

Growth Group – Week 2 (10/22-10/28)

10/22: Spend at least 15 minutes talking to your wife today without any distractions. Use this time to be encouraging and to say positive things!

The tongue can bring death or life... Proverbs 18:21

10/23: Find a way, above your normal routine, to show honor to your wife (holding doors open, washing the dishes, etc.).

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

10/24: Prepare at least one meal today for just you and your wife (it can be as nice or simple as you prefer). Eat the meal together and talk about anything except work!

Love each other with genuine affection, and take delight in honoring each other. Romans 12:10

10/25: Learn something new about your wife today that you did not know. Yup, this means you have to talk to her!

Getting wisdom is the wisest thing you can do! Proverbs 4:7

10/26: When you go to work, leave a note to your wife that expresses your love for her. If she leaves for work before you, write it the night before and leave it in a place she will see it.

Wise words satisfy like a good meal; the right words bring satisfaction. Proverbs 18:20

10/27: Purposefully neglect an activity you would normally do so you can spend quality time with your wife. Do something she loves to do!

Don't look out only for your own interests, but take an interest in others, too. Philippians 2:4

10/28: Do one loving thing (your choice) for your wife today. Say at least 3 positive things 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