



MARRIAGE CHALLENGE

SUNDAY: PRAYER

Pray together. Ask each other if there is anything they want to pray about and how you can pray for them this week? Pray with and for each other and ask God to be with you as you do this challenge.

MONDAY: ENCOURAGEMENT

Ask your spouse what's the hardest thing they are facing right now? Find out how you can better support or encourage them? Listen to what your spouse is going through. Offer encouragement to them.

TUESDAY: AFFIRMATION

Spend the day creating a list of various things you love about your spouse (write them down). At the end of the day, spend a moment sharing those lists with each other.

WEDNESDAY: SCRIPTURE READING

Read the "Love Chapter" in 1 Corinthians 13:4-7. Discuss which one of these attributes your marriage could use more of right now?

THURSDAY: STORY SHARE

Reminisce on when you first met and got married. What are some of your favorite moments together? Look at some of your favorite photos together of these memories.

FRIDAY: SURPRISE EACH OTHER

Take time out in your schedule during the day to pick up something special for your spouse, Do something for them that would bless them, or both. Choose to serve them today and surprise them with it.

SATURDAY: DATE NIGHT

Have a date night with each other. Get a sitter and go to a favorite spot together. Come up with an activity, something you can do at home (check out Pinterest) or simply share a snack together at the table after you put the kids to bed. Get creative and be intentional.