



Love In Action

KBC Marriage Ministry

BUCAS STERLING III, SENIOR PASTOR

COVENANT CONNECTIONS FOR COUPLES

Love in Action begins on our knees. When couples pray together, love moves beyond words and becomes a shared spiritual rhythm—aligning hearts, renewing commitment, and inviting God to shape the covenant they share. Prayer transforms marriage into a living testimony of patience, grace, and faithfulness.

LOVE PRAYER REFERENCE ~ 1 CORINTHIANS 13:4-7

On Patience & Kindness: "Lord, help us to be patient and kind with each other, rather than reacting in anger or frustration".

On Humility: "Save us from pride and selfish ambition; help us to put each other's needs above our own".

On Forgiveness: "Thank you that your love keeps no record of wrongs. Help us to forgive as you have forgiven us, letting go of past offenses".

On Perseverance: "Lord, teach us to protect, trust, hope, and persevere in our marriage, reflecting a love that never fails".

On Trust: "Help us to trust each other and to trust in Your plan for our lives together".



*Love is Patient,
Love is Kind...*

LOVE THAT LASTS BEYOND FEBRUARY 14

Valentine's Day often focuses on cards, candy, and romance—but biblical love goes deeper. It's the kind of love that chooses commitment over convenience, grace over pride, and forgiveness over offense. We encourage couples to celebrate not just romance, but covenant love—the kind of love that grows stronger through every season. True love isn't only expressed on one day; it's lived out daily through intentional actions, prayer, and service.



Valentine's Reminder: Love is not just something you feel – it's something you practice.



LOVE ON THE MENU ~ COOKING TOGETHER

Why This Dish Works For Couples:

With its flaky pepita-crust cod, creamy cilantro sauce, and vibrant marinated tomatoes, this recipe creates a restaurant-quality experience at home, making it a wonderful option for couples cooking together on Valentine's Day or any day that they want to make the day or night special.

PEPITA CRUSTED COD
WITH CREAMY
CILANTRO SAUCE

Please click [here](#) to get the ingredients and instructions on how to prepare this amazing dish!

RHYTHMS OF CONNECTION

Looking for a romantic night out? These DMV-area venues regularly feature jazz, neo-soul, and R&B artists—perfect for couples.

Blues Alley (Georgetown, DC)

Classic jazz club experience—great for a cozy, upscale evening out.

Bethesda Theater (Bethesda, MD)

Live music paired with dining in a relaxed, romantic setting.

The Birchmere (Alexandria, VA)

Intimate seating, dinner-style atmosphere, and legendary soul, jazz, and R&B performances.

Tip: Check venue calendars early—shows sell out quickly.

ARTIST SPOTLIGHT: MARION MEADOWS

Genre: Smooth Jazz • Contemporary Jazz

Why He's Perfect for Couples:

Marion Meadows is one of the most respected voices in contemporary smooth jazz — known for his silky soprano saxophone tone, heartfelt melodic lines, and warm, romantic musical textures. His sound is soulful without ever being loud or overwhelming, making him an ideal choice for date night vibes, romantic dinners, and live performances.

With over a dozen albums and hits that resonate across generations, Meadows consistently crafts performances that feel intimate and expressive.

SIGNATURE SONGS TO ENJOY TOGETHER

"Red Light" - a groove that feels like candlelight in sound

"You've Had Enough" - smooth and soulful with emotional depth

"Come Back to Me" - gentle, evocative, perfect for slow dances

"The Best Is Yet to Come" - hopeful and uplifting



DATE NIGHTS & ROMANTIC DINNERS

Create a Marion Meadows playlist for a Valentine's evening at home — play it during dinner, while sharing dessert, or for a slow dance under the lights.

LIVE EXPERIENCES

Marion will be performing at Blues Alley February 12th , 13th , 14th & 15th.

Tips:

- Book tickets early — popular shows in February sell out quickly.
- Pair a concert with dinner at a nearby restaurant for a full date-night experience.
- Consider shows close to Valentine's Day for a themed evening out

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