



**CHRONIC JOY®**

Ministering to those affected by:  
Chronic Illness, Mental Illness,  
Chronic Pain, & Disability

## LESSONS FROM BIBLICAL COUPLES

*Be devoted to one another in love. Honor one another above yourselves.*  
(Romans 12:10)

The Bible contains hundreds of verses about love, marriage, relationships, and commitment, and God speaks through them if we're willing to listen. From the 30 Biblical couples list below, choose one each day, read those Scripture verses with your spouse, then work through the *Questions to Begin*.

### 30 BIBLICAL COUPLES

- Adam & Eve (Genesis 4:1-2, 25)
- Abraham & Sarah (Genesis 17:15)
- Isaac & Rebekah (Genesis 24-27)
- Esau & Judith (Genesis 26:34-35)
- Jacob & Rachel (Genesis 29:28)
- Moses & Zipporah (Exodus 2:21)
- Amram & Jochebed (Numbers 26:59)
- Heber & Jael (Judges 4:16-22)
- Lappidoth & Deborah (Judges 4:1-9)
- Samson & Delilah (Judges 16:4-21)
- Elimelech & Naomi (Ruth 1:2-3)
- Boaz & Ruth (Ruth 4:13)
- Elkanah & Hannah (1 Samuel 1)
- Elkanah & Peninnah (1 Samuel 1:2-7)
- David & Michal (1 Samuel 18:27)
- Nabal & Abigail (1 Samuel 25:3)
- David & Bathsheba (2 Samuel 11:1-26)
- Uriah & Bathsheba (2 Samuel 11:3)
- Ahab & Jezebel (1 Kings 21:25)
- Caleb & Ephrath (1 Chronicles 2:19)
- Shallum & Huldah (2 Chronicles 34:22-28)
- King Xerxes & Esther (Esther 4-10)
- Hosea & Gomer (Hosea 1:3)
- Joseph & Mary (Matthew 1, Luke 1)
- Zacharias & Elisabeth (Luke 1:5)
- Chuzá & Joanna (Luke 8:3)
- Cleopas & Mary (John 19:25)
- Ananias & Sapphira (Acts 5:1)
- Felix & Drusilla (Acts 14:24)
- Priscilla & Aquila (Acts 18:2)

### QUESTIONS TO BEGIN

- What happened between these two people?
- Was faith evident in their marriage? What did God intend for them?
- How did sin, fear, grief, loss, impatience, or pride get in the way of love?
- What life lesson (good or bad) can you glean from this Biblical couple?

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



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## 30 BIBLE VERSES ABOUT MARRIAGE

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

(Ephesians 4:32)

Marriage is a gift, a holy weaving of two very imperfect people into one through a lifetime of difficult, beautiful, exasperating, and amazing mountain-top moments of God-ordained sanctification. It is the slow, lifetime melding of two into one as patience opens the door to forgiveness, kindness, goodness, and gentleness sweeten the relationship, faithfulness nourishes and sustains our commitment, and self-control softens what we say and do.

For the next 30 days, choose one Scripture verse each day from the list below. Read it with your spouse, and let the Word of God encourage you, enrich you, and sustain you as you lean in and learn *together*.

### 30 VERSES TO STRENGTHEN & CELEBRATE MARRIAGE

- Genesis 2:24
- Hebrews 13:4
- 1 Corinthians 13:4-7
- Ephesians 5:22-24
- Proverbs 18:22
- Ecclesiastes 4:9-12
- Ephesians 5:25-27
- 2 Corinthians 6:14
- Proverbs 19:14
- 1 Corinthians 13:4-8
- Song of Songs 7:10-12
- Matthew 19:2-9
- 1 Corinthians 16:14
- 1 Peter 33:7
- 2 Chronicles 24:2-3
- Mark 10:11-12
- Genesis 2:20-23
- Ephesians 4:2-3
- Genesis 2:18
- Malachi 2:14-15
- 1 Peter 3:1-5
- 1 Peter 4:8
- Proverbs 30:18-19
- Matthew 19:4-8
- Mark 10:6-8
- Matthew 19:9
- Matthew 5:32
- Mark 10:9
- Psalm 85:10
- Song of Songs 8:6-7

What might happen today if you looked for opportunities to tenderly, gently, selflessly bless your spouse, expecting nothing in return?

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