

# **Growth Group – Week 1 (10/15-10/21)**

**10/15: Write a list of positive things about your wife and share one of these things with her each day for the week. However, for today, share at least THREE positive things with her.**

*Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. Ephesians 4:29*

**10/16: Refuse to say anything negative to your spouse all day. Don't forget to say something positive to her as well!**

*People with understanding control their anger; a hot temper shows great foolishness. Proverbs 14:29*

**10/17: Do at least one unexpected gesture of kindness for your wife today. Don't forget to say something positive to her as well!**

*Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:32*

**10/18: Ask your wife to tell you three things that cause her to be irritated with you. Don't defend or justify your behavior. Write the three things down and ask for God's help in those areas. Don't forget to say something positive to her as well!**

*If you listen to constructive criticism, you will be at home among the wise. Proverbs 15:31*

**10/19: Buy your wife something that says, "I was thinking of you today". Don't forget to say something positive to her as well!**

*Giving a gift can open doors; it gives access to important people! Proverbs 18:16*

**10/20: Contact your wife during the day and have no agenda other than asking how she is doing. Don't forget to say something positive to her as well!**

*In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life...  
1 Peter 3:7*

**10/21: Do one loving thing (your choice) for your wife today. Don't forget to say something positive to her as well!**

*Husbands love your wives, just as Christ loved the church. He gave up his life for her to make her holy and clean, washed by the cleansing of God's word. Ephesians 5:25-26*