

# JULY MARRIAGE CHALLENGE

# Lead Us in Gratefulness

♥ A MONTH OF REST, REFLECTION & GRATITUDE ♥

*This month, let's slow down, rest in God's presence, and cultivate gratitude together.*











## HOPE COUPLES MINISTRY

THE HOUSE OF HOPE ATLANTA

Give thanks to the Lord,  
for He is good;  
His love endures forever.

PSALM 107:1

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b>  Start the month with gratitude. Thank God together for your marriage.	<b>2</b>  Share 3 things you appreciate about your spouse.	<b>3</b>  Take time to rest together and enjoy God's creation.	<b>4</b>  Thank God for our freedom and His many blessings.
<b>5</b>  Write down blessings and pray over your family.	<b>6</b>  Read a scripture of gratitude together and reflect.	<b>7</b>  Do something kind for each other—just because.	<b>8</b>  Thank God for how He has sustained your marriage.	<b>9</b>  Have a deep conversation about what you're thankful for.	<b>10</b>  Give thanks for the challenges that made you stronger.	<b>11</b>  Take a walk together and talk about God's goodness.
<b>12</b>  Worship together and thank God for His faithfulness in your lives.	<b>13</b>  Encourage your spouse with a note or kind words.	<b>14</b>  Share a meal together and give thanks before you eat.	<b>15</b>  Thank God for your children and the joy they bring.	<b>16</b>  Reflect on how God has grown you individually and together.	<b>17</b>  Pray and thank God for His love and grace.	<b>18</b>  Take a photo together and thank God for this moment.
<b>19</b>  Encourage another couple today.	<b>20</b>  Focus on the positives today. Choose joy on purpose.	<b>21</b>  Send a message of appreciation to your spouse midday.	<b>22</b>  Thank God for the little things He does every day.	<b>23</b>  Rest without guilt and enjoy each other's company.	<b>24</b>  Make a playlist of songs that remind you of God's faithfulness.	<b>25</b>  Celebrate something God has done in your lives.
<b>26</b>  Serve together in your home, church, or community.	<b>27</b>  Meditate on God's Word and thank Him for His promises.	<b>28</b>  Share what you love most about your life together.	<b>29</b>  Lift up prayers of gratitude for your future together.	<b>30</b>  Declare God's faithfulness over your marriage.	<b>31</b>  End the month thanking God and recommitting to each other.	

♥ *Our Marriage Is Our Ministry* ♥

LOVE LOUD • SERVE WELL • SHARE CHRIST



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**@HOHAcouples**

We'd love to see you completing the challenge together!

#HOHAcouples

#LeadUsInGratefulness

#BetterTogether

#OurMarriagesOurMinistry

