

# *Happy~Healthy~Blessed*

## *31 Days of Encouraging & Blessing*

### *Your MAN*



February 27, 2015 myself and 25 other women took a 31day challenge over text messaging to encourage and bless our husbands. It was a very powerful time. After the challenge was over several women mentioned they would like to have a print out of it so they could go back to it when needed. So I decided to put this together so we can all go back to it and do it over and over again whenever we are feeling the desire or need. I got the idea to do the challenge from Revive Our Hearts. They offer several awesome challenges <https://www.reviveourhearts.com/resource-library/30-day-challenges/>. I took some of the day challenge ideas from their husband encouraging challenge and then I also pulled from a whole bunch of other marriage resources. Many days I just came up with a challenge that I was personally feeling the need for in my own marriage. May your marriage be richly blessed!

**Day # 1-** Bless your man today with an act of service & speaking words of gratitude to him

Today I am going to personally make sure all of his laundry is clean & put away neat and orderly. I'm also going to send him a text expressing gratitude that I have him for my husband and that I want to be a blessing to him. I want him to know I can be a wife that he can trust and depend on.

**Day #2-** "Nothing is better then having someone as a your love and best friend" –Unknown

Become your husband's best friend. How do we treat our best friend? Pray for her, phone her, send her a card/note, celebrate special events, get together for lunch, visit often, and email/text, pick up

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little gifts etc.

This is the kind of love God wants us to display and dispense to our husband and even to a deeper level than for a best girlfriend.

**Day #3** Smile at him. Bob Marley said, “ The most beautiful curve on a woman’s body is her smile”

Give your husband lovely and genuine smiles. Make a choice to choose joy not by repressing feelings but attacking negativity at the root---the heart and mind attitudes. Being selective on our thoughts by choosing to dwell on the good and not the bad.

Today I will personally be making a point to give my man a big and loving smile every time I see him.

**Day #4** Admire him. We all crave appreciation. We want to know that we are valued and loved. Early love letters probably reflected our admiration but if we’re not careful our spouse will forget why we are drawn to him. If you still have old love letters, re-read them for clues to deepen your current level of appreciation for your spouse.

When we spend time criticizing our husbands, we loose time that could have spent admiring them. As you consider various ways to encourage your husband ask how you can admire him.

**Day #5** Discover his love language. There are 5 love languages that we each have. All of us tend to be a mixture of all of them but tend to be stronger with one or two of them. Today discover what your man’s primary love language is and think of something to do for him today that would make him feel extra loved.

Here are the love languages: 1.) Words of encouragement 2.) Acts of service 3.) Quality time 4.) Giving gifts 5.) Physical touch

Remember success in marriage is not necessarily about the big things but the little things done day after day.

**Day #6** Kiss him. Just as we long to remain desirable to our husbands our husbands long to know that they are still desirable to us. Within our God given femininity we have the power to make our men feel stronger, more capable, more confident, and loved in all areas---simply by responding to his initiatives. So kiss your man like you mean it today every chance you get. Kiss him playfully, kiss him all over, kiss him sensual, short kisses, long kisses, Eskimo kisses. ;)

**Day #7** Respect your man. Woman who are constantly negative toward their husbands---especially

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by speaking evil of them to others show great disrespect. Determine not to do that today or ever.

Men respond to women who respect them. Today let your husband know you respect him. Show him you respect him in public by listening to him and smiling when he speaks. Place your hand in his as you walk together.

If you feel like there is nothing to respect search harder nearly every man has some core characteristic that can be nurtured and respected.

**Day #8** Guard his reputation. How does your husband's reputation stand among your friends? When you are out with the girls do you build him up or run him down? What you say reflects on you as much as it does him.

The Bible tells us "An excellent wife is the crown of her husband but she who shames him is like rottenness in his bones" Proverbs 12:4

Your husband's good name is your good name so guard it well. Honor him in the way you speak of him to family & friends. Protect his reputation.

Don't let minor irritations or disagreements at home tempt you to bad mouth him in public.

So today think of something you love and admire about your husband and look for opportunities to build him up to others.

**Day #9** Flirt with your man. When we're dating we flirt. But when we're married we often stop flirting. After all if we flirt it may give him the idea that something else is coming out of it. But there is a problem with this strategy. For women our primary sex organ is our brain. For us to get in the mood our brains have to be engaged. Take flirting out of the equation and you take away your primary tools for boosting your libido!

Just as playing with your husband helps you laugh together. Flirting helps you laugh and binds you together because you share a relationship with your spouse that is totally unique.

**Day #10** Exemplify humility. Sometimes when we just "know" we are right and our husband is wrong it takes great humility to honor them. It is difficult to speak well of our husbands when our hearts are puffed up with pride.

As part of your encouragement challenge today pray that you will respond to the Lord in faith and humility before you react to your husband. Speak wisely and well and leave the results to God.

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**Day #11** Extend Grace. Part of the difficulty that you might face while doing this 31 day challenge is that sometimes we feel there is not much positive things about our man. But during this challenge I encourage us all to really search our own hearts.

Sometimes we have unreasonable or unrealistic expectations. It may not be our mates are doing something wrong but that we are expecting too much in some areas. Our expectations must be met by God alone, and then we will have the right perspective to ask God for the healing and grace we need to respond to others.

How sad that we often give more grace to others than those in our own homes. Today try and look at your husband through eyes of grace. Verbally thank your husband for what he is already doing.

**Day #12** Spoil him. I don't know about you but when I was dating my husband he was all I could think about. I always wanted to be with him and when I wasn't with him I was thinking about when I could see him next and what I could do for him. We were constantly doing things for each other to show our love. Some how in marriage that can all get lost if we're not careful once the reality of life sets in.

So today think about how things used to be before marriage. How did you spoil your man? What can you do today to spoil him?

Remember to fight for your marriage like it's under attack from the powers of hell. BECAUSE IT IS!

**Day #13** Forgive your man. "A happy marriage is the union of two good forgivers" –Ruth Graham

It is not natural to forgive someone who has hurt you. In a marriage it is easy to start compiling a list of grievances your spouse has committed and over time the list will grow of those items are not dealt with and deep bitterness will be the result.

We must remember our 1 Corinthians 13 chapter where it talks about what REAL love is...it states that real love keeps no record of wrongs. It also gives up its right to be right and steps down so the other will shine. It is not self-seeking.

So our challenge today is to go to the Lord with our past or present hurts to share with Him our pain and ask for His help in not bringing up past offenses both out loud and silently in our hearts. Ask

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God to help heal the hurt so that you can move forward. Today is a new day let's release our husbands and forgive.

**Day #14** Speak words of life and blessing. Our words are VERY powerful. The things we think eventually come out in our words and the words we speak often become the reality. That is why it is SO vital we speak words of love & blessing to our man and about our man. By doing this we are literally speaking life over him and our marriage. Sometimes our feelings have to catch up with our actions...and they will! Sometimes we have to speak words of love and grace even if we don't feel like it!

So speak into your man's life and heart today. Let him know you think he is incredibly good looking. That you appreciate how hard he works to provide. Tell him you respect his opinion and value him as the leader of your family. Let him know you want him, crave him, adore him. Tell him he is your one and only--your best friend. Let him know you trust him and appreciate that you can depend on him and the list goes on...speak these words even if you don't feel them. Watch it start becoming the reality. Also address your own heart and ask the Lord to help you bless and not curse your husband with your words. Ask for help with rejecting negative and destructive words and thoughts.

Remember *REAL LOVE* is a choice NOT a feeling.

**Day #15** Promote an atmosphere of peace. Do you promote an atmosphere of peace in your home? As the lady of the home you are the one that sets the tone. So what is your current tone? Do you have a calming influence on your children and husband or do critical words often flow from your mouth? Do you have a poor me attitude?

What kind of books, music, and entertainment do you allow in your home? Do they build a sense of serenity?

Today lets work on having homes of peace and calming influence instead of chaos and being quick to anger and irritation. Be patient and loving and focus on growing fruit of gratitude. Make and keep your home a place of refuge that your husband can come home to and be refreshed and rejuvenated.

**Day #16** Pray for your man. Do you have worries, struggles, desires, and needs for your man and marriage? Or do you feel overwhelmed by all the temptations and distractions around us that seem to pull you away from each other in marriage?

Are you praying about these things?

Have you prayed about it as much as you have talked about? Do you spend a lot of time thinking about things and worrying or just getting plain angry? IT IS TIME TO START PRAYING! ☺

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So my challenge to you today is to start praying faithfully for your man. To help you get started maybe sit down with a notebook and write out every concern or stress you can think of regarding your marriage. Then lift up all of those requests to the Father. Use the notebook as your marriage “worry & concerns” book. As they come record them then pray pray pray. Prayer is an affective and powerful gift that we have been blessed with. Let’s use it!

**Day #17** Don’t Nag. A patient, gentle and loving attitude goes much farther then a critical faultfinding or demanding demeanor.

A wife who learns to be flexible, adaptable and giving often produces a husband that has increased love for his wife and is happy to in to things for his wife’s sake. There is no need for nagging, competition, and other things that tear apart marriages.

Challenge for the day: take a look at the “honey to do list” that attempts you to nag your man. Why not tend to as many of those items as you can yourself? Not in a showy martyr sort of way but in a helpful quiet I-want-to-take-as-much-off-your-plate-as-I–can manner. Let go of the 50/50 proposition and give 110%. Refuse to harbor resentment.

**Day #18** Encourage Faithfulness. Faithfulness is a wonderful but rare quality in regard to marriage. Our culture entices men to be unfaithful to their wedding vows and spiritual commitment. Appreciate your husband’s faithfulness—how loyal he is to you. Appreciate his faithfulness to God.

If you have an unfaithful husband this is undoubtedly a difficult area for you. Pray, speak the truth in love, remain faithful your self and discover ways to encourage faithfulness in your mate.

Challenge for the day: recount the ways your husband is faithful to you—big and small.

**Day #19** Admire his body. Doesn’t it make you feel good when your husband calls you beautiful or admires specific parts of your body? I know it does wonders for my self-esteem.

Well our husbands appreciate the same kind of admiration.

As you look over your husbands body, from the tip of his toes to his head thank God for your man and admire your man verbally.

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Strong arms? Hairy chest? Firm hands? Big feet? Rugged chin? Wide shoulders? Compassionate eyes? Big smile?

Today write down the physical characteristics you admire in your husband. Then tell him out loud what those things are.

**Day #20** Ask questions. I have these questions written on a slip of paper hanging inside a cupboard in my kitchen that I daily open. I try and ask my husband the questions and myself. Really good to ponder on...

Questions to ask your man:

What can I do for you today?

What can I do to help you make better use of your time today?

Questions to ask self-regarding marriage:

Who's number one?

Am I bending or bucking?

Will this help or hinder my husband?

Am I treating my husband as I would Christ?

**Day #21** Be attentive to his needs. A while back I read the book His Needs Her Needs. Below is a list of his needs. Examine the needs below and decide which one you want to focus on today for your man.

- 1.) Recreational companionship (Needs a playmate)
- 2.) Sexual fulfillment
- 3.) Domestic support –peace and quiet
- 4.) Admiration-needs wife to be proud of him
- 5.) Attractive wife-wife that takes care of herself

**Day #22** Do it with a smile. Are you asking your honey the daily questions? “What can I do for you today?” “What can I do to help you make better use of your time?”

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As wives if we can daily ask our men these simple two questions we will be a huge blessing to them and our marriage.

BUT...here is the important part. Are you asking and responding sweetly and with a smile on your face?

Sometimes my man asks me to do things I don't want to do or asks a favor of me when I'm busy doing something else. I wish I could say I always reply with a sweet smile and say "sure honey!" but instead sometimes I have responded with "ok..." and act annoyed or show body language of not wanting too. When I respond that way I notice it often has a negative effect on how my husband responds back to me. But when I respond with a sweet smile and say, "yes I would love to!" I can see he is delighted and pleased.

So how are you responding to your man? Today let's be extra sweet not just with our words but with our body language.

**Day #23** Resist the urge to correct, instead listen. Once I was with a couple whose spouse couldn't tell a story without his wife stopping him a handful of times to correct with inconsequential details...

Today let's do a quick self-examination and make sure we're not doing that with our man.

If you want to be brave you can even ask your man how he feels you're doing in the listening department and if he feels respected by you when you're out with others by the way you listen and the words you speak. Make sure you ask with a humble heart open to feedback, both good and bad.

**Day #24** Cherish togetherness. Make an effort to be by your husband today even if you're not necessarily talking or visiting. Examples: fold laundry by him or take a book or handwork to whatever room he is working in just to be close to him. Let him know today that you enjoy his company even if there is no talking between you.

**Day #25** Dress to please him. As wives it's important we take care of our physical appearance. Try to dress to please and do your style that is yes you, but also is attractive to your man. Does he like long hair or short? Make up or not? Dresses or jeans? When with him at home do you have special outfits just for him? ☺

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I have met women who say how their husband hates certain styles or hair do's but they don't care there going to do them anyways. Don't be one of those types of ladies. Find a style that works for you that you love and that your husband loves too!

**Day #26** Keep the house tidy. To the best of your abilities try to maintain a clean and orderly home. Seek to make it a haven of rest for your man and family in general. Is there main areas in your home where your husband spends his time or likes clean? Make those areas are your focus.

**Day #27** Text your man. Today make it a goal to text your man through out the day. You can text jokes, romance, just asking him how his day is going. Send him encouraging words and let him know you're thinking of him. Even if your man is home text him while at home. Send him something flirty and then walk by him and don't say a word just wink.

**Day #28** Promote a proper perspective. If we are living in light of eternity everything we think, do or say is seen from an eternal perspective. We will some day give an account for our failure to speak word of love and encouragement. Determine today your words will be sweet and helpful.

Does your husband have an eternal perspective that allows him to reject materialism and temporal values? Express your gratefulness for his value system and praise him for putting eternal things before riches and things of this world.

If this is a problem area for him consider how you might alter your own value system and live for eternity in front of him...the Word of God and people. Be sure you are focusing on the right thing today.

**Day #29** Perpetuate balance in the home. If you have been faithfully encouraging your husband during this challenge you will no doubt have seen some changes in his life and yours too! Encouragement is a wonderful habit that we should all strive to continue for the rest of our life.

The important thing to remember is to keep growing in Christ and obeying the Word of God as you respond to your husband. As you consider today how to bless your man and not tear him down think of ways that you can encourage balance in your home life.

If you feel like your husband is out of balance consider whether there are things you can do to help restore or create balance in his life. Can you encourage times of exercise? Keep the children quiet for study time? Invite friends over for dinner? Stimulate his mind? Be sure you are working towards balance in you on life as well. Be an example!

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**Day #30** Be a conduit of good communication. God says it is not good for man to alone (Genesis 2:18)—but the way some women criticize their mates the husbands may long for solitude. Be careful today to not criticize your mate, but look for ways to encourage him personally and publicly.

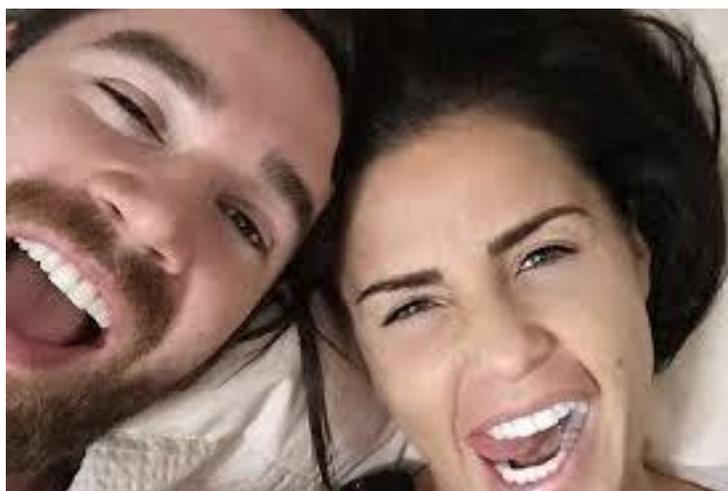
Speaking of communication does your husband communicate with you? God has made you a companion and helper for your husband and part of being “one flesh” with him is the privilege of sharing and discussing personal needs and concerns. Thank God for that wonderful gift. Thank your husband for communicating with you.

If your spouse does not communicate as you wish, look for ways that he communicates that are normal for him: smiling at you, nodding his head—even a pleasant grunt—and then thank him for letting you know he cares. Perhaps he needs to be lovingly taught how to communicate. Be patient with him... and listen when he does speak.

**Day #31** Be his best friend. This is the last day of your challenge! Good job on encouraging, loving, and blessing your husband! Keep up the good work!

Even though we already talked about being our husband’s best friend I thought it was an important topic to end the challenge with.

Friends can completely be honest with each other, but friendships are strained when truth is not spoken in *love*. How are you speaking to your beloved? Are you used to him that you don’t appreciate the wonder of his friendship. Let your sweetheart know he is your best friend today. Friendship is something cultivated through the good times and the bad. Friends can share hearts but do not step on each other’s hearts. So cultivate and celebrate your relationship today. Also keep praying for your man and ask for God’s blessing with your family and in your home.



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