The 14-Day Love Your Husband Challenge

FOR CATHOLIC WIVES

Day 5

Daily Mindset Refelction:

What weight does he carry on those broad shoulders? What does he worry about? What are those secret prayers our husbands never pray out loud for fear of worrying us? So often, our husbands hold so much in. As men, they pay this price because they don't want to burden us with anymore things to worry about. But that which they carry, is often never shared....with anyone. Therefore, we must pray for them. We must pray for God's grace to help lighten their load. We must also remind our husbands of our gratitude for all that they carry for our sake. Our husbands are strong, but they are also human. They still have moments in which they come face-to-face with real fears and real concerns and of course, their own insecurities. How we support them matters greatly. Our words.....our prayers.....our gentle loving embrace.....our sincere smile can build them up and give them more strength and confidence that we often realize.

Daily Challenge: Patron Saint of.....

Patron Saint: What would your husband be declared the patron saint of? (avoid a sarcastic answer - ha!) Share this with him today. Invite him to come up with what he thinks you'd be the patron saint of. (example for him: Patron saint of taking kids camping and thoroughly enjoying it, Patron saint of highly entertaining electric air guitar solos, Patron Saint of miraculously finding the "one" kids missing shoe in rushed situations, Patron saint of making creative dinners quickly)

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

❤️ You are my strength. I'm so grateful that you are MY MAN.

❤️ I can handle anything with you by my side.

🔥 So I heard that kissing burns 6 calories per minute. Wanna workout later?

Prayer: For his strength and wisdom as the family leader written by Yvon Santiago, Community Member

Dear Father, I come to you today as a meek wife asking you to guide my husband as the leader of our family. You know, dear Lord, that he is thirsty of you. He is thirsty of your wisdom, of your strength and of your guidance. Guide him in understanding what is his place in our family and the graces he will receive if he accept this duty as the wise Saint Joseph did. Help him believe that his responsibilities with us, his family, and his faith are connected to the mercy of your love. Lead me as a wife and help me acknowledge that I am his handmaid, and with Mary as a model, to be able to humbly respect his decisions as the man of the house. Help him to trust in his instincts in making decisions for us and to trust the Holy Spirit that your will will always be done. Open his heart and his soul to your voice in making these decisions. We ask this in your name, by the intercession of Saint Joseph, Amen.