The 14-Day Love Your Husband Challenge

FOR CATHOLIC WIVES

Day 9

Daily Mindset Refelction:

Intimacy is such an important part of marriage. How can you move the needle forward on your intimate life? Instead of thinking of making huge changes, which can often feel scary to the brain, how can you think of three simple steps to move forward? Maybe kiss more? Maybe wear something that makes you feel frisky to bed? Maybe it's simply to smile more and squeeze his hand as you walk by? Don't let your brain go into a fight or flight response. Take a deep breath. Know that God gave your husband to you to love and care for. How can you move toward deeper intimacy with this man?

Daily Challenge: 10 Seconds to delight in him

Give your husband a 10 second kiss.... or hug today.

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

❤️ All of me, loves all of you.

❤️ Life is a precious journey, and I am so happy I get to be with you every step of the way.

🔥 1st text: I can't stop thinking about your BIG..... 2nd Text: Heart ❤️ (and..well.... other things) (followed by a wink emoji) 😉

Prayer: For greater intimacy in our relationship, written by Lorissa Horn, CMC Coach

Dear Lord,

The intimacy shared within marriage is an extraordinary gift that reveals in many ways Your deep and abouding love for us. It is through this sacred union that You designed to bring life into this world. Through it, you also bless us with emotional, spiritual and physical closeness that helps strengthen us as we face the daily challenges of life and marriage. Help us, oh Lord to be attentive to each others needs. Please pour out upon us the graces we need to lovingly give of oursleves more generously to each other through physical touch, more fully-present conversations, gentle kisses and the marital embrace. May your life and love be found in hearts, in our home and in our bedroom where true intimacy leads us closer to each other and closer to You. Amen.