The 14-Day Love Your Husband Challenge

FOR CATHOLIC WIVES

Day 2

Daily Mindset Refelction:

Our thoughts are incredibly powerful and our brain is always looking for ways to reinforce our thoughts. Therefore, if we have a thought that our husband is lazy, our brain will be extra attentive to the times in which we perceive him being lazy and we will become hyper-sensitive and even more critical of him in those moments. Basically, our brains will find proof for the thoughts we think. If we have a thought that our husband doesn't really care about us, our brain will go looking for proof for that as well. However, if we tell ourselves that our husband is amazing, guess what - our brain will find proof for that too. If we tell ourselves that our husband is a really good father.....we suddenly start to notice those special little things he does for the kids that we might normally overlook if we weren't specifically thinking about him in that way. Therefore, what we tell ourselves matters. What we look for, we will find. This is why it's so important to be intentional about what we are thinking, especially when it comes to the most important man in our lives. If we look for the good in him, our brain will most definitely find it. And when we find it, our brain will find ways to reinforce it and when it reinforces it.....we get more of it and the goodness starts to compound. Therefore, let's be very intentional about our thoughts about him. They are incredibly powerful!

Daily Challenge: Reflect, write, share

During the day reflect on and write down five (5) qualities that make your husband a great man. Before going to bed, share that list with him.

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

❤️ Thank you for loving our family like you do!

❤️ I love our wild, crazy, loud, fun, amazing life. I love going through it ALL with you!

🔥 I was feeling a little off today...but then I started thinking about you and now I'm totally turned on. Thank you!

Prayer: For his Fatherhood, written by Alyson Leighton, Community Member

Dear Lord, Please help my husband be the type of father that you are to us: loving, merciful, and forgiving. Guide him to follow your Word and be a positive model for our children. Lead him to grow in his faith and to seek you in any situation. Help him continue to be the leader of our domestic church. Lastly, inspire him to teach his children how to live like a saint and focus on our goal of spending eternal life with you in Heaven. Amen.