

WEEK 1 - Unconditional Love

WEEKLY CHALLENGE

Do something out of the ordinary this week for your spouse - something that proves (to you and to them) that your love is based on your choice and nothing else. Fix her dinner. Write and leave a love note where it will be found during the day. Buy his favorite dessert. Fold the laundry. Demonstrate love to them for the sheer joy of being their partner in marriage.

WEEK 2 - The Power of Influences

WEEKLY CHALLENGE

Identify the things that are taking time or interest from your relationship with your spouse; any worldly influence or addiction that's stealing your affections and turning your heart away from your spouse. Choose to spend the time with your spouse this week instead of spending time with those destructive self-interests.

PRAYER

Lord Jesus, Son of God,
You loved us unconditionally when
you broke the bread and offered the cup of forgiveness.

Thank you, Jesus, Son of God.

Give us the courage to follow You into a selfless
love affair with each other. From this day forward,
love my mate through me. Amen.

PRAYER

Father God, We pray that Your voice will be so prominent an
influence that our minds, will, and emotions will
desire to relentlessly pursue a God-honoring marriage.
We confess that our heart is easily influenced by lesser voices.

So give us an unfailing desire for Your ways, not ours.

Help us to seek Your truth, not a false, deceptive counterfeit.

Bring people into our lives who will guide us
into a deeper love for You and each other. Amen.

WEEK 3 - Forgiveness

WEEKLY CHALLENGE

Whatever you haven't forgiven in your spouse, forgive it today. Let it go. Just as we ask Jesus to "Forgive us our debts" each day, we must ask Him to help us "Forgive our debtors" each day as well. Unforgiveness has been keeping you and your spouse in prison too long. Say from your heart, "I choose to forgive."

WEEK 4 - Honoring and Cherishing Your Spouse

WEEKLY CHALLENGE

Choose a way to show honor and respect to your spouse that is above your normal routine. It may be holding the door for her. It might be putting his clothes away for him. It may be the way you listen and speak in your communication. Show your spouse that he or she is highly esteemed in your eyes.

PRAYER

Father, The greatest miracle of our life is the wideness of Your forgiveness. We are amazed by Your love for us. We admit that there are times when we have wounded and have been wounded by each other. We pray that the grace, love, and forgiveness that flowed down on us, will also flow freely in our marriage. Teach us how to forgive as we have been forgiven. We pray that You will help us forgive quickly. Amen.

PRAYER

Our Savior, Jesus Christ,
In Your loving sacrifice, you placed us above all,
so that we may experience Your love for eternity.
Fill our hearts with selfless love for each other.
Let our words and actions demonstrate the love
and honor we pledged to each other.
Bless us in our efforts to honor and cherish each other. Amen.

EXTRA CHALLENGE

Begin praying today for your spouse's heart. Using the prayer cards, begin a daily habit of lifting your spouse up in prayer.

EXTRA CHALLENGE

Prepare a special dinner at home, just for the two of you. The dinner can be as nice or as simple as you prefer. Focus this time on getting to know your spouse better, perhaps in areas you've rarely talked about. Determine to make it an enjoyable evening for you and your spouse.

PRAYER

Use the "Lifting My Wife/Husband In Prayer" cards to guide your prayer this week.

PRAYER

Lord Jesus, my Designer and King,

We pray for divine insight and inspiration in our lives.

Give us the discernment we need to bless our family and each other. Teach us both to live by faith, having the ability to navigate through difficult issues and hard times.

Give us communication that isn't just surface talk. Help us to spend our words wisely and listen with a heart of compassion.

You brought us together. You claimed us. And we claim each other for the glory of Your kingdom. Amen.