



# *love & faith workbook*

Reconnect in faith and love  
with daily devotionals for Christian couples

# Welcome!



Hey Familia! Before we dive into this ebook, I want to take a moment to introduce myself and my family. I'm Lili Pusic, a Christian wife and mother of two. My husband John and I have been blessed with a son, Jani, and a daughter, Alina. Together, we are Familia De Fe (Family of Faith)!

Our little family started this community to encourage and inspire other families in their walk with God. What began as the four of us has grown into a wider community of believers we now lovingly call our familia too!

You can join our community on social media and the web, to connect with us:

Instagram: [@familia\\_de\\_fe](https://www.instagram.com/familia_de_fe)

Facebook: [FamiliaDeFeCommunity](https://www.facebook.com/FamiliaDeFeCommunity)

Website: [www.heyfamiliadefe.com](http://www.heyfamiliadefe.com)

Online is where we share our faith, family life, and desire to equip families to thrive in Christ.

We wrote this "Love and Faith" ebook and pray you'll find the practical ideas helpful for nourishing greater intimacy and spiritual growth in your marriage. Our heart is to support couples in remembering the foundation of their love, cultivating passion and communication in the present, and looking ahead to continue this sacred journey together.

When you and your spouse devote focused time to reconnect spiritually and emotionally, your relationship will flourish! It is my hope that the thoughtful questions and meaningful activities in this book will draw you closer to God and each other.

Well familia, thank you for joining us on this journey! Now, let's begin exploring together how we can strengthen marriage for the glory of God.

HAVE A BLESSED DAY, *xoxo Familia De Fe*

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# *Let's Get Started*

Welcome to the Love and Faith Challenge! We are so glad you are here.

This book is designed to guide you and your partner through a month of intentional connection, with the goal of strengthening your marriage spiritually, emotionally, and relationally.

Here is how it works:

Each day features a Bible reading focused on Biblical principles for marriage, followed by 2-3 reflection questions for you and your spouse to discuss together. Take turns sharing your thoughts and perspectives after reading.

Additionally, every day includes a suggested activity to nurture closeness - from intimate conversations, to acts of service, shared prayer and fun date ideas. Try to set aside time for at least a few activities per week.

At the end of each week, you'll find more in-depth reflection questions. Make this a time for open and vulnerable discussion about your relationship - past, present, and future. The weekly prompts offer valuable opportunities to share your heart.

The daily devotionals and activities can be done in any order and adapted to fit your unique relationship. Not every prompt or activity will resonate in the same way. Pick what feels meaningful and enlightening for the season you're in.

Most importantly, approach this challenge with openness and grace. Listen without judgment, and speak your truth with care. Strengthening intimacy requires sincerity and effort from both spouses.

We pray this month is a treasured time of drawing closer to God and each other. May your marriage be richly blessed!

Let's begin the journey...

# Week One

## Day 1

**Reading: Genesis 2:18-24**

### Questions:

1. What does this teach about God's design for marriage?
2. How can I appreciate and honor these roles in our marriage?

### Activity

- Hold hands and pray for your marriage

## Day 2

**Reading: Ephesians 5:22-33**

### Questions:

1. What instructions does this give to husbands and wives?
2. How can we demonstrate mutual love and respect?

### Activity

- Cook dinner together while listening to worship music

## Day 3

**Reading: Ecclesiastes 4:9-12**

### Questions:

1. What does this say about the value of having a spouse?
2. How can we better support and encourage each other daily?

### Activity

- Take a walk and share your spiritual journeys/testimonies

## Day 4

**Reading: 1 Corinthians 13:4-7**

### Questions:

1. How does this passage describe love?
2. What is one way I can better demonstrate this kind of love to my spouse?

### Activity

Write a love letter listing your spouse's strengths

## Day 5

**Reading: Colossians 3:12-14**

### Questions:

1. What virtues does this instruct us to clothe ourselves with?
2. How can we exhibit these virtues in our marriage?

### Activity

- Share words of affirmation and appreciation

## Day 6

**Reading: Ephesians 4:2-3**

### Questions:

1. What does this teach about unity in marriage?
2. How can we promote greater unity in our relationship?

### Activity

- Give each other a foot massage or back rub

## Day 7

**Reading: Matthew 19:4-6**

### Questions:

1. What does Jesus establish about marriage here?
2. How can we strengthen the covenant of our marriage?

### Activity

- Go through old photos and reminisce on your relationship

# Week One

Come together in a spirit of openness and gratitude to reflect on your love story's beginning. Create a safe space to share memories and appreciate the journey so far.

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## Question One

Reflect on the past - What initially drew you to your spouse? What did you first notice and appreciate about them? When did you realize you were falling in love? What stands out from your dating years?

## Question Two

What lessons about love, commitment and trust have you carried with you?

## Question Three

How did you know this relationship was God-ordained?  
When did your bond deepen beyond infatuation?

# Week Two

## Day 8

**Reading: Proverbs 31:10-12**

### Questions:

1. How does this describe a wife of noble character?
2. What is one way I can strengthen these virtues in myself?

### Activity

- Leave an encouraging note for your spouse to find

## Day 9

**Reading: 1 Peter 3:1-7**

### Questions:

1. What instructions does this give to wives and husbands?
2. How can we honor these principles in our roles?

### Activity

- Slow dance in the living room to your wedding song

## Day 10

**Reading: Ecclesiastes 4:12**

### Questions:

1. What does this say about the power of unity in marriage?
2. How can we better stand united against challenges?

### Activity

- Look into each other's eyes for 5 minutes (no talking)

## Day 11

**Reading: Mark 10:6-9**

### Questions:

1. What does Jesus establish about marriage here?
2. How can we nurture the oneness of our marriage?

### Activity

- Share favorite memories from your wedding/honeymoon

## Day 12

**Reading: Ephesians 4:32**

### Questions:

1. What does this instruct about forgiveness?
2. How can we extend grace and forgive freely in our marriage?

### Activity

- Recreate your first date together

## Day 13

**Reading: Colossians 3:19**

### Questions:

1. What guidance does this give to husbands?
2. How can I ensure my actions honor and nurture my wife?

### Activity

- Write down favorite things about your spouse - share and discuss

## Day 14

**Reading: 1 Corinthians 7:3-5**

### Questions:

1. What does this teach about intimacy in marriage?
2. How can we ensure this area brings us closer together?

### Activity

- Surprise your spouse with flowers or a small gift

# Week Two

Continue cultivating open and honest communication. Make time to share your hearts, listen fully without judgement, and strengthen your bond.

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## Question One

Reflect on the present - What do you most appreciate about your spouse today? How has your love grown deeper over time? Where do you feel your marriage is strongest right now? What areas could use improvement or growth? Set 1-2 goals.

## Question Two

How have you grown and changed together through the seasons of life?

## Question Three

How can you foster greater intimacy, compassion and understanding?



# Week Three

## Day 15

**Reading: Ecclesiastes 4:10**

### Questions:

1. What does this say about supporting your spouse?
2. How can I better support and encourage my spouse daily?

### Activity

- Cook your spouse's dish (can be breakfast, lunch, dinner, appetizer, dessert)

## Day 16

**Reading: Ephesians 4:26-27**

### Questions:

1. What instructions about anger are given here?
2. How can we handle disagreements in a healthy way?

### Activity

- Spend the evening researching and planning a weekend getaway together.

## Day 17

**Reading: Ephesians 4:29**

### Questions:

1. How does this passage instruct us to speak to each other?
2. How can I ensure my words build up rather than tear down my spouse?

### Activity

- Sit down and each make a list of things you're grateful for in your relationship and in each other.

## Day 18

**Reading: Ecclesiastes 4:12**

### Questions:

1. What does this teach about the importance of unity?
2. How can we stand united when facing challenges or conflict?

### Activity

- Sit down and compile a playlist of songs that hold special meaning for your relationship.

## Day 19

**Reading: Psalm 37:3-5**

### Questions:

1. How does this instruct us to treat each other?
2. What is one way I can delight my spouse and meet their needs today?

### Activity

- Write your love story - when/how you met and fell in love

## Day 20

**Reading: Ephesians 5:25**

### Questions:

1. What command is given here to husbands?
2. How can I sacrificially love and serve my wife today?

### Activity

- Spend time in nature together and marvel at God's creation

## Day 21

**Reading: 1 Peter 3:7**

### Questions:

1. What instructions are given here to husbands?
2. How can I cultivate greater understanding and honor for my wife?

### Activity

- Create a "Date Jar" fill it with slips of paper containing ideas for future dates, activities, or adventures you want to experience together. Use these ideas when planning date nights

# Week Three

Dream together with optimism, knowing your future is bright when grounded in faith. Support one another in vulnerability and trust.

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## Question One

Reflect on the future - What hopes and dreams do you have for your marriage in the years ahead? What goals or bucket list items do you want to accomplish together? How can you spur each other on spiritually and keep growing in faith?

## Question Two

What vision does God have for your marriage? How can you seek His kingdom together?

## Question Three

How will you continue pursuing adventure, passion and lifelong romance?

# Week Four

## Day 22

**Reading: Colossians 3:18-19**

### Questions:

1. What guidance does this give to marital roles and love?
2. How can we apply this wisdom in our marriage?

### Activity

- Make homemade gifts for each other

## Day 23

**Reading: Proverbs 3:3-4**

### Questions:

1. What does this teach about faithfulness in marriage?
2. How can we nurture steadfast commitment to each other?

### Activity

- Watch your wedding video and relive happy moments

## Day 24

**Reading: Mark 10:9**

### Questions:

1. What does Jesus say about divorce here?
2. How can we strengthen our bond and unity daily?

### Activity

- Sit down together and make a list of prayer requests for your marriage, family, and individual needs. Dedicate time to pray together over each request, seeking God's guidance, strength, and blessings for your lives together.

## Day 25

**Reading: Ephesians 5:21**

### Questions:

1. What does it mean to submit to one another?
2. How can we demonstrate mutual humility and service?

### Activity

- Make a bucket list of goals/dreams you want to accomplish

## Day 26

**Reading: Romans 12:10**

### Questions:

1. How does this instruct us to love each other?
2. What is one way I can honor my spouse today?

### Activity

- Take turns sharing what you love and appreciate about each other

## Day 27

**Reading: Matthew 6:14-15**

### Questions:

1. What lesson does this teach about forgiveness?
2. How can I confess my wrongs and forgive freely?

### Activity

- Have an indoor picnic dinner by candlelight

## Day 28

**Reading: Song of Solomon 8:6-7**

### Questions:

1. How does this passage describe marital love?
2. What can I do to nurture passion and deep intimacy in our marriage?

### Activity

- Use this time to brainstorm and plan a service project you can do together as a couple.

# Week Four

Approach this time as an opportunity to affirm your commitment to lifelong love. Express your thoughts with sincerity, empathy and grace.

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## Question One

Reflect on continued service - In what ways can you continue honoring, supporting, and loving your spouse when this challenge is over? What have you learned about each other this month? How will you keep investing in your marriage daily?

## Question Two

What have been your biggest takeaways from this challenge?

## Question Three

How will you celebrate and remember all that God has done in your story?

# *Thank you!*



As we close this challenge, we want to thank you sincerely for joining us on this journey to nourish love and faith within your marriage. We hope these past weeks have provided cherished opportunities to reconnect, dream together, and strengthen your bond with intention.

Our prayer is that this was a valuable reminder of why you first fell in love - those qualities that remain at the core today. May you be newly inspired to keep choosing each other daily, with compassion and commitment. We also pray this encouraged you to look to the future with hope and optimism, centered on God's purpose for your relationship.

May the Lord continue guiding your marriage and filling your hearts with His perfect love. Trust in Him always as your solid foundation. Turn to Scripture to lead and instruct you. Approach each day together with grace, empathy and open communication.

We wish you a lifetime of joy and intimacy as you walk in faith, hand in hand. Thank you for letting us walk beside you this past month. We pray God richly blesses your marriage in the years to come!

In Jesus' Name,  
Amen