



**18 DAY**

**HUSBAND STUDY**

**CHALLENGE**

This challenge is all about studying and cherishing your husband. One of the keys to an awesome marriage is being a student of your spouse. For the next 18 days you are going to take that advice seriously and study your husband.

Here is the thing about marriage: you're living day in and day out with the same person. It's easy to get annoyed with the person you live in close quarters with. It's easy to take this person who vowed forever with you for granted, because after all, they are stuck with you regardless. It's easy to start to see them as a burden or a bother instead of a gift to be cherished. In our sin, we have a tendency to start seeing the quirky or unique things that we loved about our spouse when we were dating as a nuisance in the long haul of marriage.

But it doesn't have to be this way! You can redirect your thoughts, ask God to help you. Be intentionally grateful, and choose to see your husband with fresh endearing eyes. God made your amazing husband and calls him beloved. You can cherish him with that in mind.

When you were first dating I bet you studied him intensely. You wanted to know everything about him. You couldn't get enough of him. All that studying connected you two. It can connect you again!

We can study people for different reasons: out of pure curiosity, out of disdain or dislike, or out of love and genuine interest. We are obviously going with love and genuine interest for this challenge. But the enemy would love to derail this challenge and for you to study out of disdain and find annoyances, which is why I encourage you to pray through this challenge.

**Start each challenge with a simple prayer:**

*"Lord help me to pay attention to my husband and serve him today. Help me to love him like you love him."*

I believe God will do big things as you work to study and cherish your husband!

Here is how the challenge works: Each day pray the simple prayer, read the challenge, and do the challenge! Every day for 18 days.

Happy studying!

## Day 1 Challenge: The Glow Up Study

Today, study his glow up! Here is the thing, there are ways your husband is different today than he was the day you met him. There are things about him that have improved. He has had a “glow up” in one way or another (likely in many ways!). Too often we only notice the negative things that we would still like to see growth or change in that we miss the transformation that has already taken place.

**Today your challenge is to pay attention to him and to think about the man he was when you first met him. What are all the things that contribute to his “glow up”? How has he grown? Pray and meditate on this. When you have a few in mind, find a way to tell him how you’ve seen him grow or change for the better.**

## Day 2 Challenge: The Quirk Study

Today, study his mannerisms and the way he goes about his day. **Look up from your own day, desires, and responsibilities and look at him.** Men don’t always say it but they love to be loved. They want to be admired.

**Your challenge today is to pay close enough attention to notice a cute quirk about him. Then tell him his quirk and why you admire it. Take time to adore who he is today.**

## Day 3 Challenge: The Active Study

**Today your challenge is to study him as you are doing something active together.**

A lot of men communicate better when they are doing something active. It can be taking a walk, throwing a ball back and forth, doing a workout together, or shooting some hoops. Try to do something active that he loves. As you are active together, pay attention to him and try to connect with this man you love.

## Day 4 Challenge: Proud Study

**Today your challenge is to find out what your husband is proud of.** Pay attention and look for any signs of satisfaction or pride (the good kind!) in him today. What did he smile about? Did anything he accomplished today bring him joy?

1. What makes you proud?
2. What is something you accomplished this week that you are proud of?
3. What would you say are the 3 biggest gifts God equipped you with?
4. Does it make you proud to use those gifts God gave you? When have you used one of those gifts recently? How did it make you feel?

## Day 5 Challenge: Body Study (how fun!)

**Today, study his body and find a new way to compliment him.** Pay very close attention to his good looks and try to notice something you haven't been paying attention to. Give him a new compliment or one you haven't said in awhile.

**Be specific! Tell him precisely what is handsome about him.**

## Day 6 Challenge: The Recharge Study

Everyone recharges in different ways. **Today your challenge is to study the way he recharges.** What fills up his cup? What does he need when he gets off work to best engage at home? What does he want to do on a day off? What fills him up spiritually? How does he like to connect with God so that he can fill up his spiritual cup?

**Pay attention to his needs in the recharging department.** Ask him questions like the above to learn more about the way he recharges.

## Day 7 Challenge: “What Makes Him Feel Loved?” Study

**Today ask your husband what makes him feel loved. Print out this fun printable (password: lovecans)** and have him fill out 10 things that make him feel loved and that fill up his love tank. Knowing how to love him well will help you do a better job of cherishing him.

**Then try to do at least 2 of the things on his list in the next 2 days.**

## Day 8 Challenge: Humor Study

**Study his humor today.** Men love when we laugh with them. Do you know what makes your husband laugh? If not, try to find out. Start paying attention to when and why he laughs. If you don't know where to start just ask him.

You can ask questions like: How would you describe your sense of humor? What's funny to you? When was the last time you laughed really hard? What's the funniest TV show in your opinion and why is it so funny?

Also pay attention to his laugh. Everyone's laugh is unique! Pay attention to his laugh and cherish it. He laughs when he is happy and God wants you to make your husband happy and enjoy him.

**Pray and ask God to help you enjoy your husband's laugh and make him laugh more.**

## Day 9 Challenge: The Hobby Study

**Today your challenge is to share in your husband's hobby.** You can learn a lot about your husband by connecting with him over his favorite hobby. Engage with his hobby today and keep an open mind while you do it!

Try to learn more about his hobby and why he loves it. Learn the lingo and more about the skill needed for his particular hobby. You never know, you might end up falling in love with this hobby and it could be something you can enjoy together for years to come!

## Day 10 Challenge: Acceptance Study

Today you are going to study where your husband might need some acceptance. Many men crave acceptance and respect. Many men greatly fear rejection and disrespect. **Today your challenge is to pray and ask God: where does my husband need acceptance in this season? How can I help him feel loved, accepted, and respected? Then listen to God, pay attention to your husband, and discern what God might be telling you.**

You can also ask your husband:

- Do you feel accepted?
- Where do you crave acceptance?
- What is something you want to be accepted for?
- Is there anything you fear rejection about in this current season?
- Do I ever make you feel rejected?
- Who do you want to accept you? In what ways?

## Day 11 Challenge: Work Study

**Today, study what your husband does for a living.** Even if it is not income producing work, everyone works at something. Learn about his job. Ask about the projects he is working on.

What are his coworkers like? What motivates him when it comes to work? What is one thing he would like to see happen in his career this year?

Ask him how you can specifically be praying for him in his work.

## Day 12 Challenge: Home Study

**Today your challenge is to study the way he likes the home to be.** What feels good to him about home? Is there a house rule he would love to implement? What makes him feel safe at home? What makes him feel relaxed and peaceful at home? Whether it comes down to cleanliness, order, decor, or your relationship: what does he want in his home?

Pay attention to what he says about the home and how he appears to be at home but also ask him questions like those above.

**Once you know what he wants in a home, find out one way you can help make that happen.**

## Day 13 Challenge: Something New Study

**Today your mission is to learn something new about your husband.** By studying him closely or asking him good questions I'm confident you can find out something new about your husband today.

If you are having a hard time finding out something new, try doing something new with him instead. Try rock climbing if you never have, go to an escape room, try a new restaurant and get something on the menu that neither of you have ever eaten before - that way you can learn something new together!

## Day 14 Challenge: Stressors Study

**Find out about his stressors today.** Pay attention to what stresses him out, agitates him, or makes him angry. Pay attention to these things as they come up.

**Because they likely don't come up every day, ask him these questions:**

- What are 3 things that really stress you out?
- What are the main stressors in your life right now?
- What do you tend to do when you are stressed out?
- What is something I could do to help you when you are stressed?

Then pray with your husband about these stressors. Ask God to help you two combat them and navigate them as a team.

## Day 15 Challenge: The Bedroom Study

**Today your challenge is to enjoy sex with your husband.** Pay attention to what turns him on and what he enjoys about the sexual experience with you. Do you know what he loves to do for foreplay? Could you try something new and study if he likes that? Pay extra close attention to your husband when it comes to sex today. **Sex is a beautiful gift from God and one great way you can show your husband you love and appreciate him and want to connect with him.**

## Day 16 Challenge: Screen Study

**Today, study your husband's screen habits.** The reality is today much of our days and lives have to do with screens. One of the problems with that is it can lead to a very separate life since you're not on your husband's screen with him. Screens can be very private solo activities, which means you can be married and under the same roof yet have no idea what your husband is up to on his screens these days.

So today let's find out more about what's on that screen of his. Not as a way to judge but to understand. This is not the time to tell your husband what to cut back on or how to limit his screen time. It's simply time to take some time to learn more about your husband and what he's currently interested in looking at a screen for.

Simply ask your husband: What do you like to do on your phone? What's your favorite app? Why is it your favorite? What do you find yourself googling about?

Be sure to communicate that you just want to know him better and that's why you're asking him these questions.

## Day 17 Challenge: Needs Study

**Study his needs today.** Be very observant of him and think as you observe him: what is something he needs? What is one way you can serve him? Is there a tool or item that you think would make his life better that you could get for him? Is there something you could gift him that would meet a need he has? Or is there something you can take off his plate? A chore you could do that he typically does?

**Observe him today and find a need, then lovingly meet the need.**

## Day 18 Challenge: The Dream Study

Do you know what your husband's greatest dreams are? What kind of legacy does he want to leave? Today your challenge is to study what his greatest dreams are. **Pay attention to what he focuses on and ask him questions about his dreams and desires.**

### **Ask him:**

1. Here are a few suggestions:
2. What is your greatest dream in life? What is the one thing you want to accomplish more than anything else?
3. Where did that dream come from? What inspired it?
4. Is there any seemingly silly dream you have? What if anything was possible - what would you dream for then?
5. What would disappoint you if it never happened in your life?
6. What do you want our life to be like when we are 60? When we are 80? When we are 90?
7. What are the most important goals to you when it comes to our family? Our home? Your work? Your spiritual walk?

