

THIRTY DAY DEVOTIONAL GUIDE FOR ENHANCING ROMANTIC RELATIONSHIPS©

(All passages are from the New International Version of the Bible)

Recommendations:

Read one section each day. Spend a few minutes prayerfully meditating on how you can apply it to improve romantic relationships.)

If you are in an important romantic relationship, agree to start the same day, reading the same passage, thinking and praying how you might apply it. Agree to discuss regularly what you think of what you are reading.

1

Proverbs 16:24 “Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”

Proverbs 15:30 “A cheerful look brings joy to the heart, and good news gives health to the bones.”

Proverbs 12:25 “An anxious heart weighs a person down, but a kind word cheers him up.”

2

I Peter 4:8 “Above all, love each other deeply, because love covers over a multitude of sins.”

John 15:12-13 “My command is this: love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends.”

I John 4:10-11 “This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another.”

3

Hebrews 3:13a “But encourage one another daily.”

I Thessalonians 5:11a, 15 “Therefore encourage one another and build each other up... Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else.”

4

James 1:19 “...Everyone should be quick to listen, slow to speak, and slow to become angry.”

Proverbs 18:2 & 13 “A fool finds no pleasure in understanding but delights in airing his own opinions. He who answers before listening—that is his folly and his shame.”

© 2006 John S. Fry, Ph.D. (title only)

Dr. John Fry, Psychologist
Telehealth throughout California
(949) 863-1420
www.drjohnfry.com
drjohnfry@ca.rr.com

5

I Corinthians 13:4-7 “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”

6

Psalms 37:4 “Delight yourself in the Lord and he will give you the desires of your heart.”

Joshua 24:15b “But as for me and my household, we will serve the Lord.”

John 14:6-7 “Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well.”

7

Proverbs 11:24-25 “One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous man will prosper; he who refreshes others will himself be refreshed.”

Acts 20:35b “It is more blessed to give than to receive.”

8

Romans 12:10-12 “Be devoted to one another in brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer.”

9

Proverbs 17:1 “Better a dry crust with peace and quiet than a house full of feasting with strife.”

Proverbs 15:1 “A gentle answer turns away wrath, but a harsh word stirs up anger.”

Proverbs 21:23 “He who guards his mouth and his tongue keeps himself from calamity.”

Proverbs 12:18 “Reckless words pierce like a sword, but the tongue of the wise brings healing.”

10

Romans 12:13 “Share with God’s people who are in need. Practice hospitality.”

I Peter 4:9 “Offer hospitality to one another without grumbling.”

11

Philippians 4:4-7 “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

12

Proverbs 29:11 “A fool gives full vent to his anger, but a wise man keeps himself under control.”

Ephesians 4:26 “In your anger, do not sin: Do not let the sun go down while you are still angry.”

13

Proverbs 27:17 “As iron sharpens iron, so one person sharpens another.”

Ecclesiastes 4:9-12a “Two are better than one, because they have a good return for their work; If one falls down, his friend can help him up. But pity the person who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves.”

14

Proverbs 21:2 “All a man’s ways seem right to him, but the Lord weighs the heart.”

Ecclesiastes 8:9b “There is a time when a man lords it over others to his own hurt.”

Proverbs 21:24 “The proud and arrogant man—‘Mocker’ is his name; he behaves with overweening pride.”

Proverbs 3:34 “He mocks proud mockers but gives grace to the humble.”

15

Matthew 5:7 “Blessed are the merciful, for they will be shown mercy.”

16

Ephesians 5:25,33 “Husbands, love your wives, just as Christ loved the church and gave himself up for her. Each one of you must also love his wife as he loves himself, and the wife must respect her husband.”

17

Ephesians 4:1-3 “...I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”

18

Matthew 7:1-3 “Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?”

Galatians 6:1 “if someone is caught in a sin, you who are spiritual should restore him gently.”

19

I Corinthians 1:1-3 “If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.”

20

I Peter 5:7 “Cast all your anxiety on him because he cares for you.”

I John 4:18 “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

21

Romans 12:15-16a “Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another.”

22

Ephesians 4:32 “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Proverbs 19:11 “A man’s wisdom gives him patience; it is to his glory to overlook an offense.”

Proverbs 17:9 “He who covers over an offense promotes love, but whoever repeats the matter separates close friends.”

Romans 12:14 “Bless those who persecute you; bless and do not curse.”

I Peter 2:23 “When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats.”

23

Colossians 3:15 “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.”

Matthew 5:9 “Blessed are the peacemakers, for they will be called sons and daughters of God.”

Psalms 34:14b “Seek peace and pursue it.”

24

Philippians 2:2-4 “...make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.”

25

Leviticus 19:18 “Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself.”

26

Philemon 4 “I always thank my God as I remember you in my prayers...”

James 5:16a “Therefore confess your sins to each other and pray for each other so that you may be healed.”

27

Matthew 7:12 “So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

28

Romans 12:2 “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”

Philippians 4:8 “whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

29

I Peter 2:17 “Show proper respect to everyone.”

30

Colossians 3:12-14 “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.”