

Ephesians 521 Ministries
Soul Care Series
Spiritual Care Tools for Growing in Marriage

Strengthen Me

“Submitting to one another out of reverence for Christ.” {Ephesians 5:21}

Marriage is a sacred relationship shaped by love, humility, and mutual care. Even strong marriages experience seasons where connection feels strained or growth feels uncertain. Wanting to strengthen your marriage is not a sign that something is wrong; it is a reflection of honoring what God has entrusted to you.

The **Strengthen Me** resources exist to support couples who desire to grow intentionally in their relationship with one another and with God. These materials invite reflection, conversation, and prayerful awareness, helping couples slow down and reconnect in meaningful ways.

Ephesians 521 Ministries offers this resource because we believe marriage flourishes when spouses approach one another with grace, humility, and Christ-centered love. Growth is not found in perfection, but in learning how to walk together with patience and mutual submission.

Use this resource as an invitation to pause, listen, and grow together, one faithful step at a time.

Purpose Statement

This resource is provided to paint for us an accurate picture of what an eternal relationship with Jesus looks like. Marriage becomes a tutor as we see which character traits are most important in our lives, according to the truth found in God’s Word.

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Tool 1 - 7-Day Prayer Guide for Your Spouse
Praying Blessing Over the One You Love

Day 1 – Peace

“Father, please give my spouse peace in mind and heart today.”

Day 2 – Strength

“Strengthen them where they feel tired or pressured.”

Day 3 – Wisdom

“Guide their decisions and give clarity.”

Day 4 – Protection

“Guard them spiritually, emotionally, and physically.”

Day 5 – Joy

“Renew joy in their heart.”

Day 6 – Faith

“Deepen their trust in You.”

Day 7 – Love

“Help me love them the way You love me.”

Closing Thought:

The most valuable aspect of our marriage is having someone to share our faith with as we grow in our knowledge of our eternal relationship with Christ. Prayer allows us to share our eternal hope and fellowship with our spouse in the here-and-now.

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Tool 2 - Ephesians 5:21 Reflection Workbook
“Submitting to one another out of reverence for Christ.”
{Ephesians 5:21}

Reflection Prompts

- What does Christ-like love look like in conflict?
- Where do I tend to defend instead of understand?
- How can I serve instead of react this week?
- What is one small way I can show grace today?

Reminder Line:

Mutual submission is not weakness – it is a strength shaped by Christ.

Closing Thought:

Marriage is the primary way God teaches us about putting others first. It reminds us that Jesus put Himself behind others, including you and me, as He took the cross to bear on our behalf.

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Tool 3 - “When We Disagree” Scripture & Response Sheet
“Let every person be quick to hear, slow to speak, slow to anger.”
{James 1:19}

Response Steps

1. Pause before responding
2. Pray silently
3. Listen to understand
4. Speak with gentleness
5. Seek unity, not victory

Encouragement Line:

Disagreement does not have to become division.

Closing Thought:

The Apostle Paul called us jars of clay. How do two jars of clay get past their disagreements and differences? By putting the other first!

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Tool 4 - Marriage Affirmations that are Christ-centered

- Our marriage is held together by God's grace.
- We can choose gentleness even when emotions rise.
- We are on the same team.
- God is growing us through this season.
- Love can be learned, practiced, and strengthened.
- Forgiveness keeps our hearts soft.
- We can return to peace after the tension.
- God is present in our ordinary days.

Closing Thought:

God gave us the institution of marriage for a number of reasons, the most important of which is to illustrate our eternal relationship with Christ in our day-to-day life with our mate.

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Tool 5 - A Simple Christ-Centered Date Night Guide

Step 1 - Disconnect from Distractions

Put the phones away.

Step 2 - Ask Heart Question

- How have you really been feeling?
- What has been heavy on your heart lately?
- How can I support you better?
- What can I be praying about on your behalf?

Step 3 - Pray Together

Spend time together before God.

Step 4 - Speak One Encouragement to Each Other

Reminder: Connection grows in small incremental moments.

Closing Thought:

A Christ-centered marriage isn't perfect – it is two imperfect people choosing grace again and again.