

Love
CHURCH

“HEALTHY



HEALED”

BECOMING HEALTHY PEOPLE WHO
BUILD HEALTHY RELATIONSHIPS

A NOTE FROM LOVE CHURCH

HEALTHY & HEALED

Healthy relationships don't just happen.

They are formed over time through healing, surrender, and intentional growth.

This series was created because too many people are trying to build healthy relationships while carrying unhealed pain. And when pain goes unaddressed, it doesn't disappear. It shows up in how we communicate, how we attach, how we trust, and how we react.

Many of us were never taught how to heal. We were taught how to move on. How to cope. How to stay busy. How to pretend we're okay. But unhealed pain doesn't stay contained. It gets carried into new friendships, new dating relationships, and even into marriage.

God does not ask us to pretend we're fine.

He invites us to be healed.

Whether you are single, dating, married, divorced, widowed, or unsure where you fit, this guide is for you. You don't have to have it all together. You don't have to have the right words. You just have to be willing to let God meet you where you are.

Our prayer is simple. That through Scripture, reflection, and honesty, you would encounter the healing love of Jesus and begin building relationships that reflect His heart.

You are loved.

You are seen.

Healing is possible.

Pastor Matt Perry

The Love Church Team

“God does not ask us to pretend we're fine.
He invites us to be healed.”

WHY THIS SERIES MATTERS

There are too many unhealed people trying to perform healthy relationships.

When pain goes unaddressed, it doesn't disappear. It leaks. It leaks into friendships, dating relationships, marriages, parenting, and even the way we see ourselves. A lot of what we call "toxic" is actually unhealed.

That's why Healthy & Healed is not just about learning relationship skills. It's about becoming the kind of person who can build healthy relationships because Jesus is doing something real and deep in you.

Our goal is simple.

Becoming healthy people who build healthy relationships.

And we believe true healing is found in God. Not by pretending. Not by performing. Not by trying harder. But by surrendering every part of our lives to Jesus and letting Him make us whole.

**"A lot of what we call toxic
is actually unhealed."**

NAMING THE DISAPPOINTMENT

Healing does not begin with pretending everything is fine.

Healing begins when we name what actually hurt us.

For some of us, it is the disappointment of a divorce we never imagined would happen. We stood at an altar full of hope, believing it would last forever, and now we are left grieving something we thought was secure.

For others, it is disappointment in the mistakes we made outside of marriage. Choices we wish we could take back. Moments where desire led instead of wisdom. Shame has a way of convincing us that because of our past, healing is no longer possible.

For some, the disappointment runs even deeper.

Broken trust.

Betrayal by someone we loved.

Abandonment when we needed presence the most.

Unmet expectations that quietly hardened our hearts.

Many of us learned how to move on without ever being healed. We stayed busy. We avoided the pain. We told ourselves we were fine. But unaddressed pain does not disappear. It gets carried forward into new relationships, new friendships, and new seasons.

Jesus does not ask us to ignore our disappointment.

He invites us to bring it to Him.

Healing happens when we stop minimizing our pain and start being honest about it. When we name what hurt us, we give Jesus access to places we have kept guarded for too long.

This is where healing begins.

“Unaddressed pain does not disappear.
It gets carried forward.”

WEEK 1 OPENER

HEALTHY AND HEALED

Every relationship flows from the condition of our hearts.

Many of us are trying to build healthy relationships while carrying unhealed pain. We want better friendships, stronger marriages, and healthier dating relationships, but we have never slowed down long enough to let God heal what is broken inside of us.

Healthy and healed people build healthy relationships.

This series begins by addressing the foundation. Before we talk about friendships, dating, or marriage, we have to talk about surrender. Because true healing is not found in strategies or behavior modification. It is found in Jesus.

This week is about wholeness.

Not perfection.

Not pretending.

But allowing Jesus to be Lord over every part of our lives.

KEY VERSE FOR THE WEEK

John 10:10 NIV

The thief comes only to steal and kill and destroy. I have come that they may have life, and have it to the full.

RECOMMENDED READING

- Changes That Heal - Dr. Henry Cloud
- The Life God Wants You to Have - John Ortberg
- Emotionally Healthy Spirituality - Peter Scazzero

“Healthy and healed people build healthy relationships”

WEEK 1 OPENER

HEALTHY & HEALED

BECOMING HEALTHY PEOPLE WHO BUILD HEALTHY RELATIONSHIPS

LIFE TO THE FULL

John 10:10 (NIV)

"The thief comes only to steal and kill and destroy. I have come that they may have life, and have it to the full."

(The Message)

"A thief is only there to steal and kill and destroy. I came so they can have real and eternal life, more and better life than they ever dreamed of."

THIS WEEK'S FOCUS

This week isn't about fixing relationships.

It's about healing the person in them.

Many of us are trying to live full lives while carrying unhealed wounds.

We're asking God to bless relationships that are being built from pain, fear, or control.

But Jesus didn't come to improve broken patterns.

He came to bring wholeness.

Wholeness doesn't begin when everything in life gets fixed.

It begins when Jesus becomes Lord.

When He leads

When He defines

When He has authority over our hearts and lives

Health starts with surrender.

Healing flows from trust.

And freedom comes when we stop leading ourselves and start following Him.

This week sets the foundation for everything else in this series.

Because the health of every relationship is shaped by who is leading your life.

THIS WEEK WILL HELP YOU

- Understand biblical wholeness
- See the connection between healing and lordship
- Identify areas you've asked Jesus to heal without surrendering
- Begin letting Jesus lead every part of your life

THIS WEEK WILL HELP YOU

- Changes That Heal - Dr. Henry Cloud
- The Life You've Always Wanted - John Ortberg
- Practicing the Way - John Mark Comer

WEEK 1 SERMON NOTES

HEALTHY & HEALED

BECOMING HEALTHY PEOPLE WHO BUILD HEALTHY RELATIONSHIPS

KEY VERSE

John 10:10 (NIV)

"The thief comes only to steal and kill and destroy. I have come that they may have life, and have it to the full."

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POINT 1

GOD'S DESIRE IS WHOLENESS

God's plan for your life has always been fullness.

Not survival.

Not managing pain.

Not pretending everything is fine.

Notes:

BIG IDEA

Wholeness isn't achieved by fixing every part of your life.

Wholeness is formed when every part of your life is submitted to Jesus.

Every relationship is shaped by lordship.

The question isn't if something is leading your life.

The question is who.

Jesus doesn't offer a slightly better version of broken living.

He offers **life to the full**.

Health isn't about having no pain.

It's about being whole even after pain.

POINT 2

HEALING BEGINS WITH SURRENDER

Many of us want Jesus to heal what we're unwilling to surrender.

We want freedom without submission.

Peace without obedience.

Change without trust.

But healing flows from lordship.

To say "Jesus is Lord" means He gets to lead

Our hearts

Our relationships

Our decisions

Our desires

Our future

Notes:

POINT 3

WHOLENESS LEADS TO FREEDOM

Unhealed pain doesn't stay contained.

It spills into relationships.

It shapes reactions.

It creates cycles we didn't mean to repeat.

When Jesus becomes Lord, we stop carrying our hurt into every relationship.

We stop bleeding on people who didn't wound us.

We start living free.

Freedom isn't pretending the pain never happened.

Freedom is no longer being controlled by it.

Notes:

REFLECTION QUESTIONS

1. What areas of my life have I asked Jesus to heal without fully surrendering to Him?
2. Where has unhealed pain shown up in my relationships?
3. What would it look like to let Jesus lead every part of my life?

WHY LORDSHIP COMES BEFORE HEALING

We all want healing.

Healing from pain.

Healing from past relationships.

Healing from patterns we don't want to repeat.

And Jesus wants healing for us too.

But the Bible is clear about the order.

Healing flows from lordship.

To say "Jesus is Lord" isn't just a statement of faith.

It's a statement of trust.

In Scripture, a lord isn't someone you occasionally consult.

A lord is someone you follow.

That's why Jesus didn't just invite people to believe in Him.

He invited them to follow Him.

When we say Jesus is Lord, we're saying He gets to lead

Our decisions

Our relationships

Our desires

Our future

Many of us want Jesus to heal what we're unwilling to surrender.

We want freedom without submission.

Peace without obedience.

Change without trust.

But wholeness doesn't work that way.

Jesus doesn't bring healing by taking control from us.

He brings healing by inviting us to trust Him with control.

Lordship isn't about losing freedom.

It's about finding it.

When Jesus becomes Lord, life begins to come into order.

Not instantly.

Not perfectly.

But honestly and steadily.

This is why wholeness isn't achieved by fixing everything in our lives.

It's formed when we place everything under Jesus' leadership.

Healing begins when we stop asking Jesus to follow us

and start choosing to follow Him.

**WHOLENESS
BEGINS WHEN
JESUS
BECOMES LORD.**

WEEK 2 OPENER

HEALTHY & HEALED

BECOMING HEALTHY PEOPLE WHO BUILD HEALTHY RELATIONSHIPS

FROM BROKEN FRIENDSHIPS TO WISE FRIENDSHIPS

Relationships shape us more than we realize.

Especially our friendships.

Some friendships bring life.

Others quietly drain it.

Some friends sharpen us.

Others slowly pull us away from who God is calling us to be.

Many of us don't end up where we are because of one big decision.

We end up there because of the people we consistently walk with.

That's why Scripture places so much weight on wisdom when it comes to relationships.

Not every friendship is bad.

But not every friendship is wise.

There are seasonal friendships.

There are situational friendships.

And then there are wise friendships

the ones God uses to shape your character, faith, and future.

Week 2 isn't about cutting people off.

It's about learning how to walk wisely.

Who you walk with matters.

Because friendships don't just reflect where you are

they influence where you're going.

KEY VERSE

Proverbs 13:20 (NIV)

"Walk with the wise and become wise, for a companion of fools suffers harm."

(The Message)

"Become wise by walking with the wise hang out with fools and watch your life fall to pieces."

THIS WEEK WILL HELP YOU

- Discern the difference between healthy and unhealthy friendships
- Understand the power of influence
- Build wise, life-giving relationships
- Learn how to love people without being led by them

RECOMMENDED READING (WEEK 2)

- Changes That Heal - Dr. Henry Cloud
- Find Your People - Jennie Allen
- Life Together - Dietrich Bonhoeffer

WEEK 2 SERMON NOTES

HEALTHY & HEALED

BECOMING HEALTHY PEOPLE WHO BUILD HEALTHY RELATIONSHIPS

KEY VERSE

Proverbs 13:20 (NIV)

"Walk with the wise and become wise, for a companion of fools suffers harm."

"You are the average of the five people you spend the most time with."

POINT 1

FRIENDSHIPS SHAPE YOUR DIRECTION

Relationships are never neutral.

They are either forming you

or deforming you.

There's a saying that's true whether we like it or not

You are the average of the five people you spend the most time with.

Notes:

BIG IDEA

You are being shaped by the people you walk with.

You don't just choose your friends

your friends help choose your future.

You are often the average of the five people you spend the most time with.

That doesn't mean your friends are bad people.

It means influence is real.

Show me your friends

and I'll show you your future.

Who you walk with determines where you're going.

POINT 2

NOT EVERY FRIENDSHIP IS MEANT TO LAST FOREVER

Some friendships are:

- **Seasonal** - for a specific chapter
- **Situational** - based on work, school, or proximity
- **Wise** - rooted in faith, truth, and growth

Wise friendships are intentional.

They don't just affirm you

they sharpen you.

Loving people doesn't mean allowing everyone to lead you.

Notes:

REFLECTION QUESTIONS

1. Who are the five people I spend the most time with right now?
2. How are those relationships shaping my faith, habits, and decisions?
3. Where might God be inviting me to pursue wiser friendships?

POINT 3

WISDOM REQUIRES BOUNDARIES, NOT ISOLATION

Jesus loved everyone

but He didn't give everyone the same level of access.

You can love people deeply without following them closely.

Wise friendships:

- Strengthen your faith
- Speak truth in love
- Call you higher, not lower
- Walk with you toward Jesus

Boundaries aren't rejection they're protection.

Notes:

"Show me your friends,
and I'll show you your
future."

YOU MIGHT NOT HAVE AS MANY FRIENDS AS YOU THINK

Some of us would say we have a lot of friends.

We have people we text.

People we follow.

People we see at work, church, or throughout the week.

But not everyone in your life is shaping you in the same way.

The Bible doesn't use the word friend casually.

Scripture treats friendship as something formative

something that shapes who we become, not just how we feel.

Some people are around you.

Some people are close to you.

But only a few people are actually **walking with you**.

And that distinction matters.

CLOSENESS ISN'T THE SAME AS INFLUENCE

You can be close to someone emotionally without them being wise for your life spiritually.

You can share history, laughter, and comfort

and still be walking in very different directions.

Influence isn't about time.

It's about access.

Who has access to your heart

your decisions

your perspective?

That's why Scripture talks about walking with the wise.

Walking implies direction

shared pace

and intentional movement.

FRIENDSHIP SHAPES DIRECTION

Proverbs 13:20 draws a clear line.

There are friends who help you become wise.

And there are companions who quietly lead you toward harm.

That doesn't mean some people are bad and others are perfect.

It means influence is real.

We rarely drift toward wisdom by accident.

But we often drift into unhealthy patterns without noticing.

Over time, the people we listen to process life with

and prioritize

begin to shape our future.

A QUESTION WORTH ASKING

Not "Do I have friends?"

But "Who is actually shaping me?"

Because you may have more connections than ever

and fewer wise friendships than you realize.

And wisdom isn't found in numbers.

It's found in alignment.

**WHO YOU
WALK WITH**

SHAPES

**WHO YOU
BECOME.**

WEEK 3 OPENER

HEALTHY & HEALED

BECOMING HEALTHY PEOPLE WHO BUILD HEALTHY RELATIONSHIPS

FROM DESIRE TO DISCERNMENT

Dating shapes us more than we realize.

It shapes how we see ourselves.

How we view love.

What we tolerate.

What we pursue.

For many people, dating has been confusing, painful, or exhausting.

Some have been hurt.

Some have settled.

Some have rushed ahead of healing.

This week isn't about rules.

It's about wisdom.

Scripture doesn't ask us to ignore desire.

It invites us to discernment.

The question isn't just who am I attracted to but who am I becoming.

Because how you live in your single life carries into your married life.

Dating is not just about finding the right person.

It's about becoming the right person and learning to follow the Holy Spirit rather than our impulses.

Week 3 invites us to slow down, listen carefully, and allow God to lead not just our relationships but our desires.

THIS WEEK WILL HELP YOU

- Understand the difference between desire and discernment
- Learn how the Holy Spirit leads our relationships
- Recognize unhealthy patterns before they deepen
- Date with clarity, wisdom, and freedom

RECOMMENDED READING (WEEK 3)

- **Single & Secure** - Rich Wilkerson Jr.
- **The Sacred Search** - Gary Thomas
- **Outdated** - Jonathan Pokluda

WEEK 3 SERMON NOTES

HEALTHY & HEALED

BECOMING HEALTHY PEOPLE WHO BUILD HEALTHY RELATIONSHIPS

KEY VERSE

In dating, are we led by the Holy Spirit or by our desires?

Desire isn't the enemy.

But desire makes a terrible leader.

KEY VERSE

Galatians 5:16 (NLT)

"So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves."

POINT 1

DESIRE MAKES A POOR LEADER

Attraction is powerful.

Chemistry is real.

Feelings are strong.

But desire was never meant to lead your life.

Notes:

BIG IDEA

Healthy dating flows from spiritual leadership.

Unhealthy dating is often driven by unchecked desire.

Who is leading your dating life matters.

When desire leads:

- We rush
- We ignore red flags
- We compromise values
- We justify unhealthy patterns

Desire asks, What do I want right now?

Wisdom asks, Who is this shaping me to become?

POINT 2

THE HOLY SPIRIT LEADS WITH CLARITY AND PEACE

God doesn't lead through pressure or confusion.

He leads through clarity, peace, and conviction.

The Holy Spirit:

- Brings peace, not panic
- Produces patience, not pressure
- Encourages honesty, not secrecy

If you constantly feel rushed, anxious, or pressured

it may be desire talking, not the Spirit leading.

Notes:

REFLECTION QUESTIONS

1. What has been leading my dating decisions lately desire or the Holy Spirit?
2. Are there patterns I need to address now rather than carry into the future?
3. What would it look like to invite God fully into my dating life?

POINT 3

YOUR SINGLE LIFE FORMS YOUR FUTURE LIFE

How you live while single

shapes how you will live when married.

Unhealthy patterns don't magically disappear with a ring.

They get carried forward.

This season matters.

Your habits matter.

Your boundaries matter.

Singleness isn't a waiting room.

It's a formation season.

Notes:

WHO IS LEADING YOUR DATING LIFE?

Dating can feel confusing.

Strong feelings show up quickly.

Attraction creates momentum.

Chemistry makes things feel right before they actually are.

And if we're honest, many of us have entered relationships not because they were wise

but because they felt good.

Desire is powerful.

God created it.

But desire was never meant to be the leader.

WHEN DESIRE LEADS

When desire is in charge, we tend to move fast.

We ignore warning signs.

We explain away red flags.

We tell ourselves it will change later.

Desire asks, How does this make me feel?

Wisdom asks, Where is this taking me?

Most relational pain doesn't come from wanting something bad.

It comes from letting desire drive decisions without discernment.

THE ROLE OF THE HOLY SPIRIT

God doesn't lead through pressure.

He leads through peace.

The Holy Spirit doesn't rush you.

He doesn't confuse you.

He doesn't pressure you into secrecy or compromise.

The Spirit produces:

- Peace, not panic
- Patience, not pressure
- Clarity, not confusion

If a relationship constantly feels rushed, anxious, or emotionally overwhelming, it's worth asking who is leading.

DATING IS FORMATION

Dating doesn't just reveal who we like.

It forms who we become.

The habits you develop while dating the boundaries you keep or break the standards you hold or ignore all shape the future you're building.

How you live in your single life carries directly into married life.

Marriage doesn't heal unhealthy patterns.

It magnifies them.

That's why discernment matters now.

A BETTER QUESTION

Instead of asking,

Is this relationship exciting?

Ask,

Is this relationship forming me into someone who looks more like Jesus?

Because healthy dating isn't about finding someone to complete you.

It's about becoming whole enough to love well.

DEVOTIONAL BLOCK 7

Psalm 37:4 (NLT)

“Take delight in the Lord, and he will give you your heart’s desires.”

God isn’t against desire. He wants to shape it. As we delight in Him, our desires begin to align with His heart.

Reflection Question:

How might God want to reshape my desires, not remove them?

CLOSING PRAYER

God, help me slow down and listen.

Teach me to trust Your Spirit more than my impulses.

Shape my desires and lead my decisions.

I want You at the center of my relationships.

Amen.

**HOW YOU
LOVE NOW
SHAPES HOW
YOU LOVE
LATER.**

WEEK 4 OPENER

HEALTHY & HEALED

BECOMING HEALTHY PEOPLE WHO BUILD HEALTHY RELATIONSHIPS

FROM DESIRE TO DISCERNMENT

Marriage is one of the most meaningful relationships we experience and one of the most misunderstood.

For some, marriage has been beautiful.

For others, it's been painful, disappointing, or deeply wounding.

Some are married and trying to heal.

Some are divorced and carrying scars.

Some long for marriage but feel unsure or afraid.

This week is not about perfection.

It's about **health**.

Scripture doesn't present marriage as a contract built on performance.

It presents marriage as a **covenant** rooted in love, sacrifice, and grace.

A contract asks, What do I get?

A covenant asks, How can I love faithfully?

Healthy marriages aren't built by two perfect people.

They're built by two submitted people learning to love like Jesus.

This week we'll talk honestly about humility, forgiveness, and grace because no marriage survives without them.

Marriage doesn't reveal perfection.

It reveals what still needs healing.

And God meets us there.

THIS WEEK WILL HELP YOU

- Understand God's design for marriage
- See the difference between covenant and contract
- Learn how humility, forgiveness, and grace shape healthy marriages
- Apply biblical truth whether you are married, single, or healing

RECOMMENDED READING (WEEK 4)

- **The Meaning of Marriage** - Timothy Keller
- **Sacred Marriage** - Gary Thomas
- **Love & Respect** - Emerson Eggerichs

WEEK 4 SERMON NOTES

HEALTHY & HEALED: MARRIAGE

Big Idea: A healthy marriage is built when two people submit their lives to Jesus and love each other the way Christ loves the Church.

Key Scripture

Ephesians 5:21 (NLT)

“And further, submit to one another out of reverence for Christ.”

This verse sets the foundation for everything Paul says about marriage.

Before roles.

Before expectations.

Before responsibility.

Marriage begins with **mutual submission to Jesus**.

A healthy marriage isn't about control.

It's about surrender.

And not surrender to each other first – surrender to Christ.

POINT 1

Marriage Works Best When Jesus Is Lord

Every marriage is shaped by lordship.

The question is not if something is leading your marriage – it's what.

When Jesus is Lord:

- Pride begins to soften
- Defensiveness begins to fade
- Healing has space to grow

You cannot have a healthy marriage without spiritual alignment.

Health flows from lordship.

POINT 2

Mutual Submission Creates a Safe Place for Healing

Ephesians 5:21 (NLT) reminds us that submission is not one-sided.

It is mutual.

It is humble.

It is rooted in reverence for Christ.

Unhealthy marriages are often built on:

- Power struggles
- Unspoken resentment
- Unhealed wounds

Healthy marriages are built when both people say:

“I'm not here to win. I'm here to love.”

Submission is not weakness.

It's strength under the leadership of Jesus.

POINT 3

Love That Looks Like Jesus Heals What's Broken

Ephesians 5:25 (NLT)

"For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her."

This verse defines love clearly:

- Not feelings
- Not convenience
- Not emotion

Biblical love is **sacrificial**.

Jesus didn't love the Church because it was perfect.

He loved it into healing.

That's the picture of marriage:

Two imperfect people choosing Christlike love daily.

CLOSING PRAYER

Marriage doesn't heal us because it's easy.

Marriage heals us when it's surrendered.

When Jesus is Lord:

- Forgiveness flows more freely
- Humility replaces pride
- Grace becomes the atmosphere

A healthy marriage isn't built by fixing your spouse.

It's built by letting Jesus shape both hearts.

5 KEYS TO UNLOCK A HEALTHY MARRIAGE

From Ephesians 5

Marriage was never meant to be a power struggle.

It was designed to be a place of love, safety, growth, and healing.

But healthy marriages don't happen by accident.

They are built intentionally, over time, with Jesus at the center.

In Ephesians 5, Paul gives us a picture of what a Christ centered marriage actually looks like. Not a perfect marriage but a healthy one.

Here are five keys that unlock a healthy marriage.

1. Mutual Submission Before Individual Roles

Ephesians 5:21 (NLT)

"And further, submit to one another out of reverence for Christ."

Before Paul ever talks about husbands or wives, he talks about mutual submission.

This means marriage doesn't start with who's in charge.

It starts with who's surrendered.

Healthy marriages are built when both people choose humility.

When both choose to listen.

When both choose to serve.

Submission isn't about losing your voice.

It's about honoring Jesus together.

2. Love That Is Sacrificial, Not Conditional

Ephesians 5:25 (NLT)

"For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her."

Biblical love isn't based on mood, performance, or circumstances.

It's modeled after Jesus.

Jesus loved first.

Jesus loved sacrificially.

Jesus loved even when it cost Him something.

Healthy marriages grow when love isn't transactional but transformational.

3. A Commitment to Growth, Not Just Comfort

Ephesians 5:26-27 (NLT)

"He did this to make her holy and clean, washed by the cleansing of God's word."

Marriage isn't just about happiness.

It's about becoming more like Christ.

Healthy spouses don't just tolerate each other. They help each other grow.

They speak truth with grace.

They pray together.

They encourage spiritual maturity.

Marriage becomes unhealthy when comfort matters more than character.

4. Caring for Each Other Like Your Own Soul

Ephesians 5:28-29 (NLT)

"In the same way, husbands ought to love their wives as they love their own bodies."

Paul connects love with care.

Healthy marriages are marked by

Emotional safety

Thoughtfulness

Attentiveness

When you care for your spouse, you're caring for yourself.

When you neglect your spouse, the relationship suffers.

Love shows up in the small things long before it shows up in the big ones.

5. Remembering the Bigger Story

Ephesians 5:32 (NLT)

"This is a great mystery, but it is an illustration of the way Christ and the church are one."

Marriage is more than romance.

It's more than partnership.

It's a picture.

Your marriage is meant to reflect the relationship between Christ and the Church.

That means grace matters.

Forgiveness matters.

Faithfulness matters.

When marriage feels hard, remember. It's part of a bigger story God is telling.

Final Thought

A healthy marriage isn't built on perfection.

It's built on surrender.

When Jesus is Lord of your marriage

Healing has room to happen

Grace becomes the culture

Love grows deeper over time

Two imperfect people, fully surrendered to Jesus, can build something beautiful.

WEEK 4 DEVOTIONAL

HEALTHY AND HEALED MARRIAGE

Block 1

Scripture

Ephesians 5:21 NLT

“And further, submit to one another out of reverence for Christ.”

Devotional

Healthy marriages begin with humility. When both people choose to submit to Jesus first, submission to each other becomes an act of love, not control. Marriage works best when reverence for Christ shapes every interaction.

Reflection

Where might God be inviting you to practice humility in your marriage?

Block 2

Scripture

Ephesians 5:25 NLT

“For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her.”

Devotional

Love in marriage is not measured by words alone but by sacrifice. Jesus shows us that real love gives, serves, and lays itself down for the good of another. This kind of love creates safety and healing.

Reflection

What would sacrificial love look like for you this week?

Block 3

Scripture

Ephesians 5:26 NLT

“He did this to make her holy and clean, washed by the cleansing of God’s word.”

Devotional

Marriage is one of the ways God shapes our character. Through truth, grace, and prayer, He uses relationships to refine us. Growth happens when we allow God’s Word to guide our hearts.

Reflection

How are you allowing God’s Word to shape your relationship?

Block 2

Scripture

Ephesians 5:28 NLT

“In the same way, husbands ought to love their wives as they love their own bodies.”

Devotional

Care is a powerful form of love. When spouses care for one another with intention and kindness, trust grows. Loving your spouse well means paying attention to their needs, emotions, and well being.

Reflection

In what ways can you show care to your spouse today?

Block 5

Scripture

Ephesians 5:29 NLT

"No one hates his own body but feeds and cares for it, just as Christ cares for the church."

Devotional

Jesus cares deeply for His people, and He calls us to reflect that same care in marriage. Nourishing your relationship through time, conversation, and prayer strengthens the bond God has given you.

Reflection

What does your marriage need more of right now?

Block 6

Scripture

Ephesians 5:31 NLT

"As the Scriptures say, 'A man leaves his father and mother and is joined to his wife, and the two are united into one.'"

Devotional

Marriage is a sacred union created by God. It is a daily choice to move toward unity, even when it is difficult. Oneness is built through commitment, forgiveness, and shared purpose.

Reflection

What step can you take to pursue unity in your relationship?

Block 7

Scripture

Ephesians 5:32 NLT

"This is a great mystery, but it is an illustration of the way Christ and the church are one."

Devotional

Marriage points to something greater than itself. It reflects Christ's love for the Church. When we keep this bigger picture in mind, our relationships become places where God's grace is made visible.

Reflection

How can your marriage reflect Christ's love more clearly?

HEALTHY & HEALED

BECOMING HEALTHY PEOPLE WHO BUILD HEALTHY RELATIONSHIPS

Healing is not about fixing everything overnight.

It's about inviting Jesus into every area of your life.

Whether you are single, dating, navigating friendships, or married, our prayer is that this guide helped you slow down, reflect, and take a step toward wholeness.

You don't have to carry unhealed pain into every relationship.

You don't have to repeat what hurt you.

And you don't have to walk this journey alone.

Jesus offers life that is full, free, and restored.

We are honored to walk with you.

Pastor Matt Perry

The Love Church Team

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