

Kingdom Wellness for Couples

Building Health Together in Marriage

Your Health Affects Your Spouse

When one suffers, both suffer. Your health choices impact your partner's life, intimacy, and future. Love your spouse by loving your body.

Cook and Eat Together

Shared meals build intimacy. Prepare healthy food together, eat slowly, and talk. Turn off screens. Make the table a sacred space of connection.

Exercise as Partnership

Work out together - walk, hike, dance, play. Physical activity releases endorphins and creates bonding. Make fitness a team sport.

Intimacy Requires Wellness

Sexual intimacy thrives when both partners feel energized and confident. Poor health kills passion. Invest in wellness for a thriving marriage.

Support Each Other's Goals

If one wants to lose weight, both adjust eating. If one needs more sleep, both protect bedtime. Success requires partnership, not sabotage.

Pray Over Each Other's Health

Lay hands on each other and pray for healing, strength, and discipline. Agree in prayer for breakthrough (Matthew 18:19).

Sabbath Rest Together

One day a week, rest completely. No work, no hustle. Sleep in, enjoy creation, be present with each other. This is a commandment and a gift.

Couple's Wellness Plan

1. Set one health goal together this month (e.g., walk 3x/week, eliminate sugar).
2. Schedule a weekly 'Sabbath Date' with no technology.
3. Pray together before meals, thanking God for provision.
4. Encourage each other daily with affirmations about health and strength.