



18 DAY

WIFE STUDY

CHALLENGE

This challenge is all about studying and cherishing your wife. 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 wife.

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 about our spouse that we loved 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 wife with fresh endearing eyes. God made your beautiful wife and he calls her beloved. You can cherish her with that in mind.

When you were first dating I bet you studied her intensely. You wanted to know everything about her. You couldn't get enough of her. 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 our purposes. 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 wife and serve her today. Help me to love her like you love her."

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

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: Needs Study

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

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

Day 2 Challenge: Simple Task Study

Study the way she does a simple task. Something simple like a chore around the house or how she gets ready in the morning. **Find one thing to cherish about her in something mundane she does.**

Then pray and thank God for her and that new way you've found to cherish her. Take the time to appreciate her today in normal everyday life.

Day 3 Challenge: Eye Study

Study her eyes today. Take time at some point to connect with your wife today and make good eye contact. Show her you are listening by giving her your full attention, including locking eyes with her.

See something you love in her eyes? Be sure to tell her!

Day 4 Challenge: Mind Study

Today your challenge is to find out what is on your wife's mind. What is taking up space in her head? Simply ask her:

- 1 What has been on your mind today?
- 2 What took up a lot of space in your mind today?
- 3 What did you say about yourself today in your head?
- 4 What did you say about others in your head today?
- 5 What was something you thought today that made you happy?
- 6 What was something you thought today that made you anxious?
- 7 What was something you thought today that made you sad?
- 8 What was something you thought today that made you mad?
- 9 How can I be praying for you and your thoughts today?

Then after chatting, ask her if you can pray for her and some of the things she's dealing with in her head. Pray together for God to help her take her thoughts captive and to help her with all the things she is facing in this current season

Day 5 Challenge: A “Why?” Study

Find a “why” question to ask her today. Need help? Here are a few suggestions:

1. Why do you love your favorite treat?
2. Why do you love your favorite restaurant?
3. Why do you do _____ in your morning/daily/evening routine?
4. Why do you love our church?
5. Why do you love your friend group?
6. Why do you love your favorite hobby?
7. Why do you love your favorite tv show?
8. Why do you find _____ so interesting?
9. Why do you find _____ so funny?

Day 6 Challenge: Joy Study

Find out what brings your wife joy today. **Ask her: what are 3 simple things that bring you joy?**

Then make a plan to make at least one of those 3 things happen in the next few days.

Day 7 Challenge: Body Study

Today, study her body and find a new way to compliment her.

Pay very close attention to her beauty and try to notice something you haven't been paying attention to. Give her a new compliment or one you haven't said in awhile.

Be specific! Tell her precisely what is beautiful about her.

Since this is a wife study and not a husband study: give her the compliment with no expectations. Simply admire her with no expectation for getting anything sexual in return.

Day 8 Challenge: Growth Study

Your wife is constantly changing and growing. Especially as she leans into Christ and lets him transform her. **Today your challenge is to pay attention to your wife and the ways she has changed for the better over the years. Pray and ask God to show you what growth has taken place in your wife in this past year.**

Here are some questions that might help you as you pray and discern this: What growth have you seen in her spiritually? Relationally? Intellectually? Career wise? In maintaining a home with you? In parenting? Has she learned a new skill? Has she become more efficient at something? Has her patience grown? Where are you seeing maturity in her that neither of you had when you first started dating all those years ago?

Once you have some words to articulate how you've seen your wife grow, tell her! Compliment her on her growth and encourage her. So often we don't see the growth in ourselves. Bless your wife by opening her eyes to it today. Then praise God together for how he is always molding us.

Day 9 Challenge: Favorite Thing Together Study

Ask your wife what her favorite thing to do with you is.

Then bonus points if you can make that thing happen this week!

Day 10 Challenge: Feelings Study

Ask her about her feelings today. It can be something specific like how do you feel when _____ happens? Or you can just ask her what feelings she felt over the course of the day and why.

Resist the urge to argue with her about her feelings if they don't seem rational to you or if it isn't how you would feel in that situation.

Also, combat the temptation to try and fix how she is feeling.

Simply **listen** to how she felt today and empathize with her. Use active listening. Ask questions. Make sure your wife knows you **care** about her feelings and that you **heard** her.

Day 11 Challenge: “What Makes Her Feel Loved?” Study

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

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

Day 12 Challenge: Humor Study

Study her humor today. Do you know what makes your wife laugh? If not, try to find out. Start paying attention to when and why she laughs. If you don't know where to start just ask her.

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 her laugh. Everyone's laugh is unique! Pay attention to her laugh and cherish it. She laughs when she is happy and God wants you to make your wife happy and enjoy her.

Pray and ask God to help you enjoy your wife's laugh and make her laugh more.

Day 13 Challenge: A Day To Yourself Study

Ask your wife what she would love to do with an entire day to herself. Tell her you want to know what the ideal day would be from start to finish: every detail.

Then this weekend, make that happen. Try to make as many things on her list a reality. Your wife deserves a day off. She'll feel so loved when you make it happen for her!

Since you've been studying her so well, is there anything she left off her list that you think would make her day to herself extra special? Adding some kind of surprise would make this extra special, especially a surprise that says, "I know you. I've been paying attention to you."

Day 14 Challenge: Stressors Study

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

Because they likely don't come up every day, ask her 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 wife about these stressors. Ask God to help you two combat them and navigate them as a team.

Day 15 Challenge: “Why Do You Love This?” Study

Today try to understand something about what your wife loves that you never have understood. Maybe it’s a hobby she’s into that you just don’t “get” or a way she likes to pass time or a routine she does.

For instance: if your wife is into baking, try to understand baking today and ask questions about the process and why she loves it and what she’s learned about it. Ask her to share her favorite tips with you and favorite recipes and why she loves them.

Or if your wife listens to podcasts and you don’t: try to understand that. What podcasts does she listen to? When does she listen? Why does she like them? Is there a podcast you two could listen to together?

Find out more about something your wife loves today and try to understand it more. Who knows maybe you’ll even learn to love it too in time and it can become a shared hobby for you both!

Day 16 Challenge: Sexy Study

Today, find out what makes your wife feel sexy and confident. Ask your wife what makes her feel sexy.

Then ask what 5 things you could do to make her feel sexy. Doing your part to make your wife feel sexy will be time well spent! ;)

However, for today just focus on making her feel sexy. It doesn’t have to lead to anything unless she wants it to.

Day 17 Challenge: Screen Study

Today, study your wife'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 wife's screen with her. Screens can be very private solo activities, which means you can be married and under the same roof yet have no idea what your wife is up to on her screens these days.

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

Simply ask your wife: 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 her better and that's why you're asking her these questions.

Day 18 Challenge: Proud Study

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

Ask her:

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 was a time that you used one of those gifts recently? How did it make you feel?

