# *The 14-Day Love Your Husband Challenge*

FOR CATHOLIC WIVES

## *Day 7*

## Daily Mindset Refelction:

Your husband doesn't want to feel like a failure. When he looks at your face and you look disappointed or frustrated, it's very likely he will internatlize this and be sure that he has done something wrong. His biggest fear is being a bad husband and letting you down. "Yeah right?" some of you may be thinking. This is the thing we hear the most from husbands. He DOES want to make you happy. But so often he tries and then we tell him he did it wrong. Or we're happy for a few minutes and then we're unhappy again and he thinks, "That didn't work, I'll stop trying." Pay attention to your words today. How often do you say or communicate that you're a happy wife? That you are pleased with him and your life? There are many ways to tell him this.

## Daily Challenge: What is his SUPERPOWER?

What is one amazing quality your husband has that you DO NOT have. Highlight that quality in him and tell him how it makes your life better.

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

❤️ You're my life, my one and only partner, and everything I want in a husband!

❤️ Thank you for working so hard for us.

🔥 Should we put a movie on for the kids? 😘😘😘

## Prayer: For us as wives and for our husbands especially when they are struggling written by Cathy Hammerstrom, Community Member

*Gracious Father, Thank you for the gift of my husband and our marriage. You know better than I, what wounds, fears and struggles he is carrying.Please guide me so that I tread carefully and respectfully on these tender places, entrusting them into your merciful hands. Help me to honor the special role that you have invited me to play in his life, knowing that my words and actions hold tremendous power. Grant me the grace to use that power with love. May he always find in me, an encouraging word, a compassionate spirit and a safe place to share his heart. Amen.*