The 14-Day "Love Your Husband" Challenge

FOR CATHOLIC WIVES

Day 1

Daily Mindset Refelction:

Every part of your marriage is intentional. God created your marriage very specifically. God knew that you needed this man and that he needed you to do your saintly work, to get to Heaven. Sometimes we think "we'll make the best of things" but this is a way of saying, "I think something is wrong but I'm going to make the best of it." Instead, let us look at EVERYTHING that happens in our marriage as FOR US. God designed each moment, each challenge, each conversation as a stepping stone to sainthood. Ask yourself, "How can this help me grow in virtue?" That will give you a very different feeling and one that helps you be a problem solver.

Daily Challenge: LOOK UP - Take notice

Today be very intentional about noticing his presence when he walks into the room, comes home from work or walks out of his home office, etc. Stop what you are doing. Look up. Look at him, make eye- contact and smile. Realize how much your awareness of his presence can be a gift to you both.

Text Message Ideas: Send him at least one of these today!

❤️ Marrying you was the BEST decision I ever made.

❤️ You mean the world to me and I am so blessed to be married to you.

🔥 Remember our wedding night?? 😉 What was your favorite part? Just curious?

Prayer: For his role as Husband, written by Maggie Hoverath, Community Member

Dear Lord, thank you for the gift of the man you have blessed in the role as my husband. Bless him to grow in your love, faith and hope. Help him to continue to stay faithful in our marriage and in his Christianity as a Catholic. We need soldiers of Christ Lord. Help him to serve as St. Joseph did to Mary with daily devoted prayer and thanksgiving. Show him the importance of his role as a strong steadfast spouse, found through You. Help him to be able to grow in constant virtue. In the name of the father, son, Holy Spirit. Amen.

Podcast Episode #19: 5 Thoughts that can improve our marriages.

Sterling shares five (5) powerful thoughts that you can use to improve your marriage today!