

The background of the entire page is a close-up, textured image of purple feathers, likely from a parrot or similar bird. The feathers are layered and have a fine, ribbed texture, creating a rich, monochromatic purple palette.

LEANING ON
the
PROMISES
OF GOD
for
COUPLES

*But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint.*

ISAIAH 40:31

GARY CHAPMAN

Leaning on the Promises of God for Couples

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Leaning on the Promises of God for Couples

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Originally published as *Life Promises for Couples* (Tyndale House Publishers, 2011), ISBN 978-1-4143-6391-2.

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Designed by Dean H. Renninger and Libby Dykstra

Edited by Bonne L. Steffen

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ISBN 978-1-4964-5091-3

Printed in the United States of America

27	26	25	24	23	22	21
7	6	5	4	3	2	1

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The Tyndale nonfiction imprint

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

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.

His 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