

30 DAY MARRIAGE CHALLENGE

Try our 30 Day Marriage Challenge and we think your relationship will see a big difference. Simply do the assigned task on that particular day. Your wife will love it and by the end of the 30 days, your marriage could very well be revitalized!



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1. Say, "You look stunning."
2. Say, "I appreciate you because _____."
3. Ask, "What can I help you with today?"
4. Go the whole day without correcting your wife.
5. Hug your wife three times today.
6. Kiss your wife the first time you see her in the morning.
7. Buy her a card and mail it to your house for her to get in the mail.
8. Bake, make, or buy her chocolate.
9. Put at least one date night on your calendar this month.
10. Leave her a sweet note.
11. Say, "I'm so glad I married you."
12. Compliment her in front of your children.
13. Pray God would give your wife wisdom.
14. Thank her for all she does for your family.
15. Buy her a gift card to her favorite place and leave it on her dashboard.
16. Do not interrupt your wife when she's talking.
17. Ask your wife's opinion on something.
18. Dance in the living room to your wedding song.
19. Look at her admiringly. Make sure she sees you looking at her.
20. Watch her favorite, romantic movie with her. No mocking.
21. Turn off your cell phone, computer, or the TV when your wife is in the room.
22. Look through your wedding album tonight.
23. Do an activity outdoors together.
24. Plan a romantic getaway together this year.
25. Bring her home her favorite dessert.
26. Give her the night off from all her chores.
27. Foot and neck massage for her.
28. Extended prayer time as a couple tonight.
29. Ask, "Where do you see us in 15 years?"
30. Say, "I love you because _____."