



Love Your Husband

~ CHALLENGE ~

Do you find your marriage growing stale and in need of revival?
Perhaps you desire more intentionality as a wife?
Sister, I can tell you that this challenge will change things for you,
just as it has for me. Commit with me to hiding these Scriptures and
new habits in your heart this week. Just growing more purposeful
in these small ways will awaken beauty in your marriage!

DAY 1

*“A soft answer turns away wrath, but a harsh word stirs up anger.
The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness.”*

~ Proverbs 15:1-2 (NKJV)

Do you find yourself speaking harshly to your husband?
It is so easy to do, but our words have the power to either destroy
or to create new life in the heart of our husbands. Choose life!
When you speak words of life, you will be filled with peace as well.

Faith-Filled Idea:

If you feel like making a negative comment to your husband today,
close your lips and instead open your heart to the Lord in prayer.
It is better to say nothing than to say something damaging or regretful.

Speak only kind words today and for the remainder of the week.
Choose one thing you can thank your husband for or compliment him on each day.
This new habit will become easier and easier as you practice.

Prayer:

*Lord, give me words that bring life to my husband.
Fill my heart with self-control, that I would be able to honor You
in all I say and do in my marriage.*



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DAY 2

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right,
whatever is pure, whatever is lovely, whatever is admirable—
if anything is excellent or praiseworthy—think about such things.”*

~ Philippians 4:8

Do you struggle with negative thoughts toward your husband?
Do you ever feel hopeless in your marriage? This is not God’s intention for you as a wife!
He wants you to think pure, admirable, true thoughts.
As you think about your marriage, so it becomes!
Begin today by becoming a wife who finds the best in her husband and who makes those
positive qualities the focus of her thoughts and the highlights of her marriage!

Faith-Filled Idea:

Make a list of attributes you appreciate about your husband.
Even if the list is short for now, I promise it will grow!

Every time you think something negative about your husband or marriage, immediately replace that
negative thought by thinking on the things you admire about your man.
It is amazing how, over time, this practice will change your perception of
your husband and your marriage! It feels good to notice the good!

Prayer:

*Lord, help me love my husband more today than ever before.
Remind me of the qualities I love about Him,
and help my thoughts remain honoring to You!*



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DAY 3

“Dear children, let us not love with words or speech but with actions and in truth.”
~ 1 John 3:18

Let your actions communicate your love and the love of Christ to your husband today!
Words of love are wonderful, but actions need to line up
with words for your statement of love to have value.
Do you ever find yourself growing lax in the area of showing your husband love?
Today is the day to love your man well in word and in deed!

Faith-Filled Idea:

What is one thing you can do for your husband that speaks volumes of your love?
Perhaps it is getting up early to make his coffee or pack his lunch,
cleaning an area of the house that bothers him, or initiating intimacy.

Prayer:

*Lord, please give me insight into my husband’s heart.
Help me to know the areas which will best communicate love to him today.
Show me how to shower him with the love of Christ!*



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DAY 4

*“Bear with each other and forgive one another if any of you has a grievance against someone.
Forgive as the Lord forgave you.”*

~ Colossians 3:13

Has your husband wronged you?

Regardless of the offense, carrying unforgiveness in your heart is a burden the Lord does not want you to bear. Cast your cares on the Lord today. He loves you so much.

Choose to forgive your husband for all things, large and small,
and you will reap the reward of peace in your life!

Faith-Filled Idea:

Take just a moment to ponder how greatly our blameless Lord has forgiven you.

How much more should we, fellow sinners, forgive our husbands?

Pray and ask the Lord to help you forgive. With Him, all things are possible!

If it helps you to release the burden of unforgiveness you bear,
write your burden on a slip of paper, light it on fire, and drop it into a glass jar.

Observe the ashes left behind and be encouraged;

Jesus makes beautiful things from the ashes in our lives!

Whenever you feel like picking up that burden again,
continue to lay it at the foot of the cross. It is not yours to carry, sister.

Prayer:

Lord, please heal my heart. Show me how to forgive my husband.

I give you my burdens now and do not want to pick them up again.

Please bring healing into our marriage.



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DAY 5

“Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others.”

~ Philippians 2:3-4 (NASB)

What are your husband’s deepest needs?

Often our husband’s “love language” is different than ours.

Sometimes we need to lay ourselves and our own desires down to love our husband well.

What is God asking you to lay down in your marriage?

Ponder for a moment what would make your husband’s life easier and bring peace to his heart.

Faith-Filled Idea:

It’s a counter-cultural concept in our society to consider others before ourselves.

But the message of Christ is to die to ourselves so that we will be able to live for Him.

In doing so, we are able to love others through His power.

Consider your husband’s needs and how you can unselfishly serve him through the love of Christ.

Choose a particular need to meet today.

Prayer:

Lord, please show me how to surrender myself to You and to love my husband selflessly.

Bring peace to my heart in the knowledge that I can consider his needs first because

YOU are the one who meets all my needs according to YOUR glorious riches!!



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DAY 6

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God”

~ Philippians 4:6

It is easy to stress about life, marriage, and parenting. But that is not God’s best for us! God wants us to bring our concerns to him. Praising God for your husband and praying for his needs and his heart is guaranteed to be one of your most rewarding works as his wife. There is so much peace that comes from praying for your husband!

Faith-Filled Idea:

Take your husband to the Lord in prayer!
Ask your husband how you can pray for him or simply pray for needs you are aware of.
Pray for his heart, that he will know the deep love of God.
Pray that the Holy Spirit will strengthen him to resist temptation.
Pray that He will love the Lord and his family more than ever before.
Pray the Lord’s blessing over him. Pray for every little area of his life.
The task of praying for your husband will be one that will last a lifetime, but is also one of the greatest gifts you can give him!

Prayer:

*Lord, please show me how to pray for my husband.
Help me not to complain about him to you, but to truly lift him up to you in love.
Change my heart where it needs to be changed and give me the energy
to really pray for the man you have given me.*
