

# Foot to Foot, Knee to Knee, Hand to Hand, Eye to Eye

## Faith Integration

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If you choose to use the faith integration section, please read the main *Foot to Foot, Knee to Knee...* guide first, as it provides the full foundation and instructions needed for this relationship ritual.

This section is for couples who want to invite their faith into the connection ritual. It is not meant to make the exercise feel forced or overly formal. Instead, it offers a way to remember that God is present in the work of healing, humility, tenderness, and reconciliation.

Faith does not remove the need for honest communication, emotional safety, or intentional effort. Rather, faith can deepen these practices by reminding couples that love is not only a feeling, but also a daily act of grace, truth, patience, and turning toward one another.

### Why Add Faith to This Ritual?

For many couples, spiritual connection can strengthen emotional connection. Inviting faith into this exercise can help you:

- slow down and become more mindful of God's presence
- approach one another with humility instead of pride
- speak with gentleness and truth
- remember that marriage requires grace, forgiveness, and perseverance
- view your relationship as something to steward, not just something to react within

This does not mean every moment will feel easy or spiritual. It simply means you are choosing to bring your relationship honestly before the Lord and asking for help as you grow.

### A Simple Way to Begin

Before starting the ritual, you may want to say:

"Lord, help us be present with You and with each other. Quiet our hearts, soften our words, and help us move toward one another with grace and truth."

Or even more simply:

"God, help us to listen well and love well."



# Faith Reflection for Each Step

## Foot to Foot

### Grounded in God's presence

As your feet touch, remember that peace begins by becoming still before the Lord. Before reacting, defending, or shutting down, pause and remember that God is with you in this moment.

You may reflect on:

"Be still, and know that I am God." (Psalm 46:10, ESV)

You might ask yourselves:

- How do I need God's peace in this moment?
- What would it look like to slow down and be still before responding?

Optional prayer:

"Lord, steady my heart and help me respond with peace instead of reactivity."

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## Knee to Knee

### Turning toward one another in humility

As your knees touch, remember that love often requires movement toward one another. Pride pulls away. Fear pulls away. Hurt pulls away. But humility helps us turn back toward each other.

You may reflect on:

"With all humility and gentleness, with patience, bearing with one another in love." (Ephesians 4:2, ESV)

You might ask yourselves:

- Where have I been tempted to pull away?
- What would humility look like in this moment?
- How can I move toward you with gentleness?

Optional prayer:

"Lord, help me turn toward my spouse with humility, patience, and love."

## Hand to Hand

### Offering grace, care, and kindness

As your hands connect, remember that love is often expressed through small acts of tenderness, kindness, and care. Even when words feel hard, a gentle posture can communicate safety and willingness.

You may reflect on:

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."  
(Ephesians 4:32, ESV)

You might ask yourselves:

- How can I offer kindness right now?
- What does tenderness look like in this season of our marriage?
- In what way do I need to give or receive grace?

Optional prayer:

"Lord, help our hands and hearts reflect kindness, tenderness, and grace."

## Eye to Eye

### Seeing one another with compassion and truth

As you look at one another, remember that your spouse is not just a problem to solve or a frustration to manage. This is a person made in the image of God, carrying hopes, wounds, fears, and needs. To look with love is to choose compassion and truth together.

You may reflect on:

"Let each of you look not only to his own interests, but also to the interests of others."  
(Philippians 2:4, ESV)

You might ask yourselves:

- What might my spouse be carrying that I need to see more clearly?
- How can I listen with compassion and not just self-protection?
- What would it look like to really see one another tonight?

Optional prayer:

"Lord, help me see my spouse with compassion, honesty, and care."

## A Short Scripture Reading Option

Before or after the ritual, you may want to read one of these passages together:

- 1 Corinthians 13:4-7
- Ephesians 4:1-3, 29-32
- Colossians 3:12-14
- James 1:19
- Romans 12:10, 18

You do not need to do a long Bible study. Even reading one short passage slowly can help set the tone for the ritual.

## Optional Questions for Spiritual Reflection

After completing the ritual, you may discuss:

1. Where did I sense God's help during this exercise?
2. What part of loving you well feels hardest for me right now?
3. What is God inviting me to change in the way I respond to you?
4. How can we better reflect grace and truth in our relationship this week?
5. What is one thing I can pray for specifically for you?

## Optional Couple Prayer at the End

Here is a simple closing prayer:

Lord, thank You for meeting us here. Help us to love one another with patience, gentleness, and truth. Teach us to turn toward one another when it would be easier to pull away. Give us wisdom in our words, softness in our hearts, and faithfulness in our love. Strengthen our marriage and help us reflect Your grace in the way we care for one another. Amen.

## Short Closing Blessing

If you want something even shorter, end with this:

"Lord, help us stay on the same team and walk in grace, truth, and love."

## Gentle Reminder

Faith integration is not about pretending everything is okay. It is about bringing what is true into the presence of God and inviting Him into the work of healing, understanding, and connection. You do not have to be perfect. You only need to be willing.

