










Blessings & Love Marriage (B.A.L.M.) Ministry
30-Day Challenge - "Making it Last Forever"

WEEK 1	DAY 1 1 John 4:19 "We love him because He first loves us"	DAY 2 Hebrew 13:1 "Let brotherly love continue"	DAY 3 Proverbs 10:12 "Hatred stirs up strife, but love covers all sins"	DAY 4 PRAY TOGETHER 	DAY 5 1 Corinthians 16:14 "Let all you do be done with love"	DAY 6 Focus on being KIND 	DAY 7 Ask your spouse if they need help with anything (housework, decisions, etc.)
	DAY 8	DAY 9 Take a (sweet/silly) picture together	DAY 10 John 13:34-35	DAY 11 Hold hands 	DAY 12 Focus on being PATIENT 	DAY 13 Ephesians 5:25 =	DAY 14 1 Cor 16:14
WEEK 2	DAY 15 Text your spouse a Bible verse 	DAY 16 Genesis 2:18	DAY 17 Romans 8:28	DAY 18 Focus on being UNDERSTANDING 	DAY 19 Ecclesiastes 4:12	DAY 20 Ephesians 5:31	DAY 21 1 Cor. 16:13
	DAY 22 U	DAY 23 Psalms 85:10	DAY 24 Focus on being LOVING 	DAY 25 1 Peter 4:8	DAY 26	DAY 27 Count your blessings together	DAY 28 Give each other uninterrupted, media-free time
WEEK 3	DAY 29 Text your spouse: "I can't wait to see you tonight." 	DAY 30 Reflect on the hardest/easiest day of your 30-day challenge 	<ol style="list-style-type: none"> Your challenge: For 30 days, don't say anything negative to or about your spouse. Also, say something positive to and about your spouse each day. After you take the challenge, you may want to do it again and again Be sure to challenge other couples to take the challenge as well and study the scriptures. It doesn't matter if you start in the middle of the month. JUST DO IT! What's import is that you realize how important it is to connect, re-connect and STAY connected! 				

We'd like to encourage you to keep track of what God does in your marriage over these 30 days. We hope you'll take time to share what God does in your home as you bless and encourage your spouse.

"Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Ecclesiastes 4:12
"Therefore, what God has joined together, let no one separate. Mark 10:9

