

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.

- **Day 1** - Though each day will bring a new challenge, this first one is the biggest and longest-lasting. Commit to a reading plan together that will take you through this challenge. We recommend the four-week reading plan on 1 Corinthians at discoveronething.com.
- **Day 2** - Think together, and decide as a couple on a fun activity you can go do together this week – a sporting event or game, a drive, a walk, go on a picnic...the list goes on!
- **Day 3** – Examine your expectations! Write down one expectation that you have been harboring that may have caused tension between the two of you. It could be in the area of household maintenance, children, sexual activity, finances, roles, outside friendships, church activities, communication, meal preparation, romance, family, or any others! Discuss how this expectation being met or unmet has affected your marriage, and seek resolution.
- **Day 4** – Get your hands dirty and work on a project together – a home project that's been on your mind, a grueling chore, or a service project elsewhere. Be a team and get stuff done.
- **Day 5** – If you have children, make sure to show them how important you are to one another. Write a note, do an act of service, give an affirming word, whatever works for you – but do so in a way that communicates to your children.
- **Day 6** – Think, pray, and then write down one stressor that may be affecting your marriage now. What steps can you take to ease this stress, and what motivates you to do so? Take some time to talk about this with your spouse.
- **Day 7** – Ask your wife or husband what one thing he or she would like for you to do in your marriage that would show romance. Listen to understand, and then act accordingly.
- **Day 8** – Consider one trait that you admire in your spouse, and then tell them about it.

- **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.
- **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.
- **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.
- **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!
- **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.
- **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)
- **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?
- **Day 16** – Pick a chore that your spouse does most of the time, and do it for them. Tell them you're grateful for the things they do every day.
- **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 say anything that needs to be said.
- **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.
- **Day 19** – Consider an area where the two of you are very different. Talk about why you appreciate this about your wife or husband.
- **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!
- **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.