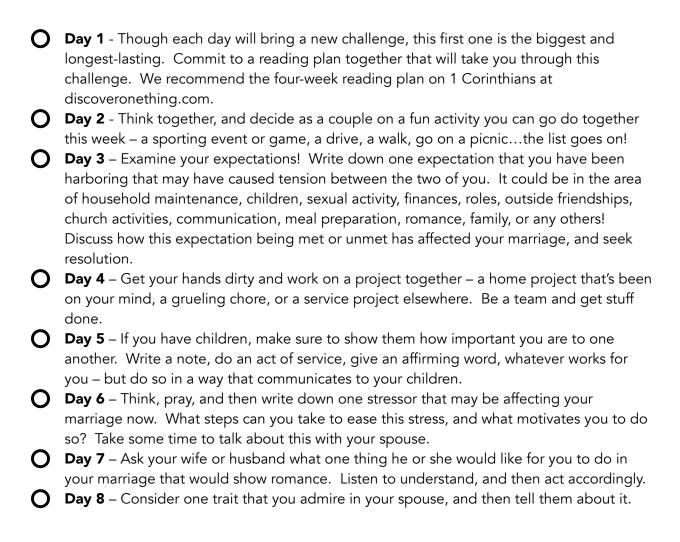


21-DAY MARRIAGE CHALLENGE

We pray that God gives you great vision as He moves in and through you these three weeks! For questions, help, or prayer, please contact us at connections@calvary.ch.

Before you Start:

The greatest thing you can do to help your marriage is to be transformed by Christ and let Him change your life. How? We suggest a couple of things: read together and pray together. When you read the Word with your spouse – or at any time – pray that you'll really hear it and let it sink in. When you pray, ask honestly that Jesus would help you understand Him, your marriage, your spouse, and His vision for marriage, and then be willing to listen and change.



0	Day 9 – Talk together about one way that marriage has helped build your character.
	Then, think of a way the two of you, as a couple, can reach out and serve others this week.
0	Day 10 – Consider the past, before you were married to your spouse. Through prayer or
	conversation, praise God for the ways He moves people forward and pray for what He will
	continue to do. Tell your spouse why your life is different with them in it.
0	Day 11 – Plan a surprise for your spouse. Whether it's a weekend away, a small gift, or a
	note in their lunchbox, show them you thought of them.
0	Day 12 – Challenge yourself in one of two ways: a cheap date list or a fast date list.
	Come up with date ideas you can do for less than \$5 or in less than 30 minutes. When
	time or money is tight, you can come back to these ideas!
0	Day 13 – Do what you need to do to get some time to spend in prayer together. Pray
	gratefully for your spouse and the things about them you appreciate, pray that God would
	improve one area in your marriage, and pray that He would give both of you a vision for
_	something greater.
O	Day 14 – Pray, consider, or write down one past hurt that you need to confess and
	forgive. Talk and pray about that, keeping in mind that forgiveness is important to Christ
	and to moving forward in your marriage. (Matthew 6:14, 15)
O	Day 15 – Grab a quick drink or dessert and have a 'blue sky' conversation – What could
	God be calling us to? What adventures lie in our future? What big things do we want to
	do and accomplish as a team?
0	Day 16 – Pick a chore that your spouse does most of the time, and do it for them. Tell
\sim	them you're grateful for the things they do every day.
O	Day 17 – Be honest. Think of an area in which you need to speak the truth in your
	relationship. Consider what it means to speak the truth in love (Ephesians 4:25 – 32), and
\frown	say anything that needs to be said.
O	Day 18 – Check out Revelation 2:4-5. It's easy to forget how things were at first. Take some time today to write a letter to your husband or wife. Think back to what drew you
	together in the first place, and include qualities about him or her for which you are
	thankful.
0	Day 19 – Consider an area where the two of you are very different. Talk about why you
	appreciate this about your wife or husband.
0	Day 20 – Do one kind deed for your spouse today. Leave yourself a note, set an alarm in
	your phone – whatever it takes to remind you to follow through!
0	Day 21 – Thank your spouse for doing this challenge with you, and make time for
	intimacy today. I am my beloved's, and his desire is for me. (Song of Songs 7:10)

Have a great experience? We'd love to hear about it at shareyourstory@calvary.ch.