



APRIL 2026 COUPLES CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1 Pray together asking God to reveal areas where you need freedom as a couple.	2 Ask: "What habit or attitude do we need God's help to change?"	3 Attend the Good Friday Service together.	4 Attend the Easter Egg-stravaganza together.
5 Thank God together for the freedom we have through Christ.	6 Pray against stress, worry, or fear affecting your relationship.	7 Declare together: "Our marriage will not be controlled by fear or negativity."	8 Talk about something you both want to leave behind in this season.	9 Sit close and hold hands while having a real conversation.	10 Plan a date night for this month and commit to making it happen.	11 Take a pause before reacting during a disagreement.
12 Do something fun together and create a new memory.	13 Pray together for emotional healing.	14 Release control of something you've been worrying about.	15 Speak freedom over your marriage out loud.	16 Start a new positive habit together (prayer, walks, devotion).	17 Encourage your spouse in an area where they've grown.	18 Pray together, then hug and reconnect physically.
19 Pray over your home and family.	20 Spend intentional time reconnecting without distraction.	21 Speak life over your marriage today.	22 Reflect on how God has brought freedom to your relationship.	23 Have a 10 minute honest check-in with no distractions.	24 Ask: "How can we keep choosing freedom in our marriage?"	25 Release one burden you've been carrying.
26 Pray for marriages in your church and community.	27 Celebrate progress in your relationship.	28 Reflect on what God has delivered you from as a couple.	29 Set one boundary that protects your marriage.	30 Thank God together for freedom, healing, and growth.	1	2

Lead Us, Guide Us

This month we are focusing on deliverance.