

5 DAY COUPLES DEVOTIONAL

Slowing Down



KINGDOM SEXUALITY

Hey there!

We're so excited for you to journey through this devotional on "slowing down" as a couple. May these reflections and discussions lead to a deeper connection with each other and with God. As you continue on your journey, remember that slowing down isn't just about stopping, being lazy, or ignoring tasks around you- but instead it's about intentionally savouring the little moments that truly matter.

In our fast-paced lives, it's easy to become overwhelmed by busyness and lose sight of what truly matters. This week, we'll explore the beauty of slowing down and connecting deeply with one another and God.

All our love,
the KS team

Day 1: Embracing Stillness Together

Psalm 46:10 - "Be still, and know that I am God."

Reflection:

Take a moment to sit together in a quiet space. Close your eyes and focus on your breathing. As you inhale, imagine breathing in more of the Lord's presence and peace. As you exhale, imagine letting go of worries and distractions.

Discussion:

Share with your partner what came to mind during the reflection time. Discuss one area in your lives where you feel the need to slow down and create more space for each other and God.

Prayer:

Dear Lord, help us to embrace Your peace and stillness in our lives. May we find rest in Your presence and rediscover the joy of simply being together. Amen.

Day 2: Cherishing Moments of Togetherness

Ecclesiastes 3:1 - "For everything there is a season, and a time for every matter under heaven."

Reflection:

Think back to a time when you felt truly connected and close. What were you doing? What made that moment/time special? Take turns sharing these memories and why they matter to you.

Discussion:

Talk about the activities or routines that have the potential to bring you closer together. Brainstorm ways to intentionally create more of these moments in your daily lives.

Prayer:

Dear Lord, thank you for the seasons of togetherness in our journey. Help us cherish these moments and prioritize time with one another. Guide us as we seek meaningful ways to slow down and strengthen our marriage. Amen.

Day 3: Unplugging for Deeper Connection

Mark 6:31 - "Come away by yourselves to a desolate place and rest a while."

Reflection:

Consider the role of technology in your lives. How often do you find yourselves absorbed in screens, and how does it affect your connection? Reflect on the idea of "unplugging" as a way to foster deeper communication and presence.

Discussion:

Share your thoughts on creating "tech-free" times or spaces in your day. Discuss the benefits and challenges of disconnecting from screens and reconnecting with each other. How could this benefit your family?

Prayer:

Dear Lord, help us find balance in a digital age. Give us the strength to set aside distractions and truly engage with each other and You. May our times of unplugging lead to greater intimacy and understanding. Amen.

Day 4: Finding Peace in Nature

Psalm 19:1 - "The heavens declare the glory of God, and the sky above proclaims his handiwork."

Reflection:

Recall moments when you've felt a sense of awe and peace in nature. What was it about those experiences that touched your hearts? Consider the way God's creation can inspire stillness within you.

Discussion:

Share your favourite outdoor places and activities. Plan a nature outing together, whether it's a hike, a picnic, or simply watching the sunset. Discuss how being in nature can help you slow down and connect spiritually.

Prayer:

Dear Lord, thank you for the beauty of your creation. As we immerse ourselves in nature, may we find solace and draw closer to you. Help us appreciate the simple moments and find tranquility in your handiwork. Amen.

Day 5: Cultivating Gratitude and Contentment

Philippians 4:11 - "I have learned in whatever situation I am to be content."

Reflection:

Consider the blessings in your lives. Reflect on the difference between pursuing more and embracing contentment. How can gratitude help you slow down and savour the present?

Discussion:

Share something you're grateful for in each other. Discuss ways you can cultivate an attitude of gratitude and contentment, both individually and as a couple.

Prayer:

Dear Lord, teach us the value of contentment and gratitude. May we find joy in the simple things and recognize the abundance around us. As we slow down, may our hearts be filled with thankfulness and gratitude for all you provide. Amen.