



THE 30-WEEK
HUSBAND
ENCOURAGEMENT
CHALLENGE
FOR WIVES



CONTENTS COMPILED FROM:
[REVIVE OUR HEARTS, DOORPOSTS](#)
and [SHMILY TIME Blog](#)

Dear Woman of God,

I'm so glad that you've decided to make the commitment to encouraging your husband! This booklet is compiled various websites and from different women, but I believe each has the same goal in mind... to encourage and bless our husbands.

There a few different parts to this booklet and are organized as follows (please make sure the pages are arranged accordingly):

- **Before Beginning** - fill this out BEFORE beginning the challenge. It will help to give you an idea of where things are at in your marriage, as well as areas that need prayer
- **30-Day Husband Encouragement Challenge for Wives** - This challenge can be found at REVIVEOURHEARTS.COM. While a wonderful blessing to anyone wanting to do it for the 30 days, we have decided to make it a weekly challenge, giving us the chance to focus on each thing for a week (and blessing our husband even more!).
- **15 Ways to Please Your Husband** - written by Barbara Rainey
- **EVERY DAY THINGS** - is a list for you to write down things you can do for your husband on a daily basis to show him you love him
- **100 Reasons to Love My Husband List** - for you to jot down reasons throughout the challenge, and bless your husband when you're done!
- **30-Week Calendar** - This is for you to keep track of any ideas, dates or SHMILY Times that you're planning throughout the challenge (and is more personal than putting it on your family calendar!)
- **The "Drawer of Many Blessings"** - an idea for you to begin for the challenge, and continue for the rest of your life!
- **ENCOURAGING THOUGHTS...** - Make a list of things you can do to encourage your husband. For ideas, check out A CLEAN HEART Forum (www.aCleanHeart.com/phpBB2), where the ladies share their ideas!
- **PRAYER** - a prayer to keep our focus throughout the challenge
- **Prayer for My Husband** - taken from the DOOR POSTS website written by Pam Forster. (She also has a book "As Unto the Lord" available at their family site, www.doorposts.net.)
- **NOTES** - a page for you to pray as you feel lead after reading Pam's "Prayer for My Husband".
- **Praying for Your Husband** - taken from REVIVE OUR HEARTS, this is 31 days of things to pray for your husband. Again, since we're doing this as a weekly challenge, each day will be for a week. Meditate and study each week on the prayers and verses given.
- **Prayer Journal** - record your prayers for your husband, as well as your thoughts during the challenge to look back on and praise God for!
- **When It's All Said and Done...** - evaluation of your journey through the 30 week challenge!

You may also want to check out A CLEAN HEART Forum (www.aCleanHeart.com/phpBB2) where there is a marriage board full of ladies joining in this challenge with you (depending on the time). Here you can share and encourage each other!

May the Lord bless you as you seek to become the wife He has called you to be!

Serving HIS Purpose,
Amy Verlennich

30-DAY
HUSBAND
ENCOURAGEMENT
CHALLENGE FOR
WIVES

(<http://www.reviveourhearts.com/pdf/30DayChallenge.pdf>)

SHEETS GO HERE...

15 WAYS TO PLEASE YOUR HUSBAND

(<http://www.reviveourhearts.com/pdf/15ways.pdf>)

SHEET GOES HERE...

100 REASONS TO LOVE MY HUSBAND...

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- Make a list of 100 reasons (or just for added measure you make it 101!) why you love your husband.
- You can keep this real simple by just writing it on paper, or in a notebook. You could also take a scrapbook (any size would do, but a booklet size would be great) and make it into a book with each reason on one side and a picture on the next (the picture doesn't have to match with the reason on the other side... this is just a booklet for him). Pictures could include you and your husband before you got married, wedding photos, birth of each child, grandchildren (if you're to that point yet) and family moments.
- Have fun with this... the possibilities are endless! Have the kids get involved and make it an art project for them as well. They can either help you make yours by picking out pictures, or they could make one for dad as well with 10 reasons (or whatever). They could either pick pictures, or draw them (a little of both would be precious I think...)

For more ideas like this, visit the SHMILY Time Blog at: www.homeschoolblogger.com/SHMILYTime and put the spark back into YOUR marriage!

30 WEEK HUSBAND ENCOURAGEMENT CHALLENGE AT A GLANCE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

30 WEEK HUSBAND ENCOURAGEMENT CHALLENGE AT A GLANCE

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

30 WEEK HUSBAND ENCOURAGEMENT CHALLENGE AT A GLANCE

WEEK 13

WEEK 14

WEEK 15

WEEK 16

WEEK 17

WEEK 18

30 WEEK HUSBAND ENCOURAGEMENT CHALLENGE AT A GLANCE

WEEK 19

WEEK 20

WEEK 21

WEEK 22

WEEK 23

WEEK 24

30 WEEK HUSBAND ENCOURAGEMENT CHALLENGE AT A GLANCE

WEEK 25

WEEK 26

WEEK 27

WEEK 28

WEEK 29

WEEK 30

THE "DRAWER OF MANY BLESSINGS"

- Clean out a drawer in your dresser... I mean, completely clean it out. Unless it *screams "sexy"* take it out of there! (Underwear with holes or ones worn to the point of being see-through do NOT count!)
- Get some 3x5 cards and spray with your husband's favorite scent (be it perfume, body splash, etc.) Another idea would be to spray old cards from your husband that you've kept as a special reminder to you when you go into this drawer to bless him!
- Take either a shoe box or divider to put the "teeny" things in, and/or thigh-highs, garters, etc. in.
- Fold everything else up neatly (this is the one time they'll look nice, 'cuz if you're doing this right, they should end up thrown on the floor!)
- The next time you're at the store, be sure to purchase one of those bags for delicates to go through your washing machine on "delicate" or "hand wash".

Now you have a drawer all set up and ready, so the next time there's something on sale, you have a place to "store" it. You can even rotate the items from side to side so you can remember what one you wore last (as if your hubby would care if you wore it two times in a row!). *IMPORTANT NOTE: This drawer should NEVER need dusting!*

May the Lord be glorified as we seek new ways to spark our marriage and fulfill our purpose as wives!

FOR MORE IDEAS ON HOW TO KEEP
THE SPARK IN YOUR MARRIAGE, VISIT
WWW.ACLEANHEART.COM
AND LOOK UP 'SHMILY TIME'!

Dear Heavenly Father,
Please be with me as I seek to
please my husband and renew our marriage.
I pray that I would start each morning
with a thankful heart for the man
that You have given me as a husband,
and go to bed each night with a loving heart,
giving of myself unselfishly and completely
no matter what kind of day I've had.
Help me to focus on him, by remembering
You have designed me to be his helpmeet
and the keeper of our home, and
what a blessing that truly is.
Help me to be gracious at all times,
no matter what kind of mood he's in.
Help me to be loving;
remembering the man I fell in love with.
Renew our marriage, our friendship, and our love
as I seek to be the woman of God
and wife that You desire me to be.
In Jesus' name, Amen.

NOTES ON PAM FORSTER'S "PRAYER FOR MY HUSBAND"...

A large rectangular box containing 25 horizontal lines for writing notes.

PRAYER FOR MY HUSBAND

(http://www.doorposts.net/free_resources/prayer_for_my_husband.pdf)

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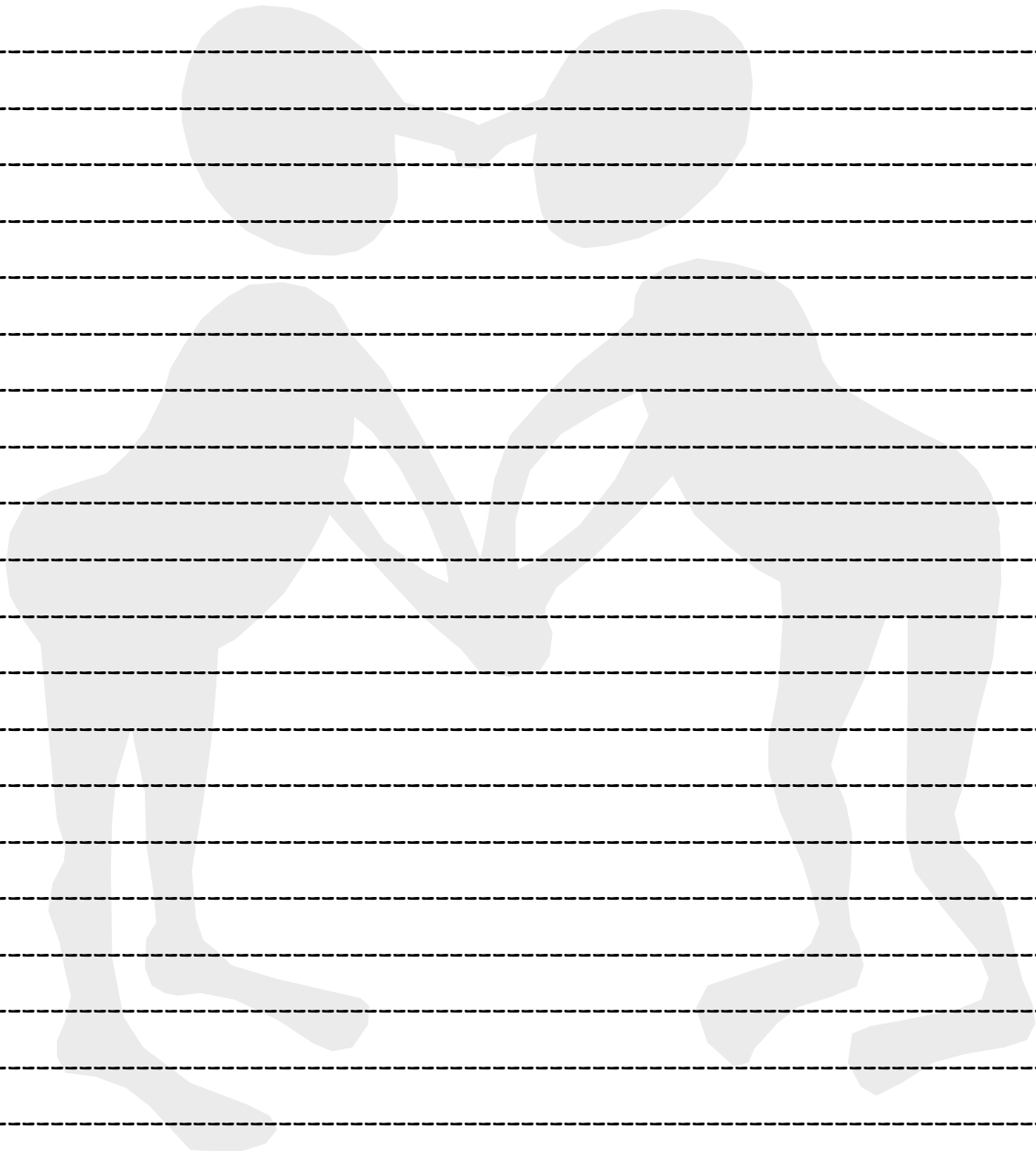
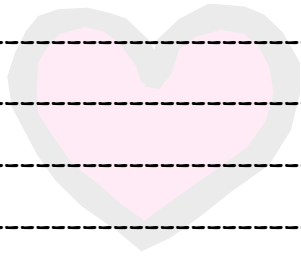
PRAYING FOR YOUR HUSBAND

(<http://www.reviveourhearts.com/pdf/prayingforyourhusband.pdf>)

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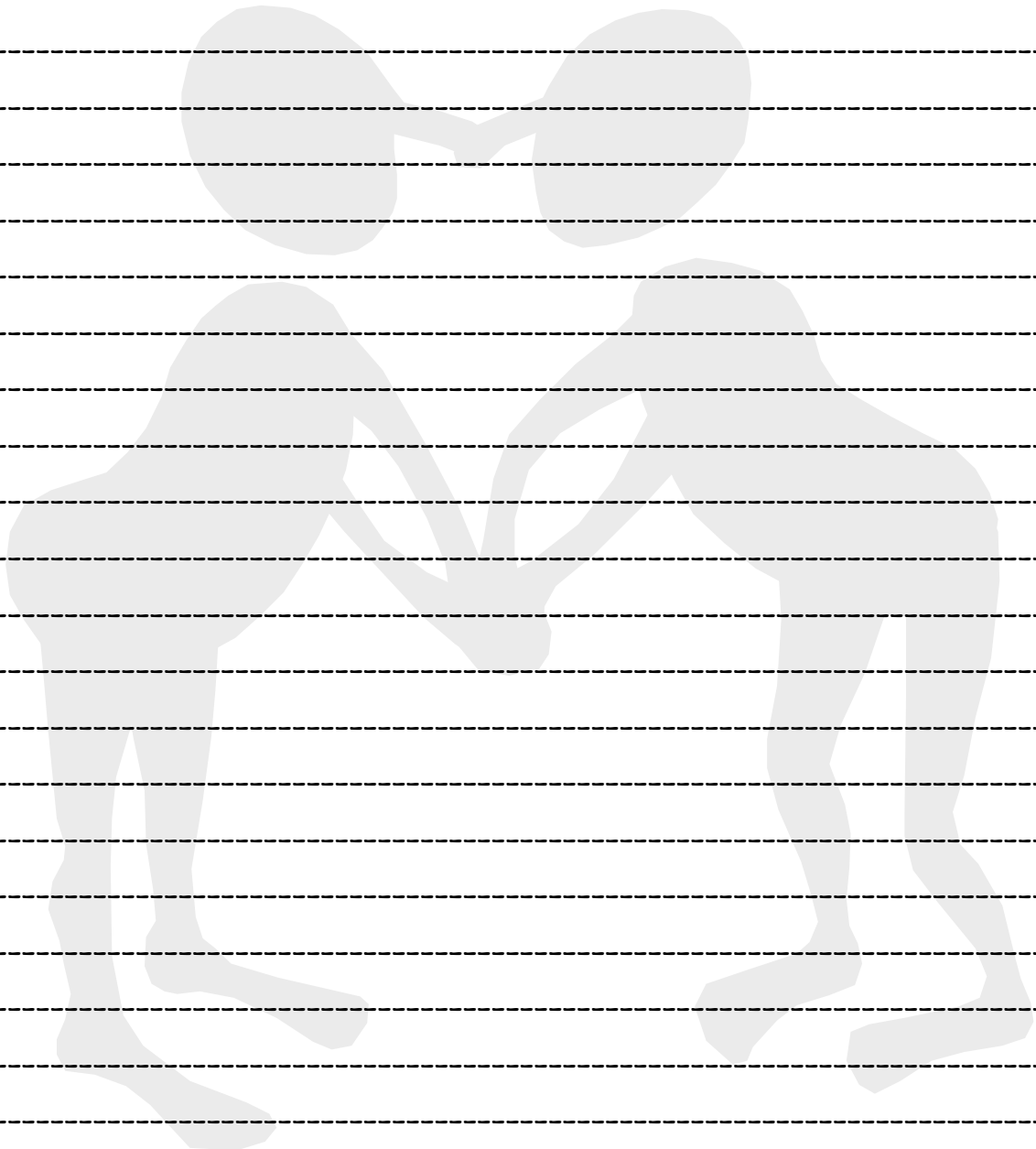
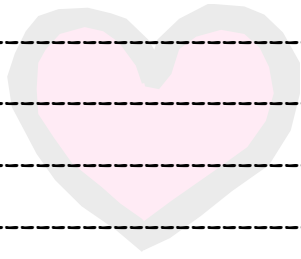
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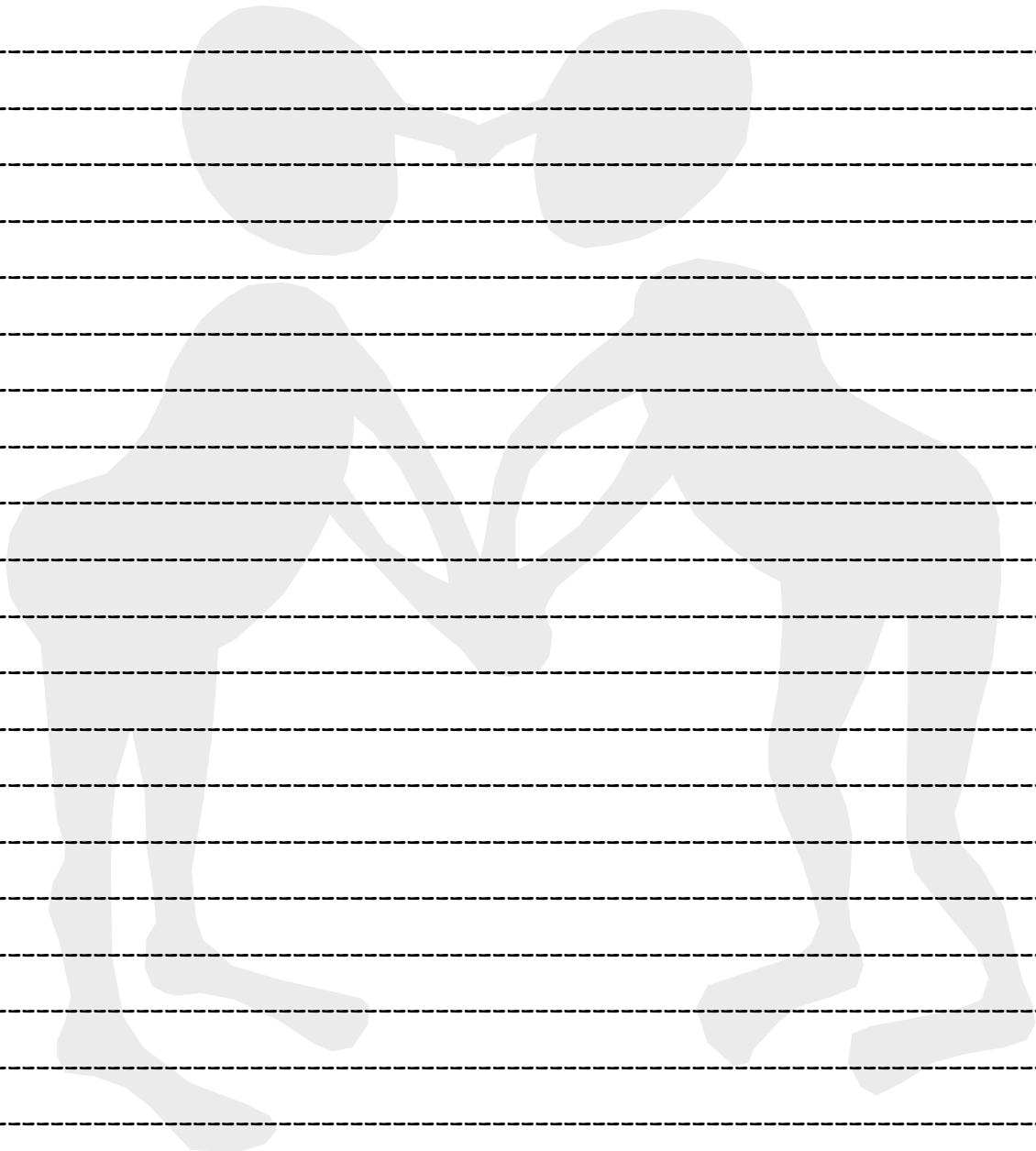
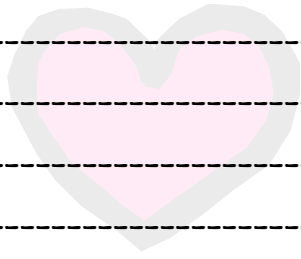
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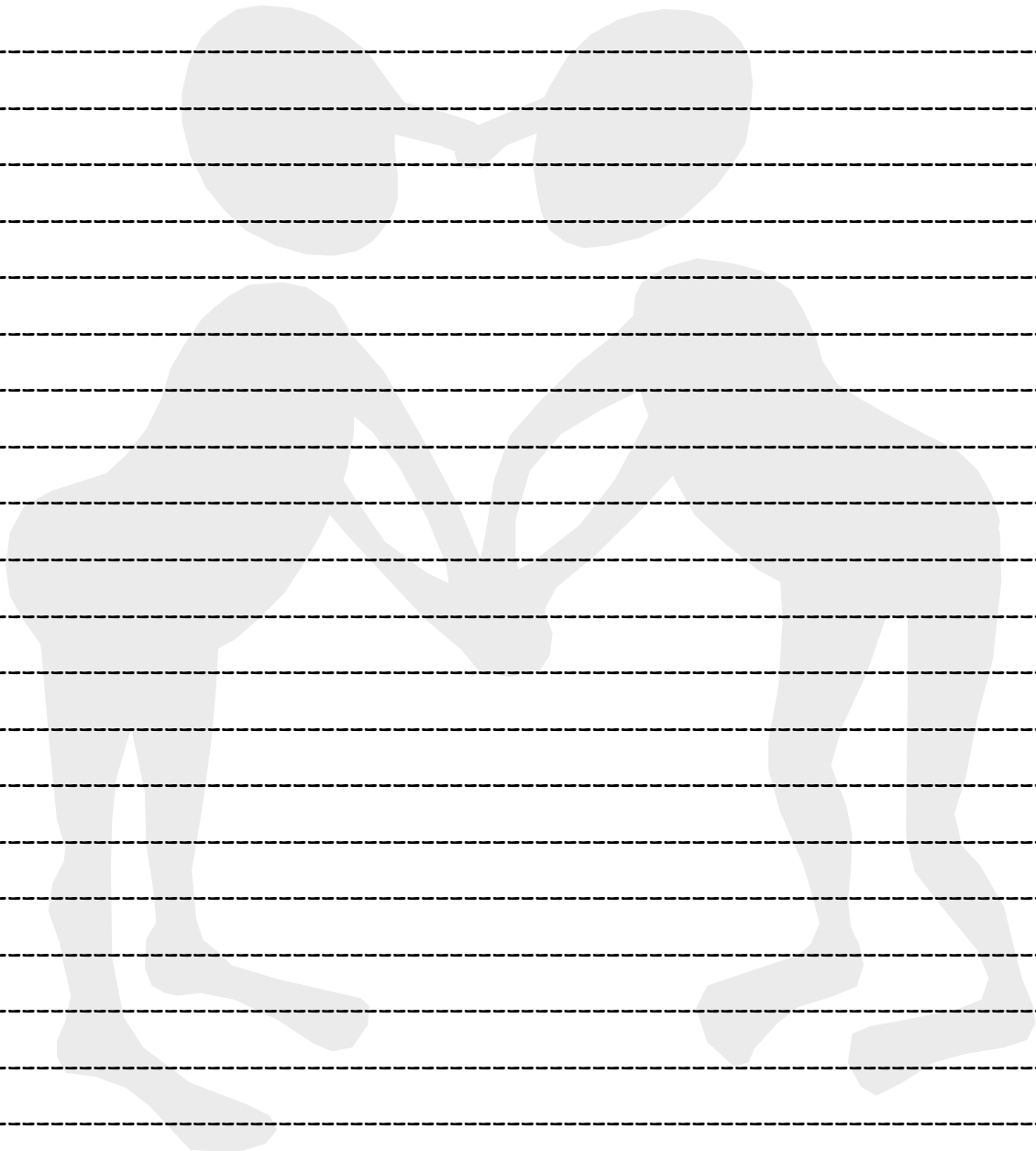
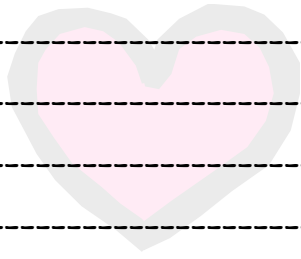
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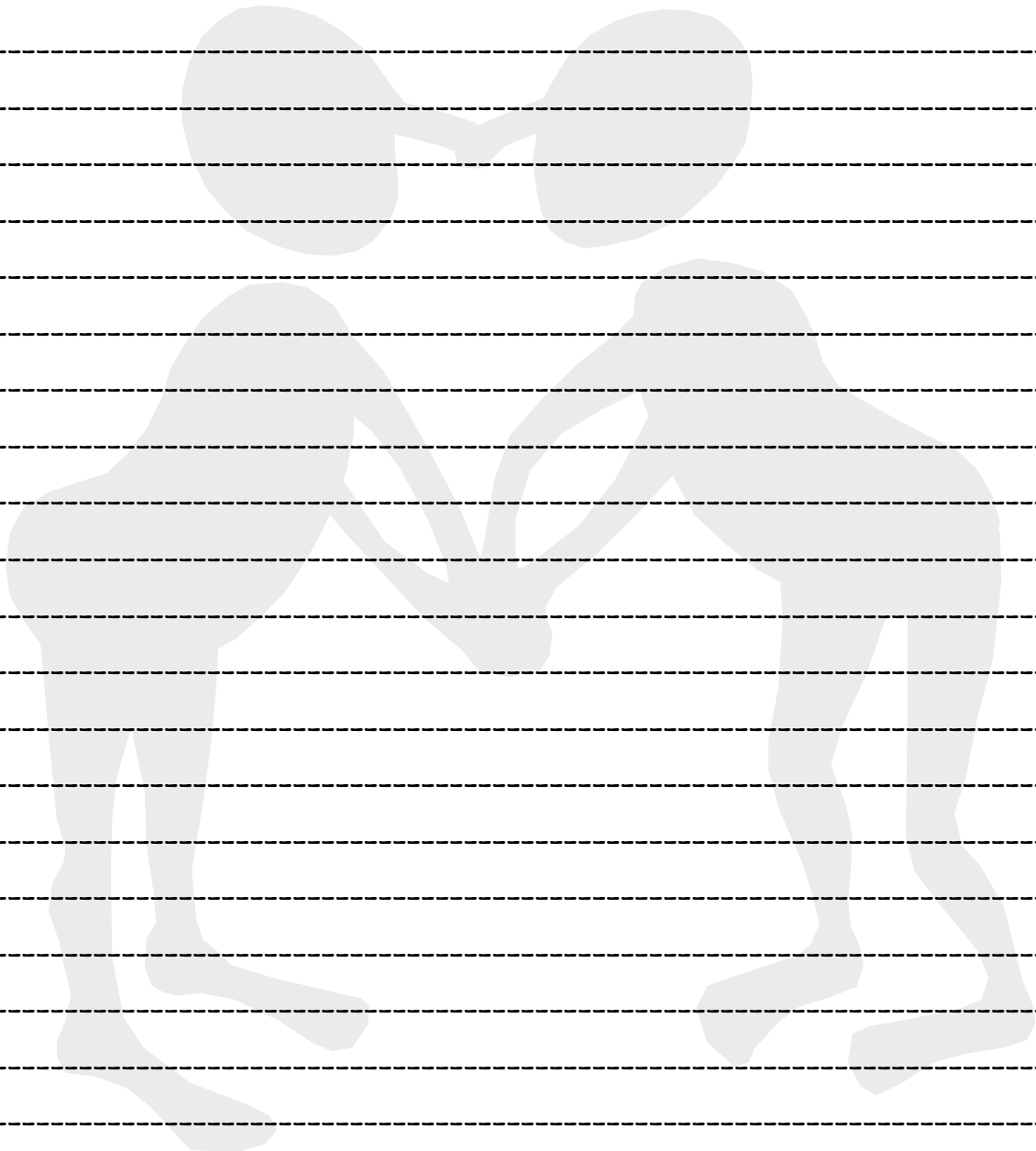
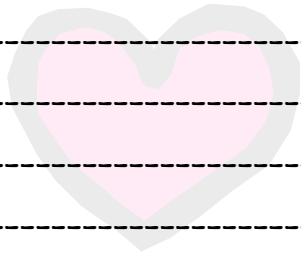
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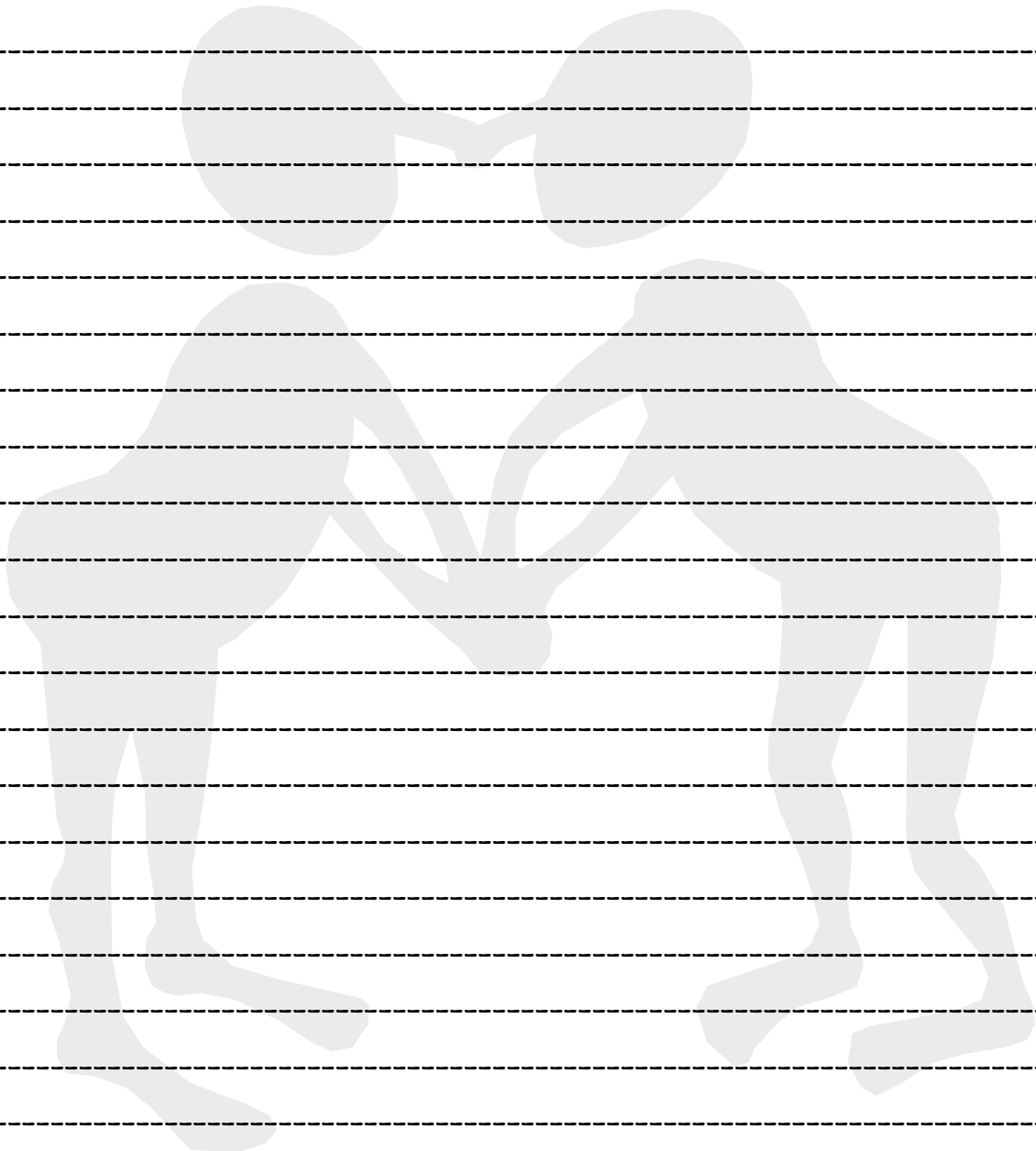
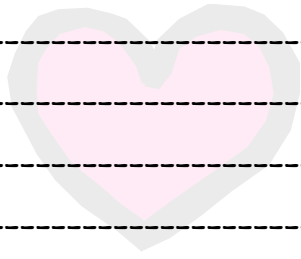
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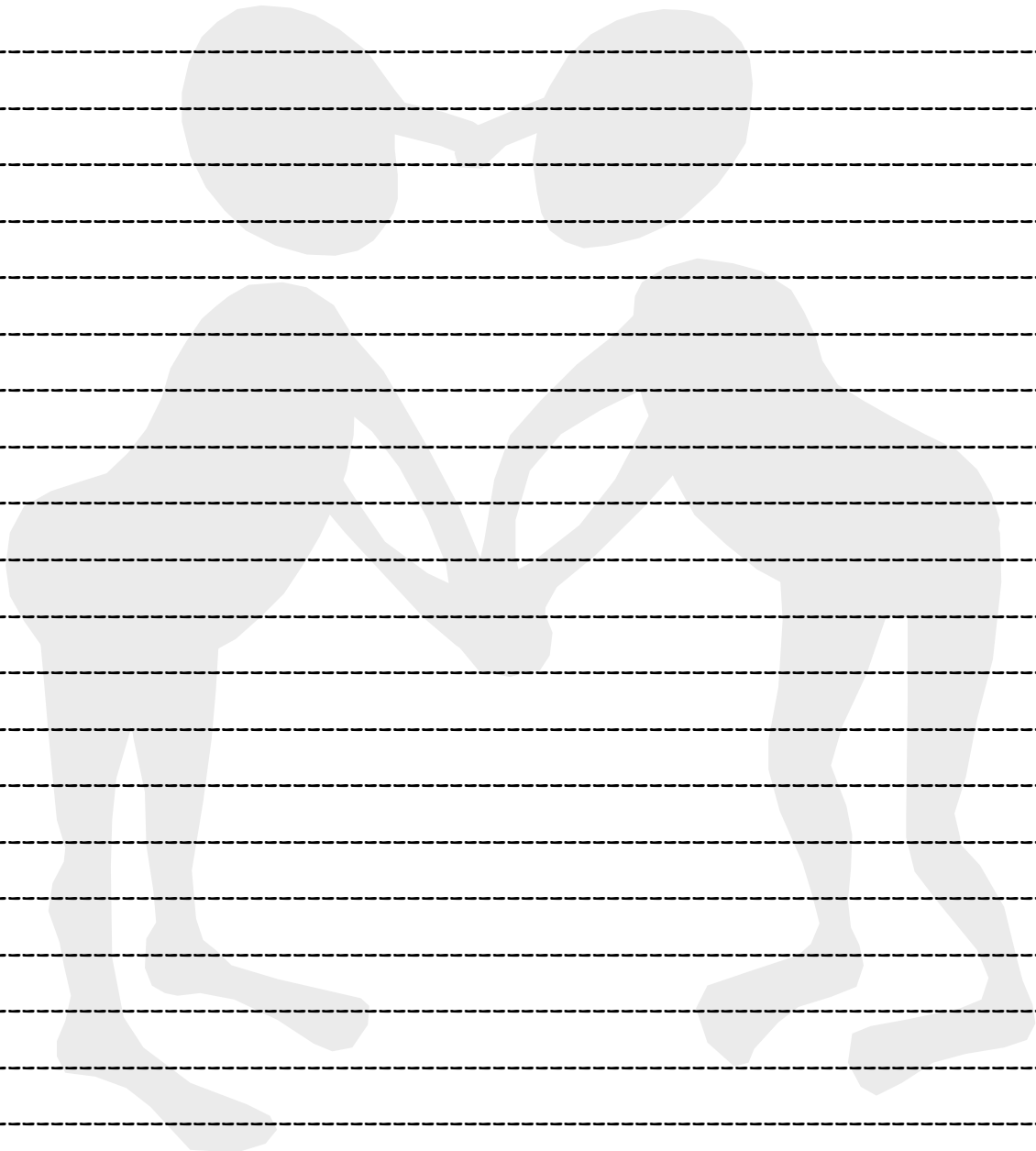
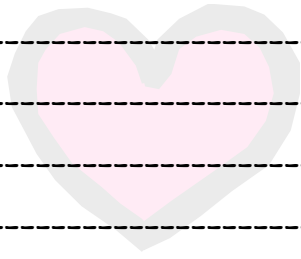
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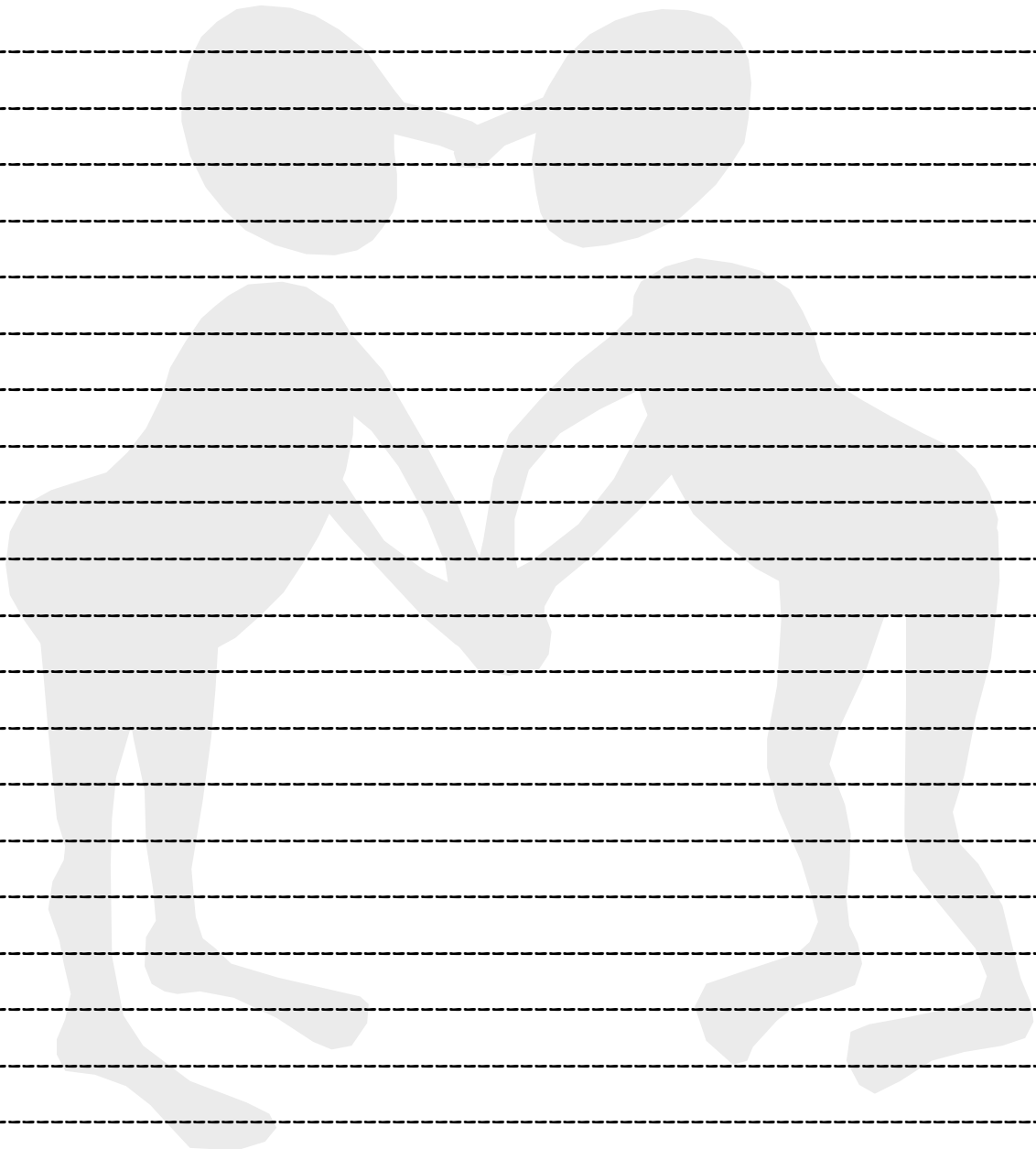
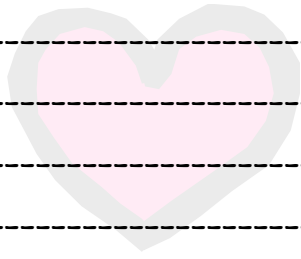
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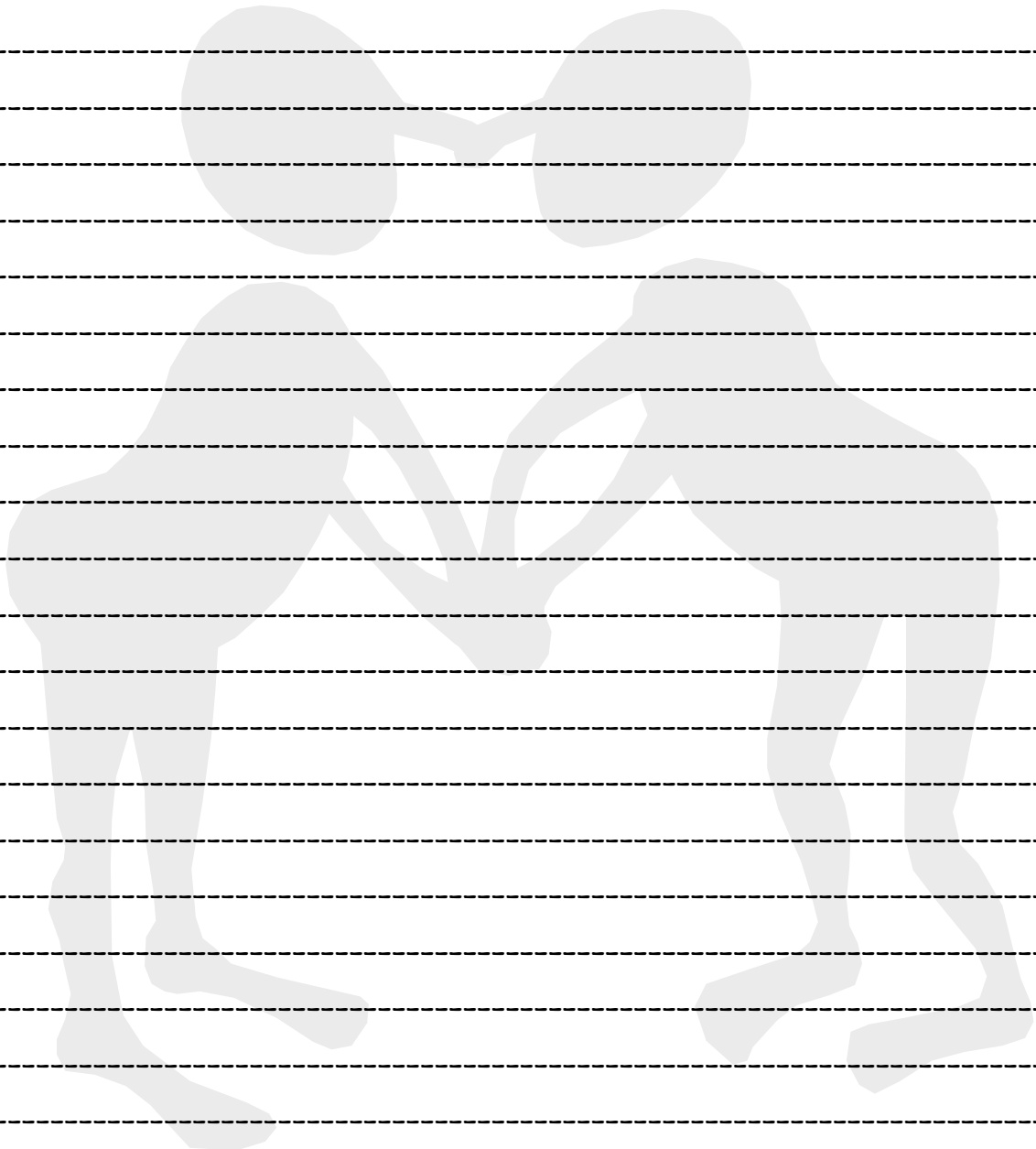
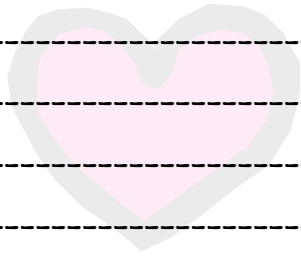
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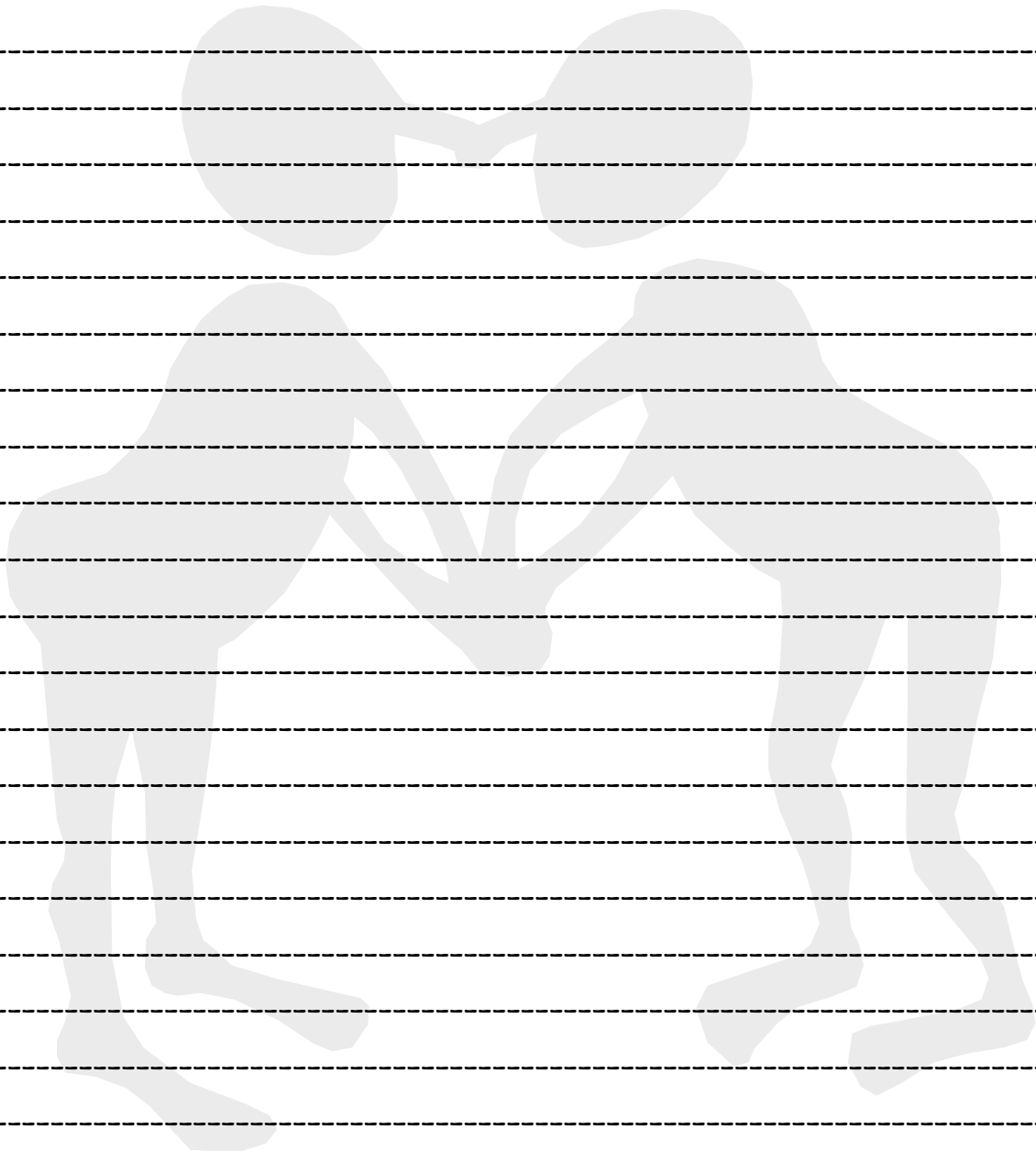
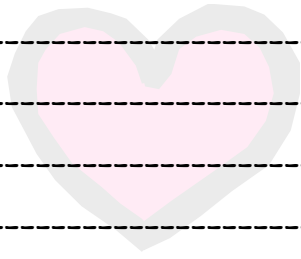
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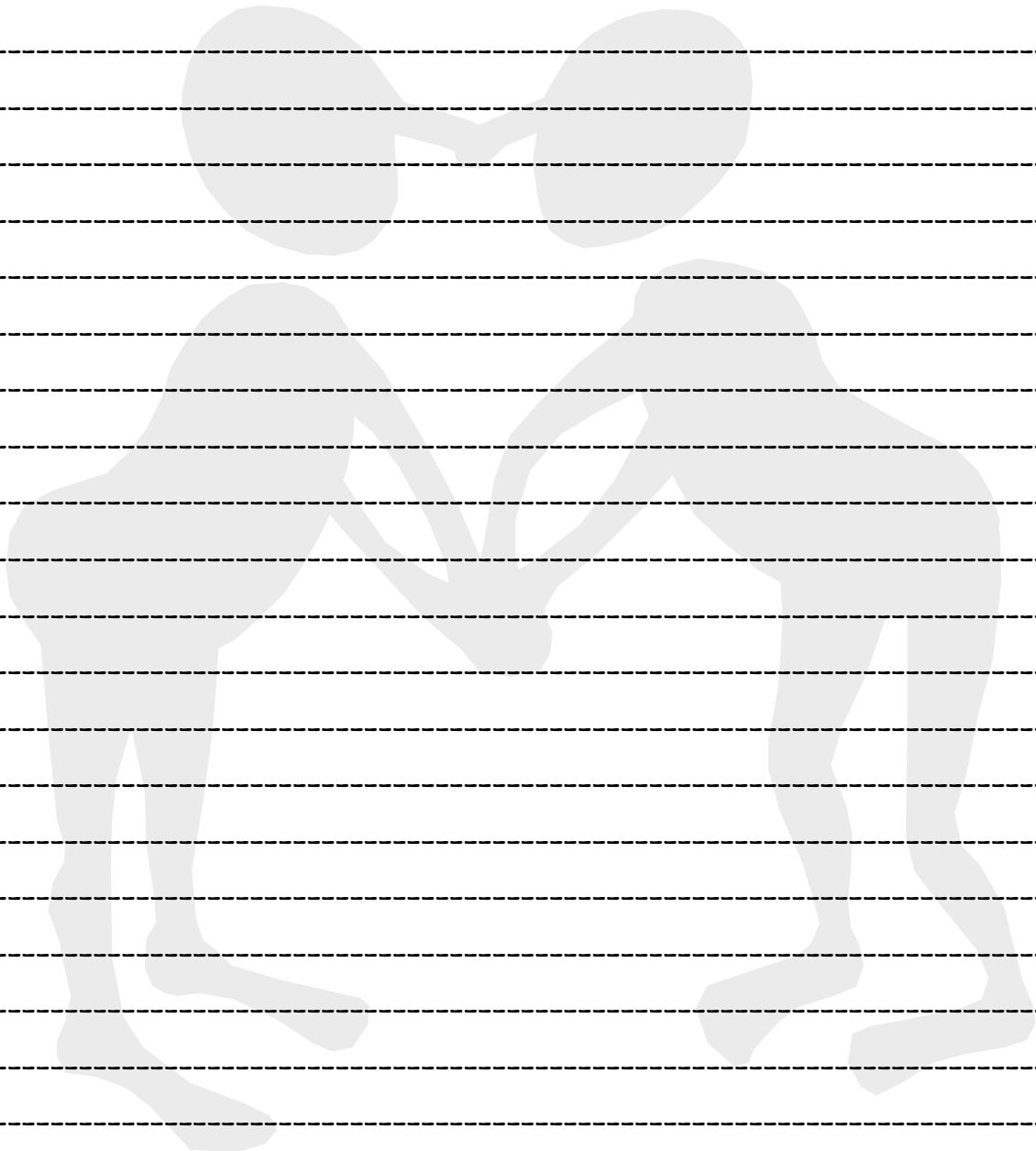
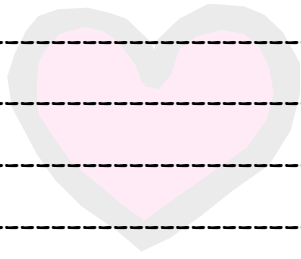
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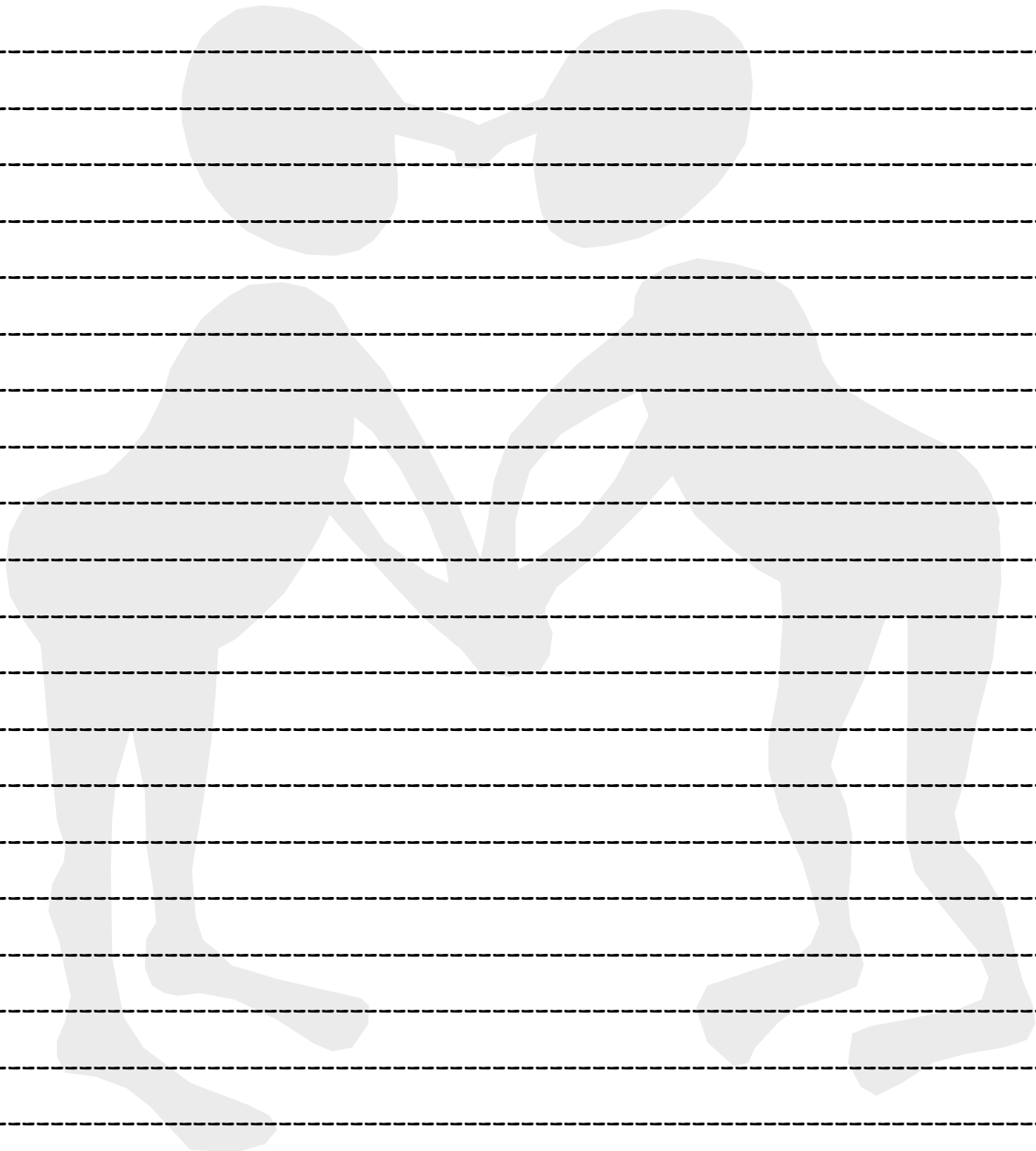
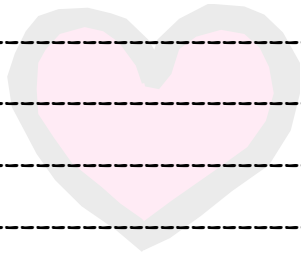
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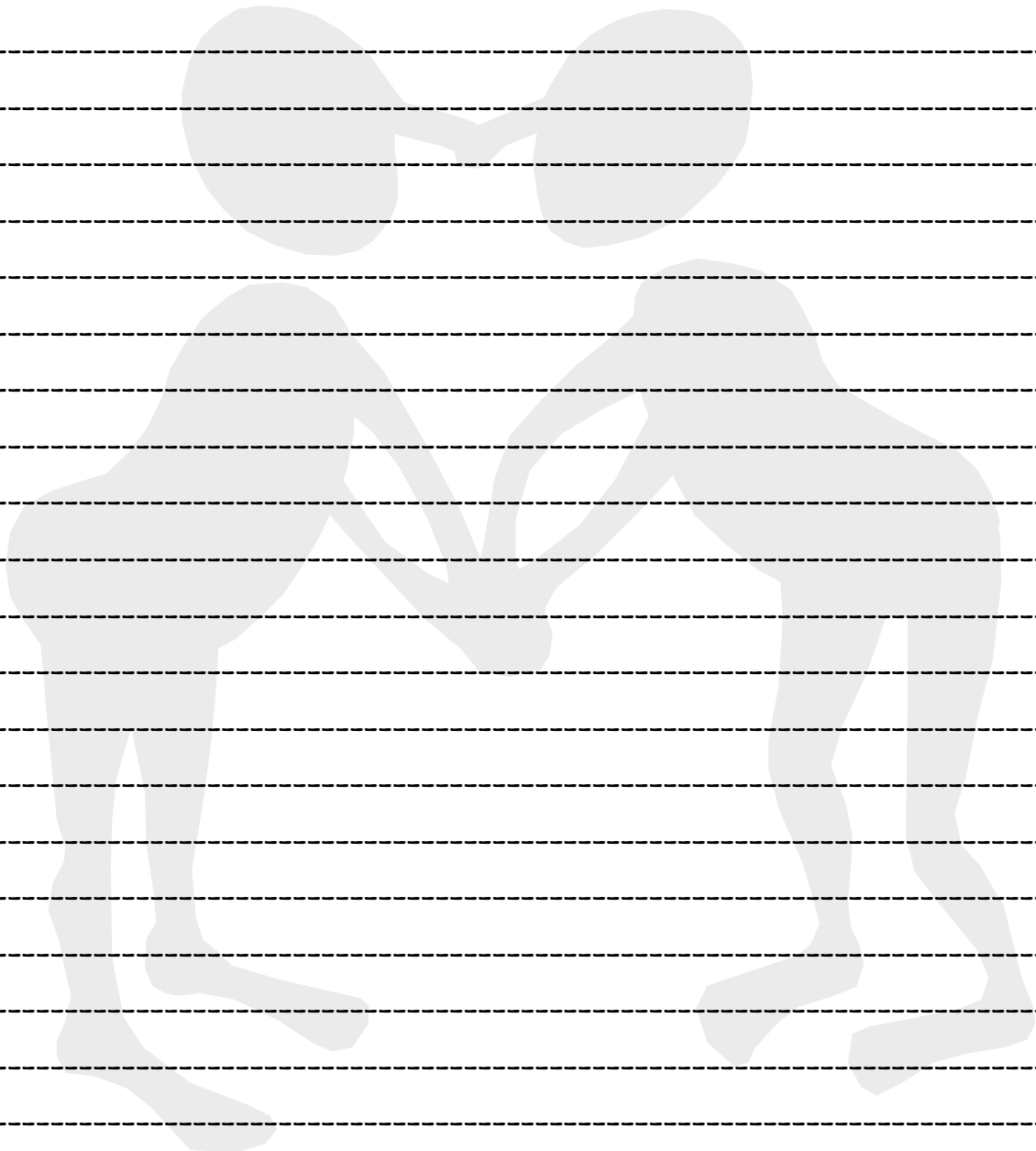
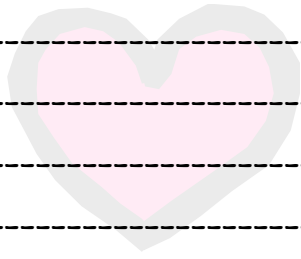
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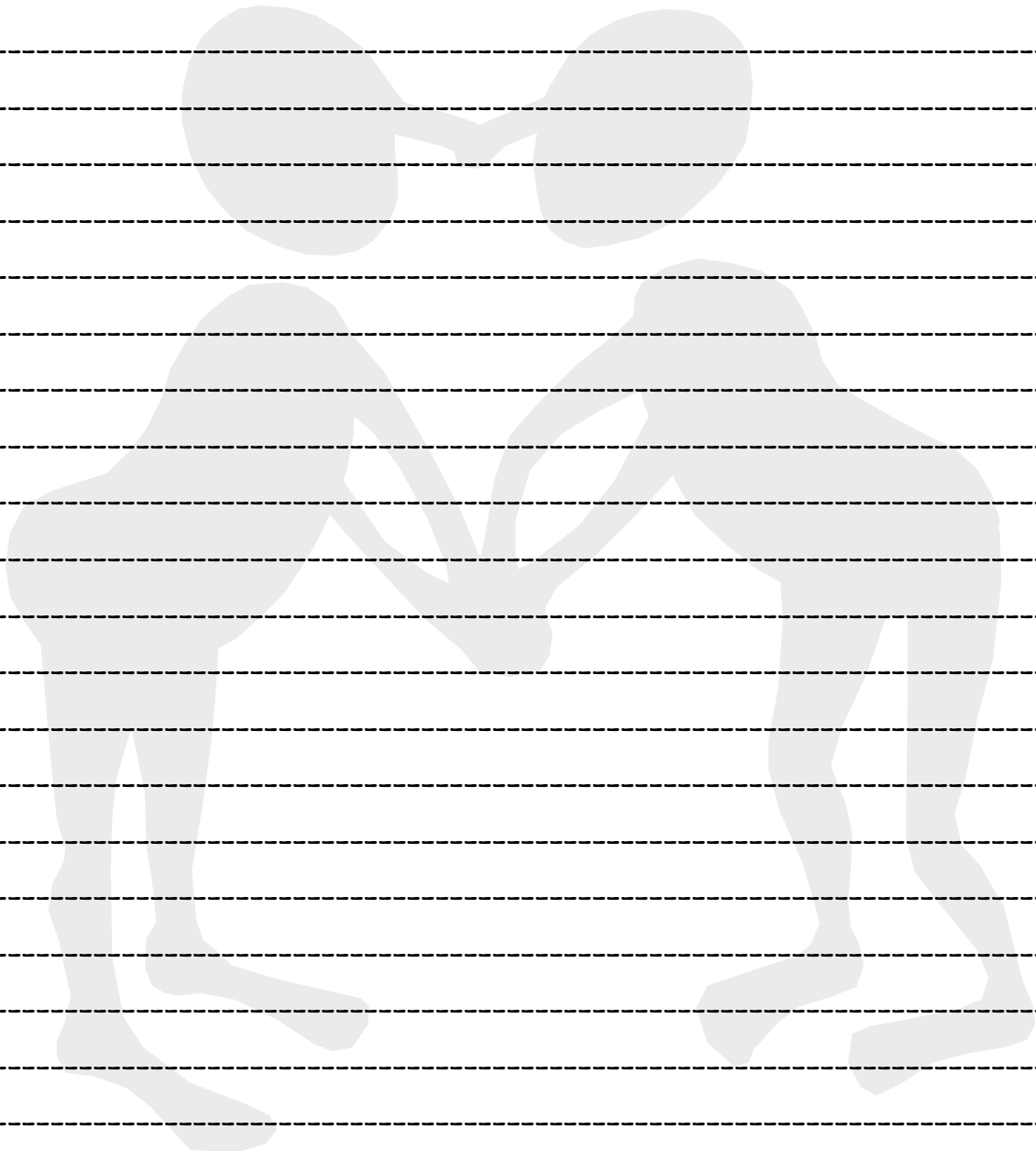
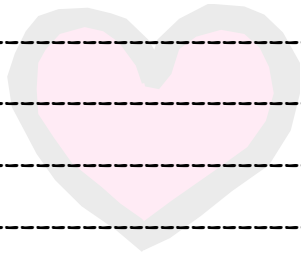
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