



30 Day Challenge for Wives

Day 1: Put God first

Matthew 22:37-38 – Jesus said to him, “You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment.

Commit to seeking God first in your relationship, and “all these things will be added unto you.”

Day 2: A light unto my path

Psalms 119:105 – Thy word is a lamp to my feet and a light to my path.

Commit to reading God’s word together on a daily basis, starting today.

Day 3: A helper suitable

Genesis 2:18 – And the Lord God said, “It is not good that man should be alone; I will make him a helper comparable to him.”

Think about how God chose you to be the helper for your husband. Write down something that you can do to “help” or spiritually support him today.

Day 4: Leaving and cleaving

Genesis 2:24 – Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

Are there any areas of your life where you haven’t “left” father and mother, or aren’t cleaving to your spouse? Identify these areas and commit on making your marriage your highest priority over any other human relationship today.

Day 5: Oneness

Genesis 2:24 – Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

Marriage points forward to the Oneness of Christ and His bride – which includes a oneness of mind and oneness of purpose. Are there areas that you can improve the Oneness of your marriage? Write these down and commit to working on Oneness today.

Day 6: As Sarah obeyed Abraham

1 Peter 3:5-6 – For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.

Sarah respected Abraham in both thoughts and actions, calling him “lord” in her heart (cp. Genesis 18:12). Begin with your thoughts today – make a habit of trusting in God and respecting your husband even in your heart and innermost thoughts. This includes even when your husband fails (and he will), you know him better than anyone else but respect him because that is what God asks of us, not because he deserves it.

Day 7: Pray for his faith

Colossians 2:7 – Rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.

Pray for your husband to be rooted, built up and abounding in faith.

Day 8: Pray for his spiritual headship

1 Corinthians 11:3 – But I want you to know that the head of every man is Christ, the head of woman is man, and the head of Christ is God.

Pray for your husband’s leadership as the spiritual head of your house.



Day 9: Pray for his weaknesses

Isaiah 40:29-31 – He gives power to the weak, And to those who have no might He increases strength. Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

Instead of being upset or discouraged by his weaknesses, pray for the increase of God's strength and power.

Day 10: Pray for his strengths

1 Peter 4:10 – As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

Pray for his strengths! Pray for him to use his strengths to minister as a good steward of God's grace.

Day 11: Working together

Romans 16:3 – Greet Priscilla and Aquila, my fellow workers in Christ Jesus.

Find an opportunity to work together in the truth.

Day 12: I will go with you

Judges 4:14 – Then Deborah said to Barak, “Up! For this is the day in which the Lord has delivered Sisera into your hand. Has not the Lord gone out before you?”

Find a way to support and encourage your husband's growth of faith in trial in whatever difficulty he is working through right now.

Day 13: No nagging

Proverbs 19:13 – ...the contentions of a wife are a continual dripping.

Commit to avoiding the continual drip of nagging today.

Day 14: Contentment

Hebrews 13:5 – Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”

Have an attitude of contentment towards your husband and what he provides.

Day 15: Joyfulness

Proverbs 17:22 – A merry heart does good, like medicine, but a broken spirit dries the bones.

Create an atmosphere of joy in your home.

Day 16: Build your house

Proverbs 14:1 – A wise woman builds her house; a foolish woman tears hers down with her own hands.

Use atmosphere, attitude and encouraging words to build your husband up.

Day 17: Thankfulness

1 Thessalonians 5:18 – In everything give thanks; for this is the will of God in Christ Jesus for you.

Have an attitude of thankfulness in your home and towards your husband.

Day 18: Swift to hear

James 1:19 – So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath...

Put away phones, distractions and listen to your husband without interruption.

Day 19: Service with a good attitude

Ephesians 6:7 – With goodwill doing service, as to the Lord, and not to men...

Have a good attitude in your service, remembering that all you do should be done as “unto the Lord.”



Day 20: Live joyfully together

Ecclesiastes 9:9 – Live joyfully with the wife whom you love all the days of your vain life which He has given you under the sun, all your days of vanity...

Take delight in some quality time with your husband. Be together. Go on a 'date night'.

Day 21: Be trustworthy

Proverbs 17:9 – He who covers a transgression seeks love, But he who repeats a matter separates friends.

Be trustworthy with your husband's personal thoughts or weaknesses. Speak well of him to others.

Day 22: Do him good

Proverbs 31:12 – She does him good and not evil all the days of her life.

Think about what it means to "do him good and not evil all the days of her life."

Day 23: Love suffers long

Proverbs 16:32 – He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.

Be slow to anger, and slow to reacting irritably.

Day 24: Love is kind

Proverbs 31:26 – ...on her tongue is the law of kindness.

Resolve to speak in kindness no matter the circumstance.

Day 25: Love is not puffed up

Philippians 2:3 – Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

Think about any manifestations of pride that may come out in your marriage relationship. Resolve to esteem your husband better than yourself.

Day 26: Love does not seek its own

1 Corinthians 10:33 – Even as I please all men in all things, not seeking mine own profit, but the profit of many, that they might be saved.

Think of how you can put your husband's needs and desires before your own today.

Day 27: Love thinks no evil

1 Corinthians 13:5 – Love... thinks no evil...

Make a habit of thinking the best of your husband. Make a list of positive things about your spouse, pick one and thank him for it.

Day 28: Love rejoices with truth

1 Corinthians 13:6 – Love... does not rejoice in iniquity, but rejoices in the truth...

Love celebrates godliness. Thank your husband for a godly characteristic that he shows.

Day 29: Love never fails

1 Corinthians 13:8 – Love never fails...

Take the time to write out your marriage vow today.

Day 30: By this we know love

1 John 3:16 – By this we know love, because He laid down His life for us. And we also ought to lay down our lives for the brethren.

Christ set the example of laying down His life for us in love. Think through your husband's needs right now – how can you follow Christ's example of self-sacrifice towards your husband?

