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THE 7 - DAY RADIANT RESET

FOR COUPLES STUCK IN ROUTINE



Table of Contents

1. Introduction – Why a Reset?	3
2. Day 1 – Re-Align: Seeking God Together	5
3. Day 2 – Gratitude: Counting Blessings as a Couple	8
4. Day 3 – Presence: Tech-Free Connection	11
5. Day 4 – Surprise: Fresh Sparks of Love	14
6. Day 5 – Finances: A Kingdom-Centered Budget	17
7. Day 6 – Intimacy: Spiritual & Physical Union	20
8. Day 7 – Mission: Serving Together as a Team	23
9. Bonus Resources – Worksheets, Audio Devotions, Community	27
10. Conclusion & Next Steps	30

Introduction

Why a Reset?

The Autopilot Trap

Many marriages begin with excitement, with couples sharing dreams, and a deep desire to honor God together. After a few years - sometimes even months - the rhythm of daily life and the bid to survive settle couples into a predictable loop: wake, work, eat, sleep, repeat. The spark that once felt like a divine fire then begins to dim into a comfortable glow.

Research in neuroscience shows that the brain forms habits after roughly 21 days of repeated behavior. When those habits are neutral or negative, checking phones at the dinner table, arguing over finances without reaching an agreement, or neglecting spiritual conversation, family devotion and prayer time - they become the default mode. The result is a marriage that functions but rarely *flourishes*.

Biblical Precedent for Renewal

The Scriptures are full of renewal invitations and promises.

- Romans 12:2 (NIV) commands believers to “not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”
- Psalm 51:10 (NIV) The psalmist pleads, “Create in me a pure heart, O God, and renew a steadfast spirit within me.”
- Ezekiel 36:26 (NIV) “I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”

These verses remind us that the design of God for our lives and marriage includes periodic, intentional renewal—an ongoing process of aligning our hearts, minds, and actions with His purpose.

Why Seven Days Reset?

Seven is a biblically symbolic number: God rested from His work of creation on the seventh day (Genesis 1-2), the Sabbath rest is commanded for the seventh day, among others. Seven signifies perfection. A seven-day sprint is long enough to break old patterns yet short enough to stay realistic for busy couples. Each day focuses on a distinct theme, paired with a short devotional and a practical step that can be completed in 15-30 minutes.

How to Use The Seven Days Reset for Couples

1. Plan to read this guide together as a couple
2. Print or save the PDF on a device you'll see each morning.
3. Set aside a dedicated time (morning, lunch break, or evening) for the day's devotional and practical steps.
4. Complete the worksheet attached to each chapter—this cements what you have learnt and provides a record of progress.
5. Share your experience with a trusted friend, a small-group leader, or the private Discord community we've set up for accountability.

Before you begin, say this prayer together

Heavenly Father,

We thank You for the gift of our marriage and for the desire to grow closer to You and each other. As we embark on this seven-day reset journey, grant us humility to listen, desire to change, and joy to celebrate each step forward. May our hearts be aligned with Yours, and may our love shine as a testimony to Your grace. In Jesus' name, Amen.

Day 1

Spiritually Re-Align: Seeking God Together

Today's Study

Daniel's story in the book of Daniel 6 offers a vivid portrait of a life that *prioritized God above all else*. Even when faced with a decree that prohibited prayer, Daniel continued to kneel and pray to God three times a day, "as his habit had been" (Dan 6:10). His unwavering commitment to God didn't stem from legalism; it sprang from a deep obedience and relational dependence on God.

When a marriage loses its spiritual connection, the couple can drift into competing priorities—career, children, entertainment—while the most vital relationship (the one with Christ) remains unattended. The result is a subtle, cumulative distance that manifests later as arguments, resentment, or spiritual emptiness and eventual coldness in marriage.

Re-aligning means *intentionally positioning God at the center* of your daily rhythm. The biblical model is simple: *prayer, Scripture, and worship* together, as *ONE* unit. By doing this first thing each day, you set a tone of dependence and gratitude to God that carries you both through the hours ahead.

Core Scripture

Jeremiah 29:13 (NIV) – "You will seek me and find me when you seek me with all your heart."

Practical Steps – Joint Morning Devotion (30 minutes)

1. Wake together (or set an alarm for both).
2. Sit face-to-face with a notebook or a shared prayer journal.
3. Begin with gratitude and praises to God
4. Study a scriptural passage together
5. Reflect on the lessons learnt together and write down points.
6. Close with prayers and share a hug after.

Heart-Check Questionnaire (5 questions)

Question	Husband	Wife
What habit would you like to cultivate together?		
How can you support each other's prayer life?		
How can you support each other's bible study life?		
What is one word that describes your current marriage climate?		
What is one thing you're grateful for today?		
What is the one change you will make today to draw closer to God by yourself?		
Are you both at a stage where you are totally surrendered to the will of God - holding nothing back? If your answer is NO. What will it take?		

Reflection Prompt

When you think of your marriage's greatest strength, what spiritual truth does it point back to?

Checklist

- Alarm set for about 10 min earlier each day
- Prayer journal or notebook used
- Both partners spoke freely without interruption
- Completed Heart-Check questionnaire

Day 2

Gratitude: Counting Blessings as a Couple

The Apostle Paul wrote, “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:18 ESV). Gratitude should not be a fleeting feeling; but a *spiritual discipline* that consciously helps us to notice the goodness of God even amid hardship.

Studies have shown that couples who regularly express gratitude and thankfulness report higher marital satisfaction, lower conflict rates, and greater emotional intimacy (research from the Gottman Institute). When gratitude for each other is spoken aloud, it validates the other partner's contributions in the marriage and reminds both partners of God's providence.

In a world saturated with complaints and constant needs, choosing to *count blessings together* becomes a radical act of worship. It shifts focus from “what's missing” to “what God has already given,” fostering a climate where love can flourish.

Core Scripture

1 Thessalonians 5:18 – “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

Practical Steps – Dinner-Time Gratitude Swap (5 minutes)

1. Finish dinner and clear the table together.
2. Each partner shares three specific things they appreciated about the other that day (e.g., “I loved how you listened to my story without interrupting”).
3. Write one of the blessings in your marriage on a sticky note and place it on a “Gratitude Board” (a wall or fridge).

Worksheet – “Gratitude Journal” (Two-Column)

Date	My Partner’s Blessing to Me

Reflection Prompt

How does hearing specific gratitude from your partner affect your sense of being valued?

Checklist

- Sticky note placed on Gratitude Board
- Both partners mentioned at least three blessings
- Journal entry recorded

Day 3

Presence: Tech-Free Connection

Jesus often withdrew to solitary places to pray. Mark 1:35 states “And in the early morning, while it was still dark, Jesus got up, left *the house*, and went away to a secluded place, and prayed there *for a time*” (*New American Standard Bible*) and also invited His disciples to “go away by yourselves” for rest (Mark 6:31 - Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”(NIV)). He modeled *intentional presence* - both with the Father - God and with those He loved.

Modern day couples are bombarded by daily notifications, emails, and endless scrolling. Even when physically together, the *digital leash* can keep couples' hearts apart. Studies show that couples who designate tech-free periods report higher levels of emotional intimacy and lower stress.

Choosing a *tech-free date night* for example, is not a rejection of technology but a celebration of *real togetherness* and the ability to really see and feel each other - the smell of your spouse's perfume, the sound of their laugh, the warmth of their hand. It creates space for God to speak through the ordinary moments.

Core Scripture

Psalms 46:10 – “Be still and know that I am God.”

Practical Steps – Tech-Free Date Night (60-90 minutes)

1. Select a time (e.g., Saturday 7 pm), have the kids stay with a trusted family member or friend if applicable or let them go to bed early.
2. Place all devices (phones, tablets, laptops) in a basket outside the room or switched off in a bag if in a restaurant.
3. Set the ambiance – dim lights, light a scented candle, play soft worship music.
4. Choose an activity – board game, walk, cooking together, or simply sitting in silence.
5. End with a short prayer thanking God for the time together.

Worksheet – “Date Night Planner”

Activity	Materials Needed	Desired Outcome

Reflection Prompt

What did you notice about your conversation when screens were absent?

Checklist

- Devices placed in basket or turned off and placed in a bag
- Candlelit & music playing
- At least 30 minutes of uninterrupted interaction

Day 4

Surprise: Fresh Sparks of Love

The miracle of Jesus turning water to wine and first surprising the master of the ceremony and other wedding guests as well (John 2:1-10) illustrates God's delight in transforming ordinary things to extraordinary. He pays attention to renewing joy and celebration in human relationships. Likewise, *surprises* in marriage signal that each partner is still paying attention, still caring enough to think creatively about the other's joy.

Surprises don't have to be extravagant; they can be a handwritten note slipped into a coat pocket, a favorite snack left on the pillow, or a spontaneous act of service. The key is thoughtfulness—showing that you know your spouse's heart and are willing to invest effort for their delight.

Core Scripture

John 2:9-10 NIV “and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside [10] and said, “Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now.”

Practical Habit – Prepare a Surprise (30 minutes)

1. Brainstorm one simple surprise for your spouse (use the worksheet below).
2. Execute the surprise before the day ends.
3. Reveal it in a moment of intimacy (e.g., after dinner).

Worksheet – “Surprise Planner”

Idea	Materials	Execution Time	Delivered On

Reflection Prompt

How did your spouse react, and what did that teach you about their love language?

Checklist

- Surprise idea written down
- Materials gathered
- Surprise delivered before bedtime

Day 5

Finances: A Kingdom-Centered Budget

The early church practiced radical generosity and openness with their resources: “All the believers were together and had everything in common... they sold property and possessions to give to anyone who had need” (Acts 2:44-45). While modern families may not live communally, the *principle of stewardship* remains,

- 1) Everything belongs to God, and
- 2) We are merely managers.

According to the American Psychological Association, financial stress is the leading predictor of marital conflict. A transparent, God-centered budget not only ensures bills are paid, but also removes secrecy, aligns priorities, and fosters trust. When couples approach money as *our money*—not *my money*—they find freedom to focus on what truly matters: ministry, family, and building a stronger marriage.

A biblical budget includes *first-fruits giving*, tithes, offerings, mission support, *living expenses*, *debt repayment*, and *savings* for emergencies. By reviewing numbers together, you invite the Holy Spirit into the decision-making process. So get started today.

Core Scripture

Matthew 6:21 – “For where your treasure is, there your heart will be also.”

Practical Habit – Joint Budget Sit-Down (30 minutes)

1. Gather financial documents (bank statements, bills, pay stubs).
2. Open the printable budget template (attached).
3. Enter income and categorize expenses (fixed, variable, discretionary).
4. Prioritize Tithing “First-Fruit” percentage (10 % of income).
5. Identify one debt-payoff priority and set a realistic timeline.

Printable Budget Template

Category	Monthly Amount	Notes
Income – Net Salary	\$_____	Both partners
Housing (mortgage/rent)	\$_____	
Utilities	\$_____	
Food (groceries + dining)	\$_____	
Transportation	\$_____	
Debt Payments	\$_____	
Savings / Emergency Fund	\$_____	
First-Fruit Giving (10 %)	\$_____	Church, missions
Discretionary (entertainment, hobbies)	\$_____	
Total Expenses	\$_____	Should not exceed income

Reflection Prompt

What does your budget reveal about where your heart is invested?

Checklist

- All income sources listed
- Tithe separated
- One debt-payoff goal set

Day 6

Intimacy: Spiritual & Physical Union

The Song of Songs celebrates marital intimacy as a *gift from God*, portraying love as both sensual and sacred. Jesus also affirmed marriage as a “covenant of one flesh”. Matthew 19:5-6 NIV ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? [6] So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.” This indicates that *physical union is a visible sign of spiritual unity*.

Intimacy, however, is more than sex; it encompasses vulnerability, emotional safety, and shared worship. True intimacy means allowing your spouse to see not only your strengths but also your weaknesses, fears, and doubts—without fear of rejection. It is built when couples listen with empathy, extend grace, and create a safe space where honesty can flourish. Spiritual intimacy takes this even further: when couples pray together, open God’s Word side by side, and invite His presence into their relationship, their bond becomes more than human—it becomes sacred. And when emotional, spiritual, and physical intimacy flow together, husband and wife reflect something far greater than themselves. They mirror the eternal relationship of the Trinity—Father, Son, and Holy Spirit—united in perfect love, diversity, and oneness.

Neglecting any dimension of intimacy creates gaps where frustration and misunderstanding can grow. A deliberate nightly ritual that blends *prayer, touch, and conversation* restores wholeness.

Core Scripture

Song of Songs 2:16 – “My beloved is mine, and I am his.”

Practical Habit – Evening Intimacy Ritual (30 minutes)

Choose ONE of the following (or combine two if time permits):

- Slow Dance – Play a soft worship or preferred love song (based on agreement), dim the lights, hold each other close, w joy.

Intimacy Essentials Checklist

- Clean, comfortable space prepared
- Soft lighting or candles lit
- Scripture, worship or preferred romantic music selected
- No interruptions (phone on Do-Not-Disturb)

Reflection Prompt

How does combining spiritual prayer with physical closeness affect your perception of God's love for you both?

Day 7

Mission: Serving Together as a Team

The Great Commission in Matthew 28:19-20 NIV “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, [20] and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” calls every believer to *make disciples*. Married couples have a unique platform: they can *model Christ-like partnership* while serving a community. When a couple serves together, they experience a shared purpose that transcends personal preferences and strengthens their bond.

Joseph and Mary, though not a married couple in the traditional sense, exemplified a *team mission*—protecting the infant Jesus and obeying God’s direction (Matthew 2). Their cooperation under pressure showcases how a unified purpose can carry a couple through adversity.

A joint service project also creates *memorable stories* that become part of the couple’s legacy, inspiring future generations.

Core Scripture

Matthew 28:19-20 – “Go therefore and make disciples of all nations...”

Practical Habit – Plan a Joint Service Project (45 minutes)

1. Brainstorm possible projects (e.g., volunteering at a food pantry, organizing a neighborhood clean-up, hosting a prayer night, e.t.c).
2. Select one that fits your skills, schedule, and passion.
3. Create a simple action plan (date, location, supplies, roles).
4. Commit publicly—tell a friend or post on your church’s bulletin board.

Service Project Planner

Project Idea	Date & Time	Location	Supplies Needed	Roles (Who does what?)

Reflection Prompt

What does serving together reveal about your shared values and future direction?

Checklist

- Project idea finalized
- Date scheduled in calendars
- Supplies list prepared
- Roles assigned

Where do you go from here?

The next chapter of your radiant relationship begins with a *continuous* reset. Keep nurturing what you've built—its brilliance is undeniable. If you haven't reached this point yet, don't give up. Remember the promise of a tree: even when it's cut down, new shoots will rise again (Job 14:7-9).

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Radiant Side