

LIFE PROMISES  
for **Couples**

God's promises for you and your spouse



**GARY  
CHAPMAN**

Bestselling author of *The Five Love Languages*

## Life Promises for Couples





LIFE PROMISES  
for Couples

God's promises for you and your spouse

GARY  
CHAPMAN

Bestselling author of *The Five Love Languages*



Tyndale House Publishers, Inc. • Carol Stream, Illinois

Visit Tyndale online at [www.tyndale.com](http://www.tyndale.com).

TYNDALE and Tyndale's quill logo are registered trademarks of Tyndale House Publishers, Inc.

*Life Promises for Couples: God's Promises for You and Your Spouse*

Copyright © 2011 by Gary D. Chapman. All rights reserved.

Some material selected from *The One Year Love Language Minute Devotional*, copyright © 2009 by Gary D. Chapman.

Cover photograph of beach copyright © by Images hougaard malan/Vetta/Getty. All rights reserved.

Author photo copyright © by Boyce Shore & Associates. All rights reserved.

Designed by Jacqueline L. Nuñez

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New Living Translation, second edition, copyright © 1996, 2004, 2007 by Tyndale House Foundation. (Some quotations may be from the NLT, first edition, copyright © 1996.) Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked ESV are taken from *The Holy Bible*, English Standard Version\* (ESV\*), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked NIV are taken from the Holy Bible, *New International Version*,\* NIV.\* Copyright © 1973, 1978, 1984 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. [www.zondervan.com](http://www.zondervan.com).

Scripture quotations marked NKJV are taken from the New King James Version.\* Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved. NKJV is a trademark of Thomas Nelson, Inc.

Scripture quotations marked KJV are taken from the *Holy Bible*, King James Version.

Scripture quotations marked TLB are taken from *The Living Bible*, copyright © 1971 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

---

### Library of Congress Cataloging-in-Publication Data

Chapman, Gary D., date.

Life promises for couples : God's promises for you and your spouse /

Gary Chapman.

p. cm.

Includes index.

ISBN 978-1-4143-6391-2 (hc)

1. Marriage—Religious aspects—Christianity. 2. Spouses—Religious life. I. Title.

BV4596.M3C483 2011

248.8'44—dc23

2011027476

---

Printed in China

17 16 15 14 13 12 11  
7 6 5 4 3 2 1

## Introduction

I've been privileged to counsel couples for more than thirty years, and in that time I've seen my share of marital struggles. But what I've also seen, time and time again, is the power of God to transform relationships. When two people commit to each other—and especially when they commit to communicating love to each other through the five love languages—positive change occurs.

Because my background is in marriage counseling, I tend to use the language of marriage when I write. Some of the issues I address are marriage specific. However, if you're a dating or engaged couple, I hope you will read this book too. There is plenty of helpful information for you as well. The building blocks of marriage—such as good communication, respect, unconditional love, and forgiveness—are foundational to any romantic relationship. And learning to identify and speak your loved one's love language will benefit a couple at any stage.

You can use this Bible promise book individually, or sit down as a couple and read it together. In just a minute or two every day, you can discover encouraging biblical insights.

Whether your relationship is strong or struggling, stable or challenging, my prayer is that this little book will encourage you and give you renewed joy in each other. May your relationship be strengthened as you focus on loving and growing together.

*Gary Chapman*





## *Life Promises*

Three things will last forever—faith, hope, and love—and the greatest of these is love. Let love be your highest goal!

1 CORINTHIANS 13:13–14:1

Dear friends, since God loved us that much, we surely ought to love each other. No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us.

1 JOHN 4:11–12

I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.

JOHN 13:34–35

# The Language of Love



After thirty years of counseling couples, I'm convinced there are five different ways we speak and understand emotional love—five love languages.

- Words of affirmation—using positive words to affirm the one you love
- Gifts—giving thoughtful gifts to show you were thinking about someone
- Acts of service—doing something that you know the other person would like
- Quality time—giving your undivided attention
- Physical touch—holding hands, kissing, embracing, or any other affirming touch

Each of us has a primary love language. One of these five languages speaks to us more profoundly than the other four.

Seldom, however, do a husband and wife have the same love language. We tend to speak our own language, and as a result, we completely miss each other. Oh, we're sincere. We're even expressing love, but we're not connecting emotionally.

Sound familiar? Love doesn't need to diminish over time. The end of the famous "love chapter" of the Bible, 1 Corinthians 13, says that love is of great value and will last forever. In fact, the apostle Paul says that love should be our highest goal. But if you're going to keep love alive, you need to learn a new language—your loved one's language.

That takes discipline and practice—but the reward is a lasting, deeply committed relationship.

## *Life Promises*

Whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.

MATTHEW 7:12, ESV

Let us not love in word or talk but in deed and in truth.

1 JOHN 3:18, ESV

See what kind of love the Father has given to us, that we should be called children of God; and so we are.

1 JOHN 3:1, ESV



## How May I Help You?

The word *Christian* means “Christlike.” In the first century, *Christian* was not a name chosen by the followers of Jesus. Rather, it was a name given to them by others. Believers based their lifestyle on the teachings of Christ, so the best way to describe them was to call them Christians.

What if Christians really were Christlike? Central in Jesus’ teachings is the command to love. In fact, in Mark 12:29-31, Jesus said that the greatest commandment is to love God and the second is to love our neighbors. These commands supersede all others, because everything else flows out from them.

Love begins with an attitude, which in turn leads to acts of service. How may I help you? is a good question with which to begin.

Today is a good day to express love to our neighbors. In my opinion, that starts with those closest to us—first our spouse, then our family—and then spreads outward.

## *Life Promises*

All of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

2 CORINTHIANS 3:18

The LORD directs the steps of the godly. He delights in every detail of their lives.

PSALM 37:23

Seek his will in all you do, and he will show you which path to take.

PROVERBS 3:6



## The Big Reveal

What do you know about the art of self-revelation? It all began with God. God revealed himself to us through the prophets, the Scriptures, and supremely through Christ.

The same principle is necessary in marriage. Self-revelation enables us to get to know each other's ideas, desires, frustrations, and joys. In a word, it is the road to intimacy. No self-revelation, no intimacy. So how do we learn the art of self-revelation?

You can begin by learning to speak for yourself. Communication experts often explain it as using "I" statements rather than "you" statements. For example, "*I* feel disappointed that you are not going with me to my mother's birthday dinner" is very different from "*You* have disappointed me again by not going to my mother's birthday dinner."

When you focus on your reaction, you reveal your own emotions. Focusing on the other person's actions places blame. "You" statements encourage arguments. "I" statements encourage communication.