

"Search me, O God,
and know my heart;
test me and know
my anxious thoughts."

PSALM 139:23-24

SEPTEMBER 2026 MARRIAGE CHALLENGE

Lead Us in Inner Reflection



LOOK WITHIN. LISTEN DEEPLY. LOVE BETTER.



Before we ask our spouse to change,
we invite God to examine us.



WEEK & THEME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 SEPT 1-5  <i>Look Within</i> Personal Examination			1  Pray: "God, show me where I need to grow as a spouse."	2  FIRST WEDNESDAY LIVE Prayer – 6:30 PM Bible Study – 7:00 PM (In Person) Attend Bible Study together. Reflection: "What is God showing me about myself that could strengthen our marriage?"	3  Ask yourself: "What is it like to be married to me right now?"	4  Identify one strength you bring to your marriage and one area needing growth.	5  Ask your spouse: "What is one thing I do that makes you feel loved?"
WEEK 2 SEPT 6-12  <i>Understanding Us</i> Recognizing Patterns & Differences	6 EQUIPPING HOUR 9:15 AM  Attend together. After class, share one takeaway you want to practice this week.	7  Complete separately, then discuss: "I feel most connected to you when..."	8  Identify one recurring disagreement. Ask: "What's really underneath this?"	9 HOPE UNIVERSITY 7PM via Zoom  After class, discuss: "What did tonight reveal about us?"	10  Ask your spouse: "What do you wish I understood better about you?" Listen without defending yourself.	11  Identify one assumption you regularly make about your spouse. Is it actually true?"	12  Have a 20-minute no-fixing conversation. Your only job is to understand.
WEEK 3 SEPT 13-19  <i>Mind Your Marriage</i> Thoughts, Assumptions & Perspective	13 EQUIPPING HOUR 9:15 AM  Attend together and identify one thought pattern you need God to transform.	14  Catch one negative thought about your spouse and intentionally replace it with something true and gracious.	15  Ask yourself: "Do I give my spouse the benefit of the doubt—or assume the worst?"	16 HOPE UNIVERSITY 7PM via Zoom  Discuss afterward: "What is God showing me about the way I think about you?"	17  Tell your spouse three qualities you genuinely admire about them.	18  Ask: "When we disagree, am I trying harder to understand you or prove my point?"	19  Have an intimacy check-in: "What helps you feel emotionally close to me?"
WEEK 4 SEPT 20-26  <i>From Insight to Growth</i> Turning Awareness Into Action	20 EQUIPPING HOUR 9:15 AM  Choose one lesson from class that requires action, not just agreement.	21  Apologize for one behavior you've recognized in yourself this month.	22  Ask: "Is there something you need more of from me in this season?"	23 HOPE UNIVERSITY 7PM via Zoom  After class, complete: "Because of what I'm learning, I want to become more..."	24  Identify one habit that strengthens your marriage and intentionally practice it today.	25  Have a heart check instead of a schedule check. "How are you—really?"	26  Pray specifically for the area of growth your spouse has shared with you.
WEEK 5 SEPT 27-30  <i>What Will We Do Differently?</i> Commitment & Next Steps	27 EQUIPPING HOUR 9:15 AM  Discuss: "What has God revealed about me this month?"	28  Each name one positive change you've noticed in the other person this month.	29  Ask: "What pattern do we NOT want to carry into our next season?"	30 HOPE UNIVERSITY 7PM via Zoom  End the month by praying together and each completing: "With God's help, I will become a spouse who ____."	— MONTHLY DECLARATION —  We will have the courage to look within before pointing outward. We invite God to examine our hearts, renew our minds, and transform the way we love one another. What God reveals, we will not ignore. What needs to change, we will address. Together, we will grow.		



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We'd love to the challenge together!

Our Marriage Is Our Ministry

LOVE LOUD  SERVE WELL  SHARE CHRIST

