness – it is covenant in action. Tonight, choose to be the safest person in your spouse’s world. Not because they deserve it. Because you committed to.

TONIGHT’S CHALLENGE

Do one small act of kindness for your spouse tonight that they are not expecting. No announcement. No credit. Just love in action.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

One moment I felt genuinely loved:

Her: _____

One moment I felt genuinely loved:

Him: _____

One way I need more kindness from my spouse that I haven’t asked for:

Her: _____

One way I need more kindness from my spouse that I haven’t asked for:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT’S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight’s
Mood:

Him: _____

Her: _____

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Week 1

SCRIPTURE ANCHOR

“A gentle answer turns away wrath, but a harsh word stirs up anger.”

— Proverbs 15:1

You choose the temperature of your home every time you open your mouth. Tonight, reflect on the words that built – and the ones that broke – something between you today.

TONIGHT'S CHALLENGE

Identify one thing you said today that you wish you had said differently. Say it the right way tonight – out loud, to your spouse.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

One moment I felt genuinely loved:

Her: _____

One moment I felt genuinely loved:

Him: _____

One thing I need my spouse to say to me more often:

Her: _____

One thing I need my spouse to say to me more often:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 1

SCRIPTURE ANCHOR

“I found the one my heart loves. I held him and would not let him go.”

— Song of Solomon 3:4

Pursuit doesn't stop at the altar – it begins there. The couples who stay in love are the ones who keep choosing each other deliberately, especially when life makes it inconvenient.

TONIGHT'S CHALLENGE

Tell your spouse one specific reason why you chose them – not in general terms, but something particular to who they are. Make them feel chosen tonight.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

One moment I felt genuinely loved:

Her: _____

One moment I felt genuinely loved:

Him: _____

One way I wish my spouse would pursue me that they used to do but has stopped:

Her: _____

One way I wish my spouse would pursue me that they used to do but has stopped:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 1

SCRIPTURE ANCHOR

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

— **Colossians 3:13**

Unforgiveness is a debt you keep paying long after the other person has moved on. Tonight is a chance to put something down that you’ve been carrying far too long.

TONIGHT’S CHALLENGE

Is there something small – or not so small – you have been holding against your spouse? Name it honestly to yourself. Then choose to release it tonight.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

Something I have been carrying silently that needs to be spoken and released:

Something I have been carrying silently that needs to be spoken and released:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT’S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight’s
Mood:

Him: _____

Her: _____

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Week 1

SCRIPTURE ANCHOR

“Above all, love each other deeply, because love covers over a multitude of sins.”

— 1 Peter 4:8

Deep love is not blind — it sees clearly and chooses to cover anyway. Tonight, focus not on your spouse’s failures but on the weight of love you carry for them.

TONIGHT’S CHALLENGE

Name one thing your spouse does imperfectly that you have been quietly resenting. Tonight, choose to cover it with love instead of cataloguing it.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

One area where I need my spouse to extend more grace to me:

One area where I need my spouse to extend more grace to me:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT’S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight’s
Mood:

Him: _____

Her: _____

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Week 1 –
Weekly
Check-In

SCRIPTURE ANCHOR

“Two are better than one... If either of them falls down, one can help the other up.”

— **Ecclesiastes 4:9–10**

You have completed your first week. Not perfectly — but consistently. That consistency is the very thing that separates the marriages that transform from the ones that stay stuck.

TONIGHT'S CHALLENGE

Tonight is your Week 1 check-in. Set aside 20 minutes. No phones. Review your entries from Days 1–6. What patterns do you see? What needs attention in Week 2?

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

The most important thing I learned about my spouse this week that I didn't know before:

The most important thing I learned about my spouse this week that I didn't know before:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 2

SCRIPTURE ANCHOR

“Be devoted to one another in love. Honor one another above yourselves.”

— **Romans 12:10**

Honor is not earned in marriage — it is given. It means treating your spouse as more important than your opinion, your mood, and your need to be right.

TONIGHT'S CHALLENGE

In one area tonight — a decision, a conversation, or a task — deliberately put your spouse's preference before your own. Don't mention it. Just do it.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

One area where I feel undervalued or dishonored in our marriage:

One area where I feel undervalued or dishonored in our marriage:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 2

SCRIPTURE ANCHOR

“Everyone should be quick to listen, slow to speak and slow to become angry.”

— James 1:19

Most marriage arguments are not about the topic — they are about being heard. Tonight, practice listening not to respond, but to truly understand what your spouse is carrying.

TONIGHT'S CHALLENGE

Ask your spouse: “What is the one thing on your heart right now that you wish I understood better?” Then listen. Don't fix. Don't defend. Just receive.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

Something I have been trying to say that I don't feel my spouse has truly heard:

Something I have been trying to say that I don't feel my spouse has truly heard:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 2

SCRIPTURE ANCHOR

“Let us consider how we may spur one another on toward love and good deeds.”

— **Hebrews 10:24**

Your spouse needs a champion more than they need a critic. Every time you encourage them, you are building the person you get to live with. Invest wisely.

TONIGHT'S CHALLENGE

Identify one dream, goal, or aspiration your spouse carries that you have not actively encouraged recently. Tonight, speak directly to that dream. Tell them you believe in it.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

One dream of mine I wish my spouse would champion more actively:

One dream of mine I wish my spouse would champion more actively:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 2

SCRIPTURE ANCHOR

“So they are no longer two, but one flesh. What God has joined together, let no one separate.”

— **Matthew 19:6**

You are one. That means your spouse’s victories are yours, and their struggles are yours too. Tonight, resist the temptation to see yourselves as opponents and remember you are on the same team.

TONIGHT’S CHALLENGE

Identify one area where you and your spouse have been pulling in different directions this week. Tonight, agree on one step you can take together to move in the same direction.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

One area where I feel we are not operating as a team right now:

One area where I feel we are not operating as a team right now:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT’S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight’s
Mood:

Him: _____

Her: _____

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Week 2

SCRIPTURE ANCHOR

“In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”

— **Philippians 2:3-4**

Humility in marriage is not thinking less of yourself – it is thinking of your spouse more. Tonight, shift the lens from what you need to what your spouse is carrying.

TONIGHT'S CHALLENGE

Ask your spouse: “What is the hardest thing you are carrying right now that I haven’t fully noticed?” Then sit quietly and truly listen before saying anything.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

Something I am carrying right now that I wish my spouse would notice without me having to say it:

Something I am carrying right now that I wish my spouse would notice without me having to say it:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 2

SCRIPTURE ANCHOR

“Her husband has full confidence in her and lacks nothing of value.”

— Proverbs 31:11

Trust is not built in a single moment – it is constructed brick by brick, day by day, through small consistent acts of faithfulness. Every promise kept tonight is a brick laid.

TONIGHT'S CHALLENGE

Name one promise or commitment you made to your spouse – big or small – that you have been slow to follow through on. Recommit to it tonight with a specific date or action.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

One moment I felt genuinely loved:

Her: _____

One moment I felt genuinely loved:

Him: _____

One area where I need to trust my spouse more fully and why I have been holding back:

Her: _____

One area where I need to trust my spouse more fully and why I have been holding back:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 2 –
Weekly
Check-In

SCRIPTURE ANCHOR

“Because of the LORD’s great love we are not consumed— his compassions never fail. They are new every morning.”

— **Lamentations 3:22–23**

Every morning is a reset. Every evening is a review. You are two weeks in. The question is not whether you did it perfectly — it is whether you showed up. You did. That matters.

TONIGHT’S CHALLENGE

Week 2 Check-In: Review Days 8–13 together. What has grown? What still needs attention? What one word describes your marriage right now — and what word do you want it to be?

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

The one thing I want Week 3 to look different from Week 2 in our marriage:

The one thing I want Week 3 to look different from Week 2 in our marriage:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT’S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight’s
Mood:

Him: _____

Her: _____

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Week 3

SCRIPTURE ANCHOR

“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you.”

— Isaiah 41:10

Fear is one of the greatest destroyers of intimacy. Fear of rejection keeps needs unspoken. Fear of conflict keeps truth buried. Tonight, choose courage over comfort.

TONIGHT'S CHALLENGE

Name one thing you have been afraid to say to your spouse – a need, a fear, a hope. Say it tonight. Gently, honestly, and with the intention to connect, not wound.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

One moment I felt genuinely loved:

Her: _____

One moment I felt genuinely loved:

Him: _____

One thing I am afraid to bring up but know we need to talk about:

Her: _____

One thing I am afraid to bring up but know we need to talk about:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 3

SCRIPTURE ANCHOR

“Love always protects, always trusts, always hopes, always perseveres.”

— 1 Corinthians 13:7

Love is not a feeling that fluctuates with circumstances – it is a commitment that perseveres through them. On the hard days, love is a verb, not a noun.

TONIGHT'S CHALLENGE

Recall the hardest season your marriage has survived so far. Tonight, tell your spouse what you learned about them – and about yourself – through that season.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

One moment I felt genuinely loved:

Her: _____

One moment I felt genuinely loved:

Him: _____

One way I need my spouse to protect or fight for me that I have not expressed:

Her: _____

One way I need my spouse to protect or fight for me that I have not expressed:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 3

SCRIPTURE ANCHOR

“Adam and his wife were both naked, and they felt no shame.”

— **Genesis 2:25**

Nakedness in marriage is not only physical – it is emotional, spiritual, and intellectual. It is the freedom to be fully known and fully accepted. Tonight, remove one layer of hiding.

TONIGHT'S CHALLENGE

Share something with your spouse tonight that you have kept hidden – a fear, an insecurity, or a struggle. Not to burden them, but to let them in. Intimacy lives in honesty.

Him
said:

Her
said:

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him:

Her:

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him:

Her:

One part of myself I have been hiding from my spouse because I fear their reaction:

One part of myself I have been hiding from my spouse because I fear their reaction:

Him:

Her:

One moment I could have loved better – and what I will do differently tomorrow:

Him:

Her:

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him:

Her:

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Week 3

SCRIPTURE ANCHOR

“What does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.”

— Micah 6:8

Justice, mercy, and humility — these are not just spiritual virtues. They are marriage virtues. Tonight, ask yourself: am I being just, merciful, and humble in this covenant?

TONIGHT'S CHALLENGE

In which of these three — justice, mercy, or humility — are you falling shortest in your marriage right now? Be honest. Then ask your spouse what they think.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

One moment I felt genuinely loved:

Her: _____

One moment I felt genuinely loved:

Him: _____

One area where I feel my spouse has not been fair or just with me lately:

Her: _____

One area where I feel my spouse has not been fair or just with me lately:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 3

SCRIPTURE ANCHOR

“Enjoy life with your wife, whom you love, all the days of this fleeting life.”

— Ecclesiastes 9:9

Joy is not a luxury in marriage – it is a discipline. Couples who laugh together, play together, and celebrate each other build a fortress that hardship cannot easily breach.

TONIGHT'S CHALLENGE

Plan something fun with your spouse tonight or this week – something neither of you would normally suggest. Spontaneous. Playful. Completely unnecessary. Just for joy.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

One way I wish we had more fun and lightness in our marriage:

One way I wish we had more fun and lightness in our marriage:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 3

SCRIPTURE ANCHOR

“Be still and know that I am God.”

— Psalm 46:10

The noise of life — work, children, finances, screens — is the greatest enemy of intimacy. Stillness is not laziness. It is the discipline of presence.

TONIGHT'S CHALLENGE

Put every screen away. Sit together for 10 minutes in silence, hands touching. No agenda. Just presence. Then share what came up.

Him said: _____ Her said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____ Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____ Her: _____

One distraction pulling me from my spouse that I need to address:

Him: _____ Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____ Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's Mood:

Him:

Her:

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Week 3 –
Weekly
Check-In

SCRIPTURE ANCHOR

“As for me and my household, we will serve the LORD.”

— Joshua 24:15

Three weeks in. The covenant you spoke over your marriage in the Expectation Course is not just words – it is a decision you are remaking every evening. Keep making it.

TONIGHT'S CHALLENGE

Week 3 Check-In: Pull out your Marriage Covenant from the Expectation Course. Read it aloud together. What have you honored? What needs renewed attention? Recommit together.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

One covenant commitment from the Expectation Course I need to be more intentional about:

One covenant commitment from the Expectation Course I need to be more intentional about:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 4

SCRIPTURE ANCHOR

“He who finds a wife finds what is good and receives favor from the LORD.”

— **Proverbs 18:22**

You were chosen. Let gratitude for this specific person — not an ideal spouse, but this one — fill your evening.

TONIGHT'S CHALLENGE

Write five specific things about your spouse you are grateful for. Not generic — specific. Share them. Let them receive without deflecting.

Him said: _____ Her said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____ Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____ Her: _____

One quality in my spouse I have been taking for granted:

Him: _____ Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____ Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's Mood:

Him:

Her:

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Week 4

SCRIPTURE ANCHOR

“Accept one another, then, just as Christ accepted you, in order to bring praise to God.”

— **Romans 15:7**

Acceptance means welcoming the person fully. Tonight, separate who your spouse is from what they do. Love the person unconditionally.

TONIGHT'S CHALLENGE

Tell your spouse one thing about them you have struggled to fully accept – then commit out loud to accepting them in it. One of the most loving things you can do.

Him said: _____

Her said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved: _____

One moment I felt genuinely loved: _____

Him: _____

Her: _____

One part of myself I wonder if my spouse has fully accepted: _____

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's Mood:

Him: _____

Her: _____

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Week 4

SCRIPTURE ANCHOR

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

— **Galatians 6:2**

Your spouse was not designed to be strong all the time. Covenant means you each get to be weak before someone who carries the weight with you.

TONIGHT’S CHALLENGE

Ask your spouse: “What is the heaviest thing you are carrying – and how can I help carry it?” Then do that one thing this week.

Him said: _____ Her said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____ Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____ Her: _____

One burden I have been carrying alone that I need help with:

Him: _____ Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____ Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT’S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight’s
Mood:

Him:

Her:

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Week 4

SCRIPTURE ANCHOR

“If anyone is in Christ, the new creation has come: the old has gone, the new is here.”

— 2 Corinthians 5:17

You are not who you were. Your spouse is not who they were. The person across from you is still becoming. Give them the grace of your growing – and receive theirs.

TONIGHT'S CHALLENGE

Name one way you have grown as a spouse in the last 30 days. Name one way you have seen your spouse grow. Share both tonight. Let growth be celebrated, not just expected.

Him
said: _____

Her
said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

One old pattern I am still working to fully leave behind:

One old pattern I am still working to fully leave behind:

Him: _____

Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____

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Week 4

SCRIPTURE ANCHOR

“Place me like a seal over your heart... for love is as strong as death, its jealousy unyielding as the grave.”

— Song of Solomon 8:6

Covenant love is fierce. It plants itself and refuses to move. Tonight, let your love be fierce and unshakable.

TONIGHT'S CHALLENGE

Say this to your spouse tonight: **“I am not going anywhere. Not when it is hard. Not when I am tired. I am choosing you. Tonight and tomorrow.”**

Him said: _____ Her said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____ Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____ Her: _____

One moment I felt unsure of my spouse's commitment to us:

Him: _____ Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____ Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him:

Her:

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Week 4

SCRIPTURE ANCHOR

“For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

— **Jeremiah 29:11**

God has a plan for your marriage – not just for each of you individually, but for you together. Tonight, lift your eyes from the current struggle and look at the horizon of what you are building.

TONIGHT'S CHALLENGE

Describe to your spouse the marriage you want to have in 10 years. Be specific. Where are you living? How do you spend your evenings? What are you building together? Dream out loud.

Him
said:

Her
said:

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him:

Her:

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him:

Her:

One hope or dream for our marriage that I have stopped talking about but have not stopped wanting:

One hope or dream for our marriage that I have stopped talking about but have not stopped wanting:

Him:

Her:

One moment I could have loved better – and what I will do differently tomorrow:

Him:

Her:

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight's
Mood:

Him:

Her:

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2
8

of 30

Week 4

SCRIPTURE ANCHOR

“Let us throw off everything that hinders and the sin that so easily entangles.”

— **Hebrews 12:1**

There are things in every marriage that hinder — habits, patterns, grudges, distractions. They do not disappear on their own. They must be deliberately thrown off.

TONIGHT'S CHALLENGE

Name one habit or pattern you are committing to throw off before Day 30. Write it down. Tell your spouse. Ask them to hold you to it.

Him said: _____ Her said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____ Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____ Her: _____

One thing in our marriage that is hindering our closeness:

Him: _____ Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____ Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him:

Her:

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Week 4

SCRIPTURE ANCHOR

“Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.”

— **Ruth 1:16**

Ruth’s words to Naomi are among the most powerful covenant statements ever spoken. Let them be yours tonight – a declaration of direction.

TONIGHT’S CHALLENGE

Write your own version of Ruth 1:16 – a personal covenant statement for your life and marriage. Read it aloud to your spouse tonight.

Him said: _____ Her said: _____

EVENING REFLECTION – Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____ Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____ Her: _____

One area where I need to know my spouse is fully with me:

Him: _____ Her: _____

One moment I could have loved better – and what I will do differently tomorrow:

Him: _____ Her: _____

CLOSING PRAYER – Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT’S COVENANT – Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other – intentionally, daily, and by covenant.”

Tonight’s Mood:

Him:

Her:

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Covenant
Renewal

SCRIPTURE ANCHOR

“He who was seated on the throne said, ‘I am making everything new.’”

— Revelation 21:5

Thirty days. Thirty choices to show up. You are not the same couple who started this journal. Honour what God has done here.

TONIGHT'S CHALLENGE

Tonight is your Covenant Renewal. Pull out your Marriage Covenant. Read it aloud. Update what has changed. Sign it again. Celebrate each other.

Him
said: _____

Her
said: _____

EVENING REFLECTION — Together. Honest. No phones.

Did we connect meaningfully today?

Him: _____

Her: _____

One moment I felt genuinely loved:

One moment I felt genuinely loved:

Him: _____

Her: _____

The one thing this journal changed in me that I carry forward always:

Him: _____

Her: _____

One moment I could have loved better — and what I will do differently tomorrow:

Him: _____

Her: _____

CLOSING PRAYER — Read aloud together

“Lord, where we have carried unspoken expectations, give us courage to speak. Where we have misunderstood, give us patience to listen. Teach us to love by decision. Amen.”

TONIGHT'S COVENANT — Read aloud together

“We will not let life quietly rewrite our marriage. We choose each other — intentionally, daily, and by covenant.”

Tonight's
Mood:

Him: _____

Her: _____