



## *Time for a 30-Day Husband Encouragement Challenge*

### 30-Day Challenge Ground Rules:

- \*Remember this is an experiment! Let's participate and see what we can learn together!
- \*While some videos or websites will be used for the isolated content for the day's posts, other content will need to be used with discretion!
- \*Since this is a topic close to our hearts, let's offer a ton of grace to each other and keep the postings confidential.
- \*You are not required to comment or post, but it makes for more understanding if we all participate!
- \*The intent of this challenge is to glorify our Lord and Savior by growing in grace and knowledge of how our marriages put the Gospel on display for the world.
- \*Thank you for your enthusiasm over the challenge. Let's have some fun with it while we support each other and our men!

### *Day 1: Beyond Comparison*

"Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe" ... Hebrews 12:28

A Wife's Prayer: Dear Lord, each morning as I rise, help me to be thankful for my husband. I want to grow in my appreciation for him, but only you can equip my heart to love him as you love me. For the next 30 days, open my eyes to see how my husband has been a blessing. Help me to voice my appreciation in ways that build his trust in me and our relationship overall. In Jesus' name, who loves me beyond comparison. Amen.

### *Day 2: Pray for His Friendships*

"Walk with the wise and be wise, for a companion of fools suffers harm." - Proverbs 13:20

PRAY: Pray God would grow his friendships with other men. Pray that God would bring godly men into his life to form close bonds with, men who would lead him closer to God and not away. Pray he would be a good friend to those who need friendship. Pray for selflessness on your part as he spends time with friends, even if that means sometimes sacrificing time with you.

### *Day 3: Happy National Marriage Month!*

Jesus said, "But at the beginning of creation God 'made them male and female.' For this reason a man will leave his father and mother and be united to his wife, so they are no longer two, but one flesh." (Mark 10:7)

Prayer: O Lord, you are the author of marriage. Help me to put our marriage at the top of my relationship list. My Creator, draw me to love you with all my heart and to reflect that love onto my husband. With this perspective I am more open to fully respecting and putting the work into the bond we have together in your name. Lift me when I fail to honor this truly amazing union! And when we struggle, remind me that my true worth and identity are found in your payment for my sins on the cross. My position in you is secure - I am your dearly loved daughter. And for that I say, "I love you, Lord!" Amen.

### *Day 4: Pray for his relationship with God*

He (Jesus) answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.' - Luke 10:27

Pray that your husband would put his relationship with God above all other relationships, including yours. Pray he would have a burning desire to know the Lord more closely and surrender all of his life to God. Write it in your journal so you can remember what was on your heart at this moment.

### *Day 5: Work Identity*

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters" ... Colossians 3:23

A WIFE'S PRAYER: Dearest Savior, my husband's work is important to him. You have given him skills and a desire to provide for our family. As I listen to his report for the day, guide my reactions to affirm his efforts. Keep me from breaking down his confidence with my reactions. Show me the many skills with which he is gifted, and help me to appreciate his willingness to provide for our family. For in that desire, he is reflecting your own Father's caring nature. In your name, Amen.

## *Day 6: Pray for those in leadership in his life*

MEDITATE on the Word: "One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother." - Proverbs 18:24

PRAY: Pray for your husband's supervisors, his mentors, and his informal leaders. Pray for the people he looks up to and admires. Pray they would consistently show him the gospel. If any of these people do not reflect Christ's love, pray that he would not be tempted to imitate them and would find other godly men to look up to instead.

## *Day 7: Remember you chose him!*

"Behold, you are beautiful, my beloved, truly delightful." —Song of Songs 1:16

A WIFE'S PRAYER: Lord Jesus, I confess that it is often easier to criticize than admire. Please forgive my critical spirit and free me to remember all the things that nudged me to choose my husband in the first place. Remind me of things I've forgotten, and even point out things I've been blind to. Loosen my tongue to speak words of admiration and renew in me a deep, passionate love for my husband.

\*\*\*\*\**BONUS POST!!!*\*\*\*\*\*

Here's a story from one of our readers told to me this morning (used with permission):

A co-worker (whom we will call Jeffrey) was venting to her about his wife. They have two small children and one on the way, and she had been yelling at him about everything. "I just can't do anything right," he said. "I try this to satisfy her, and it's not enough. I try that to make her happy, and it's not good enough." They were fighting all the time, and it was stressing him out big time.

Jeffrey decided to send his wife flowers at work to tell her he loved her, to smooth things over as they were heading into the New Year's holiday. He wanted to just relax with her, and not spend precious time together being at odds.

She called right away and said, "Thank you so much for the flowers. I'm a little embarrassed because I've been so mean to you. I'm sorry."

When he got off the phone, he told his co-worker what happened. "She didn't yell at me for spending the money. She said thank you." Then he burst into tears because she actually admitted to him that she had been mean to him and was sorry. "Just the fact that she knew she was being mean, and admitted it meant so much to me. For a tiny moment I knew that she needed me and that she respected me for loving her in spite of our fighting. I know it won't last, but I'm so relieved to have her true self back, for even a moment."

Her honest self-assessment and admission had freed him to continue to love her. Paradoxically, her transparency gave him the encouragement to be what she needed.

## *Day 8: Know Your Love Languages*

"God is love." 1 John 4:8b

PRAY: Pray that your husband would know the ways you receive love and actively seek to show you love in those ways. Pray you could do the same for your husband. Pray especially for God to be your Great Romancer, that you would not lean on your husband to fill a place in your heart that only God can fill.

## *Day 9: 59 Each Others*

"That you and I may be mutually encouraged by each other's faith." Romans 1:12

A WIFE'S PRAYER: Holy Spirit, fill us with a desire to be encouragers. Help us to use words to deliver life to each other. Keep us from using words as weapons. May we speak kindness to each other, and encourage each other to live a life worthy of the Gospel. Amen.

## *Day 10: Forgive*

"The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,[a] to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor. - Isaiah 61:1-3

A WIFE'S PRAYER: Jesus, you teach us to pray: forgive me as I forgive those who sin against me. At times I forget what you've done for me by cancelling my debt! I often forfeit perfect peace found in your healing Word. I now ask you to soften my heart toward those who sin against me, especially my husband. I would never want to miss out on the joy of reconciliation found only in you. Pour your Holy Spirit into our marriage! Guide us, Lord, as we work out our differences. In your precious name we pray, Amen.

## *Day 11: Go from "Me" to "We"*

"Houses and wealth are inherited from parents, but a prudent wife is from the Lord." - Proverbs 19:14 (Are you one of these?)

A WIFE'S PRAYER: Father, change my thinking from what benefits me only to what benefits us both. Help us to refine our marriage to come back to each other in honest conversation with the intent to understand. Hear our prayers to bless our union. In Jesus. Amen.

## *Day 12: Courageous*

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." Deut. 31:6

A WIFE'S PRAYER: O Dear Lord, you created work and gave Adam a place to use his skills to bless others. Be my husband's source of strength! Grant him courage to face his challenges knowing you are with him every step of the way. Guide him to make good decisions and to apply himself as if he truly was working for you, Lord. Remind me to seek your favor on my husband's work. Bless him and increase his skills daily. In your holy name we pray. Amen.

## *Day 13: Emotional Health*

Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

A WIFE'S PRAYER: O Lord, you created us with emotions that reflect your own heart. I ask that my husband would recognize the importance of acknowledging his feelings— both good and bad. If there is any emotional pain in his life, would you bind up those wounds and send the help he needs to work through them? Give me sensitivity to his feelings and much-needed guidance for talking to him about emotional issues. Only through your love can we express the full range of our need for you and each other. In Jesus. Amen.

## *Day 14: Don't Settle for a Passionless Marriage*

"I am my beloved's, and his desire is for me." Song of Songs 7:10

A WIFE'S PRAYER: Lord Jesus, no matter how I have struggled in the past, I don't want to settle for a passionless marriage. Make me healthy and whole in this area; free me from wrong thinking and release in me a great desire for my husband. Give me wisdom on how to be an encouragement to my husband in this area—and bring encouragement to my heart as well! © Revive Our Hearts. Used with permission.

### *Day 15: But What About Me?*

"...and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair." Isaiah 61:3b

A WIFE'S PRAYER: O Messiah Lord, I try so hard at life and sometimes I get so discouraged! Lift me up when I stumble and remind me of all the promises found in your Word. You are enough. You see me and you know the cries of my heart. Strengthen me for this marriage journey through your Word, knowing that I am your dear redeemed daughter. I am trusting you. Lord Jesus, trusting only you. Amen.

### *Day 17: Respect Is Powerful*

"Wives, submit to your own husbands, as to the Lord." —Ephesians 5:22

A WIFE'S PRAYER: Lord God, I confess that I sometimes act disrespectfully to my husband. Help me to hold my tongue when I want to cut him down to others, especially in front of our children. Help me to uphold your beautiful design for marriage in our partnership, together displaying our marriage as a picture of Jesus, and his Bride, the Church. In his holy name I pray, Amen.

### *Day 18: The Home that Wisdom Builds*

"The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is insight." —Proverbs 9:10

A WIFE'S PRAYER: Holy Spirit, enter our home and fill us with wisdom from above. Plant a deep faith in my husband's heart and nurture it according to your plan for him. May our home be a refuge for us and our family. Move us to be wise together as a couple, and bless our union. In Jesus' name. Amen.

## *Day 19: United on the Financial Front*

“Do not toil to acquire wealth; be discerning enough to desist. When your eyes light on it, it is gone, for suddenly it sprouts wings, flying like an eagle toward heaven.. —Proverbs 23:4–5

“Granting an inheritance to those who love me, and filling their treasuries.” —Proverbs 8:21

A WIFE’S PRAYER: Dearest Father, you “own the cattle on a thousand hills.” (Psalm 50:10) Everything we have is a gift from your gracious hand. You bless our work with many resources. Help us to use them wisely. Lead me to trust in You to provide for our family. Teach me to be a wise woman in money matters, not to criticize or tear down, but work with my husband as a financial team. Strengthen our financial front, and bless our decisions. Most of all, grant my husband a heart that is longing to honor your kingdom and the Gospel with our finances. Remind us that you own it all and we are but stewards of your good gifts. In the name of Jesus, who gave up everything to redeem us. Amen.

## *Day 20: Companion for Life*

Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.” Genesis 2:18 (ESV)

A WIFE’S PRAYER: Lord God, thank you for giving me a life companion who shares the joys and sorrows of life. I confess that I often see myself apart from my husband, and forget that we, like the Trinity, belong together. Restore to us the joy of being soulmates, playmates, and fellow travelers on the road of life. Help us guard and nurture our friendship. Place in us a desire to spend time together. Plant a team spirit in our hearts and a pull us towards each another. With your blessing, we are truly better together. In Jesus. Amen.

## *Day 21: Time to Do Some Heavy Gardening*

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

#### A WIFE'S PRAYER

Father, as a prodigal daughter, I have sinned against heaven and against you in my judgement of my husband. Forgive me for taking your place and nursing resentment in my heart. Create in me a clean heart filled with love and compassion for my husband. By your Spirit, I choose to live in the light of Your love the remainder of this challenge. Help me to be the wife You long for me to be. I can do all things through Christ who gives me strength. Amen.

### *Day 22: A Father at Heart*

"Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." —Ephesians 6:4

#### A WIFE'S PRAYER:

Heavenly Father, you alone are the perfect parent. Too often I expect my husband to live up to your perfection. Forgive my critical spirit and help me to appreciate the kind and wonderful things my husband does to be a father or a father figure to my children. If he has been wounded himself as a child, please show him how those wounds affect his own ability to parent and prevent him from being the man and father you desire him to be. Urge me to love him and encourage him as he walks the journey of fatherhood. I ask in your Son's name. Amen.

### *Day 23: Making Peace a Priority*

"Seek peace and pursue it." —Psalm 34:14

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you." — Isaiah 26:3

A WIFE'S PRAYER: Lord God, thank you for the home you have given my spouse and me. Help us to fill it with words that give life, and actions that maintain life. You are the Prince of Peace. Rule over my heart, my marriage and my home so that peace, your peace, is a priority. In Jesus, Amen.

### *Day 24: Pray for Fidelity*

"Many claim to have unfaithful love, but a faithful person who can find? The righteous lead blameless lives; blessed are their children after them." Proverbs 20:6–7

A WIFE'S PRAYER: Lord God, you authored marriage and bless your children through the bonds of wedlock. Please keep my husband aware of the seriousness of our marriage vows. Guard his heart and steer it towards you. Give us both a desire to be faithful to each other, and to honor



the vows we took in front of you. When we are weak, fill us with courage to restrain our wayward hearts. Turn us back to one another and back to you. Thank you for your unfailing love toward us. You will never let us down. In Jesus' name. Amen.

## *Day 25: Serve God and Serve the Church*

"Never be lacking in zeal, but keep your spiritual fervor, serving the Lord." Romans 12:11

A WIFE'S PRAYER: O Lord, you are worthy of our best efforts to show love. You have asked us to love one another as you love us. I pray for my husband to have a spirit of service in his heart. Present him with opportunities to serve your church by humbly serving others. When disagreements arise within the church, give him a spirit of reconciliation, so that your work is not hindered. Give him zeal to put your service first in his heart, and plant a huge measure of joy inside. Help us to find ways to serve together and thus bring glory to your name. For Jesus sake, Amen.

## *Day 26: Safe Harbor*

"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

A WIFE'S PRAYER: Dearest Lord, you know all things. Help me not to live in fear of what might happen to my spouse. I trust you with my husband's life for now and in the future. When I become fearful or weak, remind me of your guardian angels surrounding your people, and help me to trust your plan for our lives. I commend my family members to you, O Lord, my hiding place and my shield. In Jesus, Amen.

## *Day 27: Conversation Filled with Grace*

"Let your conversation always be gracious." —Colossians 4:6

A WIFE'S PRAYER: Dearest Jesus, forgive me for being so quick to gravitate toward harmful conversation about my husband. This indicates sin is at the door of my heart even as I try to reveal his shortcomings. Teach me how to use words of grace and kindness to praise his strengths, and help me refuse to betray his sin and weakness to others. Lord, deal with me as you dealt with Peter, in loving concern, as I trust you to deal with my husband's shortcomings accordingly. In your holy name, Amen.

## *Day 28: Courage Takes Two*

"Be strong, and let your heart take courage, all you who wait for the LORD!" —Psalm 31:24

A WIFE'S PRAYER: Dear Lord, thank you for the shelter my husband provides and the courage you give him to take care of our family each day. Help me honor the head of our household with more encouraging words in the future. Give me patience to wait on you for strength and courage to speak life-giving words. May we stay strong in you as we fight the battle to keep our marriage strong. Amen.

## *Day 29: Build a Cathedral*

"But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law." — Galatians 5:22-23

A WIFE'S PRAYER: Father, I thank you for the husband you have given me. Give us endurance to persevere in our marriage. Strengthen us to build a virtual cathedral of praise and thanks to you for designing our lives as husband and wife. Help us to find true joy as we practice love and respect toward each other. May we honor you in our interactions, and strive to know and do your will on this earth. Give us a long and enduring relationship, one that reflects your love and forgiveness for sinners. We ask in complete confidence of your power to help us. In Jesus, Amen.

## *Day 30: Love Is a Verb*

"This is my beloved and this is my friend." —Song of Songs 5:16

A WIFE'S PRAYER: Heavenly Father, my heart is so full of love for you and the good gifts you give me as your child. I praise you for giving me a lifelong friend in my husband. Remind me daily of the gift his friendship has been to me. Place in me a desire to nurture our bonds. As we water our marriage with Your Word, bless us with joy in you and joy in each other. Keep us ever faithful to our marriage vows and let our love be the proof of your love. In the name of Jesus we pray. Amen.



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