

February 2017



Love Challenge for Husbands

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>It's time to be sacrificial with our time and energy to bless your spouse each day and make them your first priority loving selflessly. It's time to put aside wrongs, extend grace, and show your spouse you're still committed to the marriage, in the good times and the bad.</i></p> <p><i>May these 28 days help you to bless your spouse, give you ideas for ways to serve your spouse while having fun and may they help you intentionally reconnect with him or her being victorious in the days, months and years ahead.</i></p>			1 Take a (sweet/silly) picture together and post it on Facebook with three hashtags: 1) #VictoriousLove 2) #challengeaccepted 3) #mywifeis(one word you would use to describe your wife).	2 Do her least favorite chore as a surprise.	3 Read Ephesians 5 and search your heart. Are you the man Ephesians 5 describes? What steps can you take to become him?	4 Before you go out the door to work in the morning, hold your wife tight and pray over her day.
5 In her Bible, put sticky notes of verses you are praying for her.	6 Re-enact how you first met, record it, and post it to Facebook #VictoriousLove	7 Find a good time to ask her, "What is one thing that I could do differently to be a better husband to you?" No matter what she says, don't defend yourself or make excuses.	8 Send her love texts all day long. Think of things to say that you know would encourage her or put a smile on her face.	9 Get 10 index cards (or post-it notes) and write one thing you admire about your wife on each card. "Hide" one per day in a place that she is sure to find it.	10 Hug your wife for 10 seconds, three times today.	11 Dream! Take 30 minutes and daydream about the future and how you would like it to look.
12 Download (or YouTube) the song that you danced to at your wedding. Dance together in your living room and think of how far you've come since that day!	13 Take the number of years you've been married, and write out that amount of things you love about your wife.	14  Happy Valentine's Day! Write a 10 line poem, and make sure to use the following words: fuzzy, lightbulb, shoe, eternity, romance, passion. Tag your spouse in it on	15 Together, write a 60 second rap about your first date, record a video, and post it on Facebook.	16 Together, determine a good time of day (first thing in the morning, or before bed) for you to read the Bible together for 15 minutes. If you have not already, commit to doing this	17 Today, wear the same color as your spouse and post a picture to Facebook with the hashtags #VictoriousTwins #VictoriousLove	18 Flirt! Send a total of 10 flirty text messages to your wife sporadically throughout the day.
19 Take the number of years you've been married, and write out that amount of things you love about your wife.	20 Surprise your wife with her favorite dessert!	21 Today, expect nothing in return. You are not in this to get but to give. The focus is on "US" not "me."	22 Plan a surprise weekend getaway.	23 Post a love song to your wife's Facebook wall.	24 Fast one meal together today. In place of eating, pray for your spouse and your marriage.	25 For each letter of your wife's name, choose a complimentary adjective to describe them—write it out and post a pic of it.
26 Find a nearby park or trail and go for a walk together.	27 Think of a dream or aspiration your wife has. Whenever you think of her today, pray for it and lift it up before the Lord.	28 Spend an evening without the electronics—phones, tablets, TV, etc. Rewrite your wedding vows and exchange them.				