

## “Putting My Spouse First”

This video devotional encourages couples to prioritize their spouse before self because of the love they have for their spouse. *Running time: 3 minutes, 45 seconds*

### What to Complete This Week

1. Watch the video titled “Putting My Spouse First.”
2. Read Philippians 2:3-4 and 1 Corinthians 13:4-8a and write brief responses to the discussion questions.
3. Discuss the questions below with your spouse.
4. Attend religious services together this week.
5. Pray **with** your spouse at least 3 times this week (beyond meals).
6. Pray for your spouse in your individual prayers on a daily basis.

### Weekly Scripture Reading: Philippians 2:3-4; 1 Corinthians 13:4-8a

Philippians 2:3-4 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. (ESV)

1 Corinthians 13:4-8a Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends. (ESV)

### Reflection Questions for Independent Thought

You and your spouse are encouraged to think about the questions below. Make some notes about your thoughts. You will discuss these together later.

1. In what ways do I sacrifice for my spouse?
2. In what ways does my spouse sacrifice for me? The challenge is to identify 2 ways your spouse sacrifices for you for every way you can think of that you sacrifice for your spouse.
3. One additional way I can sacrifice for my spouse is to \_\_\_\_\_.
4. One additional way I would like my spouse to consider sacrificing for me is to \_\_\_\_\_.

### Couple Discussion Time

Discuss your answers to the questions above with your spouse. Then, consider your marriage with the following question in mind:

*In what new ways can we put each other first?  
How will our marriage be affected if we work even harder at putting each other first?*