



# 21-DAY WIFE APPRECIATION CHALLENGE





# 21-Day Wife Appreciation Challenge



We are so glad that you have decided to take the 21-Day Wife Appreciation Challenge! Signing up for this challenge means you want to cherish your wife, appreciate her well, be a Godly leader in your home, and be obedient to God.

This challenge will not only build up your wife and your marriage but it will grow you spiritually and draw you closer to God.

## Here is the challenge:

- ⚙️ For the next 21 days do not say anything negative to your wife or about your wife to anyone else. Do not say anything that would lead her to feel unappreciated.
- ⚙️ For the next 21 days take a moment each day to look your wife in the eyes and tell her you love her. Do not neglect to make eye contact. This is important! Your wife needs to feel seen in order to feel appreciated. Be sure to look her in the eyes as you tell her you love her each day.
- ⚙️ Each day read the Bible verse, complete the challenge for the day, and pray for your wife and your marriage.

This challenge will be just that - challenging - but we trust that God will honor your desire to be obedient to Him and will bless you in ways you wouldn't expect.

We pray that God would move mightily in your marriage during this challenge and that your appreciation for your wife and the depths of your love would grow.

We hope you will take the time to share with your friends and family what God does in your marriage through this challenge.

# Day 1

*Every good and perfect gift is from above, coming down from the Father of lights, who does not change like shifting shadows. - James 1:17*

God is the giver of every good gift. God gave you your wife. Don't forget to cherish her. Start this challenge strong today by texting your wife seven times today, telling her seven different things you appreciate about her.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 2

*Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. - Isaiah 41:10*

Fear is a terrible thing. It holds us back in more ways than one. It keeps us from taking risks and living freely. What is your wife afraid of? Where does she feel she is lacking? What are her fears about herself? Where does she feel inadequate?

An encouraging word can help fight fear and feelings of inadequacy. An encouraging word can strengthen us.

Ask your wife today where she feels inadequate and encourage her specifically in that. Let her know that she is enough for you and enough for your family. That she is worthy of love and that you adore her.

Pray specifically today that your wife would be free of fear.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 3

*Whatever you do, do it from the heart, as something done for the Lord and not for people, knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ. – Colossians 3:23-24*

When was the last time you encouraged your wife in her purpose? In her career or passions? What tangible ways do you show her your support of her mission?

Today encourage your wife in the work that she does. Point out why she is good at her job (whether it's an occupation or working in the home) and how God is using her. Ask her how you can better support her in her purpose.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 4

*And we know that for those who love God all things work together for good, for those who are called according to his purpose. – Romans 8:28*

God is sovereign over everything. He is not surprised you married the wife you did. Nothing happens that didn't pass through His hands.

What are some of the reasons you are glad God put the two of you together? Think on these things today. Tell your wife three reasons why you are glad she is your wife.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 5

*You are altogether beautiful, my darling; there is no flaw in you. - Solomon 4:7*

Women can never get enough affirmation about their appearance. The world is hard on us and it's easy to feel insecure. Most women lack confidence about their outward appearance and have countless things about themselves they see as flaws and wish they could change.

Your wife needs to feel beautiful and loved. To be vulnerable, naked and yet fully loved is a holy and beautiful thing.

Tell her she is beautiful and that you find no flaw in her. And Then, do something to make her believe it. ;)

Your intimacy and sex with your wife will be so much better if she feels fully adored by you.

Today tell your wife specific things you love about her appearance. Tell her she is beautiful and that you find no flaw in her. And then do something to make her believe it. ;)

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 6

*For at one time you were darkness, but now you are light in the Lord. Walk as children of light - Ephesians 5:8*

Jesus changes everything. As Christ followers, we are to walk in the light. Jesus influences us, therefore our hearts and actions change and we begin to walk out of darkness and into light.

Everyone influences someone. Who is in your wife's sphere of influence? Who does she impact on a regular basis? Where is her light shining and impacting others?

You are certainly influenced by your wife. Today make a point to tell your wife one way she has influenced you for the better. If you see her influencing others around her for the better, point that out to her.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 7

*She rises while it is still night and provides food for her household and portions for her female servants. She evaluates a field and buys it; she plants a vineyard with her earnings. She draws on her strength and reveals that her arms are strong. She sees that her profits are good, and her lamp never goes out at night. - Proverbs 31:15-18*

Chances are your wife does a lot for you and your family. She works hard.

Today as she works for you, your family and your home, thank her. Thank her for one of the chores she does around the house. Try to make a habit of thanking her for the little and big things she does to make your lives together run well.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 8

*Blessed are the pure in heart, for they shall see God. - Matthew 5:8*

What do you love about your wife's heart? What does she care deeply about and how does she show that? Is she super compassionate? Always thinking of others? Mindful of those less fortunate than her?

Do you ever get overwhelmed or bothered by her heart? Do you have a hard time understanding her emotions or validating her worries?

Men and women are different, by design. Women are nurturers, feelers, and yes, often worriers too. Instead of being bothered or annoyed by your wife's different emotions, what would it look like for you to appreciate her heart?

Today tell your wife something you love about her heart. In the future, try to make a habit of validating and seeking to understand her heart and feelings instead of writing them off.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 9

*Yet Lord, you are our Father; we are the clay, and you are our potter; we all are the work of your hands. - Isaiah 64:8*

What makes your wife unique? What does she have or do that other women don't? Why were you first drawn to her and attracted to her? Tell your wife the answers to these questions and affirm her for who God created her to be.

Tell your wife that you are glad that God made her uniquely her. Tell her that you appreciate who she is and all that makes her uniquely her. Tell her that you are glad you married her.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 10

*Then the Lord God said, "It is not good for the man to be alone. I will make a helper corresponding to him." -Genesis 2:18*

Aren't you glad you are not alone? There are countless ways your wife is "good" for you. Does she affirm you? Make great and healthy meals for you? Inspire you? Teach you? Take care of you when you are sick? How does she balance you out? What good traits have grown in you since you two got together?

Make a list of 10 ways your life is better because she's in it and then give her that list today.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 11

*Take me with you—let's hurry. - Song of Solomon 1:4*

When you were dating, chances are you went all out for dates and planned lots of sweet dates. Now that you're married time together isn't always planned out because you are just, well, together.

But dating your wife is so important. Your wife will feel appreciated when you show her you want to spend time with her. She'll feel loved that you took time to plan a date.

Today plan a nice, well-thought-out date for your wife. Dress nicely for the date, open her door, tell her she's beautiful, and look her in the eyes when she talks to you.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 12

*No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear. - Ephesians 4:29*

Negative comments discourage and tear down while positive ones encourage and build up.

Do you praise your wife in front of others? Do you speak kindly about her to other people? Do you brag on her? Based on what you say about your wife, what view should other people have of your wife? Is it a good view or a poor one?

Show others you value your wife today. Post on social media and brag about your wife and how awesome she is. Make a habit of affirming her in front of others.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**



# Day 13

*But if anyone loves God, he is known by him. - 1 Corinthians 8:3*

Part of feeling loved and appreciated is being known. If you want to have a thriving marriage, it's important that you continue to be a student of your spouse all the days of your life.

Today, invest some time in getting to know your spouse more. You can never know enough! Ask her some creative questions, ask her some “would you rather” questions, ask her what she is thinking about. If you are having trouble, search “[creative questions to ask](#)” or use our resource [Creative Questions To Ask Your Spouse from Awesome Marriage](#).

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 14

*For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart. - Hebrews 4:12*

God's word is living, active and powerful. Find a Bible verse today that reminds you of your wife or that has something in it you want for your wife that you can pray over her. You can search in your Bible's index for words that describe your wife and then look for the correlating verses, or you can search on [BibleGateway.com](#) to find a Bible verse related to things you want for your wife or characteristics she has. Once you have a verse picked out, write a note to your wife with that verse at the top of it, then write out a prayer for her today and give it to her.

Tell your wife that you love her and that you are praying God's word over her today.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 15

*My love calls to me. Arise, my darling. Come away, my beautiful one. - Song of Solomon 2:10*

Most women have fears about their appearance and fears that they aren't enough. Most women worry that their husband is more attracted to other women than to them.

Today tell your wife that you have eyes for only her. That she is beautiful, sexy, and desirable. Tell her that there is no one else you'd ever want to be with. That she is your beautiful one that you want to be with.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 16

*Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. - Genesis 2:24*

Have you ever thought about how your wife chose you? She chose to marry you. Over other men, she picked you. Have you ever thanked her for this?

Today, thank your wife for choosing you over every other man. Tell her about how you like the life you two have together and that you are thankful that God brought you two together.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 17

*Husbands, love your wives - Colossians 3:19*

Your wife needs to hear you love her often. She also needs to feel loved. It's not enough to just say the words. What is your wife's love language? Does she love gifts, service, physical touch, quality time, or words of affirmation?

Have her take the love language test if you don't already know her love language. Then find a way today to show her you love her by using her love language.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 18

*Let your speech always be gracious, seasoned with salt, so that you may know how you should answer each person. - Colossians 4:6*

You are so close to completing this 21-day challenge! Just a quick reminder of what you've committed to in this challenge:

Do not say anything negative to your wife or about your wife to anyone else. Take a moment each day to look your wife in the eyes and tell her you love her. Each day read the Bible verse, complete the challenge for the day, and pray for your wife and your marriage.

Is this challenge still very difficult for you? Or are you finding it to be a joyous exercise that is blessing your marriage?

It's easy to use not-so-gentle speech with the ones we love the most, because we get comfortable. But it's so important that you talk to your wife gently and sweetly.

Have there been times when you have been harsh with her? Can you think of a time recently when you were harsh or less gentle than you could have been? If so, apologize to her and ask for forgiveness.

Today be mindful of your tone with your wife. Be mindful of the words you choose to use, the level of your voice, and your body language. Try to communicate graciously in your interactions with your wife today.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 19

*A joyful heart is good medicine, but a broken spirit dries up the bones. - Proverbs 17:22*

Sometimes we forget to have fun in marriage. What did the two of you used to do for fun when you were dating? What is something that makes you both laugh?

What do the two of you like to do for fun these days? When was the last time you tried to do something new for fun? Are you putting “fun” in your schedule?

Having fun is essential if you want to have an awesome marriage. But sometimes you have to plan for it!

Today do something fun together with your wife. Make a point to try and make her laugh. If you're not the funny type - that's okay! Find a funny YouTube video to send her or rent a comedy movie.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 20

*Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints. - Ephesians 6:18*

One of the best things you can do for your marriage is pray. Leading in prayer is also one of the best ways you can lead your wife.

Today take a moment to ask your wife how you can be praying for her specifically. Ask her how you can pray for her work, her home life, her heart, and her own walk with the Lord. Be specific because you want your prayers to be specific. Then pray for her, with her.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**

# Day 21

*Enjoy life with the wife you love all the days of your fleeting life, which has been given to you under the sun, all your fleeting days. -Ecclesiastes 9:9*

You have made it to the last day of the challenge! How did it go? Did you see your marriage benefit from this challenge? We pray so!

Have you seen a change in your wife during this challenge? People blossom when they feel loved and appreciated. Did you enjoy your wife more during this challenge because you were intentional about appreciating her?

Today enjoy your wife. Whatever that looks like for you!

Don't stop here. Appreciating your wife is not a race with a finish line, it's a lifelong journey. You can never be done loving and serving your wife. Continue to appreciate your wife. Continue to lead your wife by serving and loving, as Christ did.

**Pray for your wife. Take a moment today to look your wife in the eyes and tell her you love her.**



How has this challenge helped your marriage? How has it changed your heart? Your appreciation for your wife?

What type of wins have you experienced in your marriage through this 21-Day Challenge?

[Will you take a moment to share your wins with us?](#)



Written by Christina Dodson, COO of Awesome Marriage

Want to continue investing in your marriage? Don't just survive, your marriage was meant to thrive. Marriage is hard and life is busy which is why we need real, practical reminders of ways to have an awesome marriage. Sign up for Awesome Marriage's [One Thing Email](#) for free and receive 1 practical thing you can do each day to invest in your marriage delivered straight to your inbox.

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