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## Fireproof your marriage 40 day challenge

Many of you have probably heard of or even seen the movie, Fireproof, about a man's story to save his marriage. It's a powerful story worth seeing. We would like to make this challenge of love available to anyone of you who wants to participate. Below are the 40 obscene challenges of love. This can be done by the husband for the wife, as in the film, or by the wife to the husband. In both cases it is sure to help your marriage grow, perhaps even in areas that you did not realize necessary strengthening. Day 1: Solve to say nothing negative about your spouse today. Ephesians 4:2 "with all humility and sweetness, with patience, with love, with love," Day 2: Do at least an unexpected gesture to your spouse as an act of kindness. Ephesians 4:32 "Be kind to each other, gentle, forgive yourselves, as God in Christ has forgiven you." Day 3: Buy something to your spouse who says: "I was thinking about you today." Romans 12:10 "Love one with brotherly affection. Exit each other to show honor." Day 4: Contact your spouse sometimes during the day and ask how he or she is doing and if there is something you can do for them. Psalm 139: 17–18 "How precious are your thoughts to me, O God! How great is the sum of them! If I count them, they're more than sand. I wake up and am still with you." Day 5: Ask your spouse to tell you three things that cause it or she to be uncomfortable or irritated with you. You have to do this without attacking them. Proverbs 27:14 "Whoever blesses his neighbor with a strong voice, who rises early in the morning, he will be considered as curling." Day 6: Choose to react to the difficult circumstances in your marriage in loving ways instead of with irritation. Proverbs 16:32 "Whoever is slow to wrath is better than the mighty, and who governs his spirit of those who take a city." Day 7: On a sheet of paper, write positive things your spouse. At some point during the day, choose a positive from the list and thank your spouse for having the feature. The Corinthians 13:7 "Love brings all things, believes all things, hopes all things, endures all things." Day 8: Share with your spouse how happy you are of a success she recently enjoyed. 8:6 "Set me as a seal on your heart, as a seal on your arm, for love is as strong as death, jealousy is as fierce as the grave. His flashes are flashes of fire, the very flame of the Lord." Day 9: Think of a way to greet your spouse today to reflect your love for them, and then do it with a smile and enthusiasm. 1 Peter 5:14 "Great one with the kiss of love. Peace to all of you who are in Christ." Day 10: Do something out of the ordinary today for your spouse. Romans 5:8 But God shows his love for us, while we were still sinners, Christ died for us. Day 11: What does your spouse need to meet today? Example: Choose a gesture that says "I love you" and do it with a smile. Ephesians 5:28 " Likewise husbands should love their wives as their bodies. Whoever loves his wife loves himself." Day 12: Demonstrate love by willingly choosing to give in to an area of disagreement between you and your spouse. Philippians 2:4 "See each one not only his interests, but also the interests of others." Day 13: Talk to your spouse about establishing healthy commitment rules and deciding to respect them when the subsequent disagreement occurs. Mark 3:25 "And if a house is divided against itself, that house will not be able to resist." Day 14: In order to neglect an activity that you would normally do so you can spend quality time with your spouse. Ecclesiastes 9:9 "Enjoy life with the wife you love, every day of your vain life that has given you under the sun, for this is your part in life and in your labor to which you will afflict undersun". Day 15: Choose a way to show honor and respect to your spouse who is Your normal routine. The Peter 3:7 "Like the husbands, they live with your wives in an understandable way, showing honor to the woman as the weakest ship, for they are heirs with you of the grace of life, so that your prayers may not be hindered." Day 16: Pray for three specific areas where you want God to work in the life of your spouse and in your marriage. 3 John 2 "Love, I pray that everyone will be well with you and that you are healthy, as well as with your soul." Day 17: Determine to protect your companion's secrets and pray for them. Proverbs 17:9 "Who covers an offense seeks love, but who repeats a matter separates neighboring friends." Day 18: Prepare a special dinner at home and concentrate this time to get to know your spouse better. Proverbs 3:13 "Blessed is he who finds wisdom, and he who obtains understanding," Day 19: Ask God to show you where you are with him, and ask for strength and grace to fix your eternal goal. John 4:7 "Love, we love each other, for love is from God, and whoever loves is born of God and knows God". Day 20: Fear of taking God to his word and trusting in Jesus Christ for salvation. Romans 5:6 "And while we were still weak, at the right time Christ died for the wicked." Day 21: Make time to pray and read your Bible today. Isaiah 58:11 "And the Lord will guide you all the time and will satisfy your desire in burned places and make your bones strong; and you will be like a watered garden, like a spring of water, whose waters do not fail." Day 22: Choose to be busy loving even if your spouse has lost most of their interest in receiving it. Hosea 2:20 "I will do you to me in fidelity. And you will know the Lord." Day 23: Remove all that hinders your relationship, stealing your affections and removing your heart from your spouse. The Corinthians 13:7 "Love bringsthings, believes all things, hopes all things, endures all things." DayIdentify any lust object in your life and remove it. John 2:17 "And the world is going through with his desires, but he who does the will of God dwells forever." Day 25: If there is something you have not forgiven in your spouse, forgive him today. 2 Corinthians 2:10 "Whoever you forgive, I also forgive. For what I have forgiven, if I have forgiven something, was for you in the presence of Christ..." Day 26: Ask for God's forgiveness for your areas of offense, then humble yourself enough to admit it to your spouse. Romans 2:1 "Therefore you have no excuse, O man, each of you who judges. For in judging the other, you condemn yourselves, for you, the judge, do the same things." Day 27: Think of an area where your spouse told you you you're expecting too much, and tell him you're sorry to be so hard on them. Psalm 25:20 "Oh, keep my soul and deliver me! Do not make me ashamed, for I take refuge in you." Day 28: I aim to do what is possible to satisfy the greatest need in the life of your spouse at this time. John 3:16 "With this we know love, which has given its life for us, and we must put our lives for our brothers." Day 29: Before you review your spouse today, pray for them by name and their needs. Efesini 6:7 "rendering service with a good will as to the Lord and not to man..." Day 30: Ask the Lord to reveal something in your heart that threatens uniqueness with your spouse and, if necessary, discuss openly and seek God for unity. John 17:11 "I am no longer in the world, but I am in the world, and I come from you. Holy Father, keep them in your name, which you have given me, so that they may be one thing, even as we are one thing". Day 31: Prevent God and your spouse to make your marriage the absolute priority on every other human relationship. Genesis 2:24 "Therefore a man will leave his father and his mother and leavefast to his father. Father and they will become one flesh." Day 32: If possible, try to start sex with your spouse today (in a way that honors them). The Corinthians 7:3 "The husband should give his wife his marital rights, as well as his wife to the husband." Day 33: Tell your spouse you want to include them in your next decisions, and you need their perspective and advice. Ecclesiastes 4:11 "Again, if two lie together, warm up, but how can you keep warm on your own?" Day 34: To verbally praise your spouse about a recent time when they have demonstrated Christian character in an evident way. The Corinthians 13:6 "[love] ...does not rejoice in injustice, but rejoices in truth." Day 35: Find a Christian marriage mentor. Ask God to direct your decisions and discernment. Proverbs 15:22 "Without counselling plans fail, but with many advisers they succeed." Day 36: Engage to read the bible every day. If your spouse is open to it, see if they commit to reading with you. Psalm 119:105 "Your word is a lamp to my feet and a light to my path." Day 37: Ask your spouse if you can start praying together. Matthew 18:19 "I yet say to you, if two of you agree on the earth on all that they ask, it will be done for them by my Father in heaven." Day 38: Ask yourself what your spouse would like if it was obtainable, then map a plan to meet some (if not all) of their desires. Psalm 37:4 "Be in the Lord, and he will give you the desires of your heart." Day 39: Spend time in personal prayer, then write a letter of commitment and resolution to your spouse. Leave him somewhere where your friend will find him. The Corinthians 13:8 "Love never ends. As for the prophecies, they will pass; as for the languages, they will cease; as for knowledge, it will pass." Day 40: Write a renewal of your vows and put them Your house. Rut 1:16 "But Ruth said, "Don't ask me to leave or go back to follow you. Where'll go, and where lodge will be. Your people will be my people and your God, my God." Life lessons from the movie You can be a hero at work and at the same time score a zero in your marriage. It was so for Caleb (the male leader). He was a great captain, who led his men more than skillfully while saving lives as firefighters. He was good at what he did at work, but he was terrible in his relationship with Catherine (his wife). It is so easy to think that the blame is with the other person. Both Caleb and Catherine thought they'd put the best in marriage. They only looked at the imperfections of their spouse. If they stopped to see where they went wrong in their behaviors and attitudes, they would have seen the problem. It's good to talk to your father. What was really heart warming was the way Caleb was able to talk to his father, look for his advice and then listen to that advice. And a divine advice. His father didn't just live near the door... It was a good 4 hours drive away! However, when Caleb needed support and encouragement, his father would gladly talk to him. And pray with him. When parents pray. There was a scene where Caleb hit a very rough and low point. Her marriage seemed completely over. Catherine was willing to go through divorce. After receiving this update, Caleb's father tells his mother: "We must pray harder for Caleb." When Christians live as Christians at work. Caleb had a second in charge, Michael, who was also a good friend to him. Michael did not have to talk about Jesus or God, but he lived so clearly that his faith was undeniably strong and unconscious in any situation — even when he was almost invested by the train. While Caleb shared his struggles, Michael was next to him, but not preach or pushy. His divine influence was subtle but stabilizing. Although Caleb was not one to believe in God (at that point), he easily admitted that "He did the real stuff." Strong marriages require work, hard work. Beautiful relationships not only happen. It takes a lot of hard work. And often, it's about putting our spouse in front of our desires, desires and needs. It's hard work! Love is not about feelings. Maybe it started like this, but for marriages to mature, love must mature. Love is more than feelings. It is an act of will to always desire the best for the good and well-being of our spouse. This kind of love is not selfish, but tries to reach, sacrifice, give. Even when you don't feel like it was. You can't love if you don't have love. This was a wonderful revelation that Caleb's father shared with him. After trying so hard with his own strength, Caleb was about to surrender to 40-day love loss. It was then that his father explained why he was unable to love Catherine... Caleb first needed God's love in his heart. Without a just relationship with God, we will not be able to have a proper relationship with others around us. Without having and experiment Her love, how can we know how to love our spouse in the right way? Source: Fireproof (Movie) and Brohenson (Blog) Director: Alex Kendrick Follow us on Instagram and subscribe to Knowlab. Knowlab. fireproof your marriage 40 day challenge pdf

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