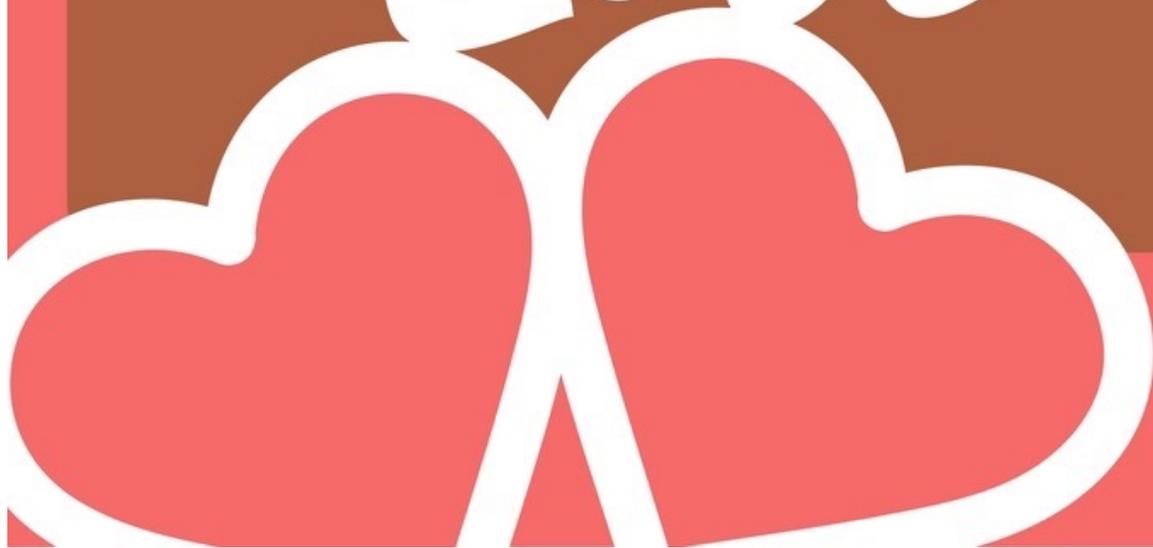


SpirituallyHungry.com
Presents:

The 28 Day Relationship Challenge

Grow your relationship through

God's Love



Welcome to Spiritually Hungry's Relationship Challenge!

Do you want more out of your relationship? Perhaps things have become stale, or maybe there have been more arguments. Maybe life has become so busy that you and your loved one have lost your connection.

There's a lot of reasons you may have come to this Challenge and we are so glad to have you! We hope this month proves to be a significant one for you as you grow your relationship through the true definition of love.

"True definition of love?" I'm sure you are aware of it, 1 Corinthians 13, that is! The whole world practically knows this passage and it is recited at many weddings. In fact, our wedding featured the famous Scripture as well!

It's a beautiful passage, but I think we often don't give it enough credit or weight. This passage is more than just poetic words to read at a ceremony. This is profound Scripture, one that speaks to the magnitude and depth of love. It speaks to the essence of what love is - the holiness, perfected nature of love.

And love was initiated through God; He is the source of love.

I want to be very clear that this definition of love, this action of love is not reserved just for romantic relationships. Love, as defined through 1 Corinthians 13 is love.

This is what love is.

Plain and simple, love is the act of 1 Corinthians 13.

And it is that thought that fueled the creation of this Challenge. We want to challenge you to take on God's definition of love this month with one of the relationships in your life. Maybe that relationship is with your spouse or significant other, or maybe you two could do the Challenge together!

However, this Challenge does not have to be done a romantic relationship! It can be done with any close relationship in your life, and we specifically wrote it to apply to many kinds of relationships.

So let's get started. The following will describe how this month will look, and some mechanics of the Challenge:

THE GOLDEN RULE OF THE CHALLENGE

This is about you. You and you alone. I know what you're thinking, "Wait isn't this a relationship challenge this is supposed to be about me and my loved one?" Absolutely,

and by focusing on yourself and God, the outcome will most likely be a fruitful one for your relationship.

But, we can only change ourselves. It begins by starting with yourself, and focusing on you - that's where change happens, not the other way around! Try to focus on you and God this month - this is the essence of the Challenge. While you will be doing a lot of things for your relationship, we also want you to learn to better express Godly love and see that as part of your Challenge. Beyond that, remember God is in control of the other person. As you begin to shine God's light brighter in your relationship, things may start to become different.

So how might this Challenge look like if I am doing it by myself?

First thing you need to do is tell your loved one you are doing this Challenge. This might be a good opportunity to invite them to do the Challenge as too. If they decline, that's totally fine. But do ask them if they would be willing to do some of the activities together, like going out to dinner, or doing something in nature. The Challenge is sprinkled with activities to do with your loved one. Make sure they are on board to do these things with you. If they happen not to be, you can omit those activities from the Challenge.

If you have decided to do this Challenge with your loved one, great! Both individually and corporately work on the Challenge. Remember there is a third person to this relationship, and that's God. So walk with Him together and individually.

Challenge Breakdown:

So here's a quick look at "**The 28 Day Relationship Challenge Guidebook**" to give you an idea of what it really looks like.

For each day of February, the Challenge Guidebook will provide you with:

A Piece of 1 Corinthians 13 and a Reflection Prompt
A Daily Relationship Challenge
A Daily Prayer

We personally designed this guidebook with these daily features to help you center your mind, heart and actions on improving the love (as defined by God) in your relationship.

In addition, you'll also get:

Entrance Worksheet: p. 5

This Worksheet is to help prepare your heart and mind for the Challenge. It would be beneficial for you to do this before the Challenge starts or in the first days.

Questionnaire and Discussion Questions: p. 20

This was created for you and your loved one to complete separately and then come together and share what you wrote. Even if your loved one isn't doing the Challenge themselves, ask them if they will participate in this questionnaire with you.

Exit Worksheet: p. 21

This is a series of questions to help you better process the Challenge and go forth walking in God's love.

Calendar: p. 22 & 23

The printable calendar has the Scripture for the day and the daily challenges for quick access.

Facebook Challenge Group

In addition we have a **Facebook group, Spiritually Hungry Challenges**
<https://www.facebook.com/groups/1051266348352753/>

We come together and talk about the current Challenge and spiritual development. Being part of this group will also allow you access to bonus content.

Last month, for our January Challenge, we wrote daily devotionals and posted them each day in our FB group. Only those who were part of the group received access to these, in addition you will receive support and an opportunity to talk about the Challenge with others who are taking it too! We also publish and guide you to resources that may help you on the Challenge such as articles we have on our site and other resources from Christian leaders.

We sincerely want these tools to help you grow and live in the true definition of love. We hope that this month becomes a pivotal one for you, your relationship with your loved one, and your relationship with God.

May this month be a month of radical transformation of love in you!

~ Alexis & Aaron @SpirituallyHungry.com

One Final Note:

If you are in an abusive relationship, or are uncertain if you are in an abusive relationship, this Challenge is not for you. The issues central to abusive relationships are serious, and are best addressed by direct, professional help. If you are in an abusive relationship, we sincerely encourage you to seek professional help as soon as possible.

Entrance Worksheet

Why are you taking this Relationship Challenge?

What do you hope to get out of this Challenge?

What would you like to be different in your relationship with your loved one?

What is your understanding of love? What does it look like to you?

How do you give love?

How well do you receive love? Is it hard for you to receive love from people, if so why do you think so?

Did you grow up in an environment of love? How do you think this might effect your understanding and practice of loving others?

Day 1

1 Corinthians 13:1 NIV

“If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or clanging cymbal.”

Scripture Reflection: What’s the point of having other gifts from God if you don’t have love? We all have gifts, but are the gifts any good if not done and surrounded in love?

Challenge: Spend some time with your loved one doing something you both love to do together.

Prayer: *God, thank you for my loved one (use their name.) I am so fortunate to have this person in my life and to do things with them we both enjoy. I ask as I embark on this challenge that You illuminate what love really means and how I can love (insert name) better. Amen.*

Day 2

1 Corinthians 13:2 NIV

“If I have the gift of prophecy and can fathom all mysteries & all knowledge, & if I have a faith that can move mountains, but do not have love, I am nothing.”

Scripture Reflection: Do you see love as the most important factor in a relationship or do other factors (e.g. security, trust, money, appearance, etc.) compete for a top role?

Challenge: Come up with something to do in the future with your loved one and start to implement the plan today.

Prayer: *Lord, I lift up (name of loved one). I want our relationship to reflect Your truth, grace and love. Help me on my end, to love (name) better. Help me to be creative and consistent in my love. Amen.*

Day 3

1 Corinthians 13:3 NIV

“If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.”

Scripture Reflection: It’s possible to do “good things” for other people but not to love them. It’s not about the actions, but about the heart condition, if you have love, good will naturally come from it. Again, good actions can take place without love, but is it actually good?

Challenge: Go out to eat with your loved one tonight.

Prayer: *God, I pray that we have a nice evening tonight going out to eat. I pray that our conversation is uplifting and helps us grow closer together. Help me see (name of loved one) in a new fresh way, the way You see them. Amen.*

Day 4

1 Corinthians 13:4

“Love is Patient”

Scripture Reflection: Why do you think patience is important in relationships?

Challenge: Make a list of 10 things you are thankful for about your loved one and give it to them.

Prayer: *God, help me to be patient with (name of loved one). Patience is something that I can always grow in, because Lord, unlike You I lose my patience at times. I am so thankful for (name of loved one). I ask that when I give my list to (name of loved one), that they receive it with joy and excitement. Because Lord, this is how I feel about them and they need to know this more. Help me to be more transparent and aware of my feelings. (Name of loved one) really should know more often how thankful I am for them. Amen.*

Day 5

1 Corinthians 13:4

“Love is Kind.”

Scripture Reflection: How might you grow kindness in your relationship?

Challenge: Do something in nature today with your loved one. Hopefully weather permits!

Prayer: *God, You are so kind to me. Help me to show the same kindness to my (name of loved one.) Help us both enjoy the day together, enjoying your creation. Help this experience to grow us closer together. Amen.*

Day 6

1 Corinthians 13:4

“It does not envy”

Scripture Reflection: How might envy harm a relationship? Is there any areas where you maybe envious, like maybe your loved one gets to hang out with their friends more than you do because you have to stay home and watch the kids. There are countless examples of how envy can creep in.

Challenge: Pray for your loved one today, try to stay in prayer for 5 mins+ celebrating and praying over your loved one.

Prayer Notes: As you turn to God in prayer for your loved one, you may want to think of categories to help you stay in prayer. Like your requests for your relationship and your loved one, celebrating your loved one with God, being thankful for your loved one, etc. It also may be helpful to journal a prayer if you have a hard time staying focused in prayer time.

Day 7

1 Corinthians 13:4

“It does not boast”

Scripture Reflection: Genuine relationships are not one-sided, they do not exist to build up the ego of one party. Do you feel like your relationship is mutual or one-sided?

Challenge: Think of the people who surround your loved one and pray for them. You may not know some of them well, but they are important people to your loved one. Pray that their relationships are strengthened through the power and love of God. Should there be any conflict between you and some of your loved ones friends or family, pray for guidance and healing in those relationships. If there are children involved, pray for overall health and growth of the family.

Prayer: God, help me to stay humble in my relationship with (name of loved one). Humility is a virtue of Jesus, and one I would like to step deeper into. Help me grow in humility through Your power, love and grace. Amen.

Day 8

1 Corinthians 13:4 NIV

“It is not proud.”

Scripture Reflection: Forgiveness is the antidote to pride. Where might there be areas of forgiveness needed in your relationship?

Challenge: Make a list of 10 things your wouldn't have in your life if your loved one wasn't in it. Give it to them.

Prayer: God, Stopping and stepping back, I can't believe how much my life is different because of (name of loved one). I really want to thank you for (name of loved one). Help me to realize how much I have in them. Amen.

Day 9

1 Corinthians 13:5 NIV

"It does not dishonor others"

Scripture Reflection: Love is not just a word. How do your actions match up with your love? Do you honor your loved one?

Challenge: Spend some time reflection on when you met your loved one, or your earliest memories of them.

Prayer: God, Thank you for memories! Thank you for the ability to look back and remember how precious things were in the beginning. While I understand it is not healthy for a relationship not to grow, it is still sweet to look back and reminisce! Help me to remember the beginning days of my relationship with (name of loved one) and allow that to provide fuel for a new renewed love. Amen.

Day 10

1 Corinthians 13:5 NIV

"It is not self-seeking"

Scripture Reflection: A loving relationship serves to build each other up. Where in your relationship might you be putting yourself first? How might you change that?

Challenge: Watch a movie with your loved one tonight.

Prayer: God, I ask that I put (name of loved one) before myself. Help me to be selfless, help me to reflect the love You give me. Amen.

Day 11

1 Corinthians 13:5 NIV

“It is not easily angered”

Scripture Reflection: While healthy relationships do still have arguments, the goal is to be slow to anger. Can you identify some of your triggers and talk to God about how you can better cope with the things that lead to angering you.

Challenge: Make your loved one's favorite meal tonight. If you're both doing the challenge together, pick your favorite meal to cook and eat together!

Prayer: God, thank you for fellowship. Sharing a meal with people, especially (my loved one) is reminiscent of your time on the earth and what the Church has done since you came. Lord, help me to be slow to anger and embrace You when I start to lose my cool. Thank you for showing me what true Godly love is. Amen.

Day 12

1 Corinthians 13:5 NIV

“It keeps no record of wrongs.”

Scripture Reflection: Forgiveness is both a short-term and long-term practice. Is there anything you may have forgiven in the moment, but is still lingering around in your mind and heart? These things become fuel for when your loved one annoys or upsets you, because it's like having an open wound sensitive to the slightest touch. Learning to let go of those things takes time, intentionality, and going to God. Can you identify any past hurts you may be holding on to? Talk to God about those things.

Challenge: Go to church with your loved one today and worship God together.

Prayer: Lord, as far as the East is from the West, You have removed my sins, so help me to have grace on my loved one as You have grace on me. Sometimes it's hard, God, when people hurt me to forgive and forget. I need help in this area - help me to become more like You the Merciful One! Amen.

Day 13

1 Corinthians 13:6 NIV

“Love does not delight in evil”

Scripture Reflection: Evil is anything that is not of God, so even things like trying getting your way or “getting something off your chest” at the expense of your loved one is delighting in evil. Does your definition of “evil” end at heinous crimes, or can you see how we’re all tempted by evil each day?

Challenge: Make a list of 10 things you love about your loved one and give it to them.

Prayer: God, loving someone like You love is not an easy thing, but through Your guidance, power and love I can learn. Help me learn! Help me to not delight in things that are not of You, even if it seems like it may benefit me. Help me to always lift up (name of loved one) like You carry and support me. Amen.

Day 14 Happy Valentines Day!

1 Corinthians 13:6 NIV

“But rejoices with the truth.”

Scripture Reflection: How does truth reflect genuine love? Where might truth need spoken in your relationship, remembering that being truthful and "clearing your chest" are not the same thing. Truth should be spoken in love.

Challenge: Fill out questionnaire & use the discussion guide for dinner with your loved one tonight.

Prayer: God, I ask today that I look beyond the worlds definition of love, that is conditional, earned and ultimately broken. Fix my eyes on You and the way You have defined love, because love only comes from You. God, I ask today that I feel the love You have for me and that I might extend that love to (name of loved one). Amen.

Day 15

1 Corinthians 13:7 NIV

“It always protects”

Scripture Reflection: How have you experienced the protection of God? Since God is the definition of love, how can you look to Him to see how protection is part of love?

Challenge: Write a letter to your loved one and put it away for 6 months before giving it to them, as a way to spread out the challenge into the future. Set a calendar reminder to give it to them!

Prayer: God, Thank you for little surprises that I can shower (name of loved one) with, including a letter I write for them to give in the future. Help me write this in the lens of Your love. I want to grow closer to them through Your love, please help me in this endeavor. Amen.

Day 16

1 Corinthians 13:7 NIV

“Always trusts”

Scripture Reflection: Why do you think trust is an important thing in a relationship? Is there any areas of mistrust in your relationship? Speak to God about these areas and seek His guidance.

Challenge: Read the entirety of 1 Corinthians 13 with God and make specific notes on how you could love your loved one better.

Prayer: God, Thank you for Your trustworthiness. Trust is such an important aspect of any relationship and it is foundational for true Godly love. Help me to trust You more so I can grow in Your type of love. As You love grows in me help me to outpouring it onto (name of loved one). Thank you for the way You love me. Amen.

Day 17

1 Corinthians 13:7 NIV

“Always hopes”

Scripture Reflection: What does hope look like in your relationship? How do you think hope helps love?

Challenge: Do something creative with your loved one today.

Prayer: God, There is so much to hope for, hope in a new world established by You through Your coming again. There is always hope for restoration, peace and redemption. I ask that the hope You have provided the world would penetrate into my relationship with (name of loved one). Thank you for all that You have done and are doing. Amen.

Day 18

1 Corinthians 13:7 NIV

“Always perseveres.”

Scripture Reflection: Think about instances in your relationship where you had to overcome obstacles or barriers. How did your relationship change or grow because of the trials?

Challenge: Play a game with your loved one, anything from a board game to basketball!

Prayer: God, Thank you that love can survive. Love is so powerful, and we can really see that when we look at the Cross. Because You loved us so much, You brought us back to You through the innocent sacrifice of Your Son, Jesus Christ. Love has persevered! Thank you, there is so much for me to learn about You in this. Amen.

Day 19

1 Corinthians 13:8 NIV

“Love never fails.”

Scripture Reflection: The epitome of the Paul’s definition of love is cultivated here: “love never fails”. Unfortunately, humans do - but God never does and He is the designer and crafter of love. Find hope in His perfect love!

Challenge: Do a random act of kindness with your loved one today. Spread all the love you have been working on in your relationship with others in the world.

Prayer: Lord, Your love never fails! It's so strong and powerful that one day You are coming back to this world to claim victory over evil and put an end to death. Help me to live in the reality of Your love, and grow my relationship with (name of loved one) through Your perfect love. Thank you for all of this. Amen!

Day 20

1 Corinthians 13:8 NIV

“But where there are prophecies, they will cease”

Scripture Reflection: Prophecies are simply proclamations about the present or future. One day there will be no need for prophecies, because when Jesus comes again, it will be finished. The new age will be here and death will be defeated. However, love will remain. Love will not die.

Challenge: Write out a prayer to God for your loved one and share that prayer with them.

Prayer: God, what a great honor it is to bring (name of loved one) before You. Thank you that not only do I get to communicate and walk with You, I can bring other people to Your throne and lift them up to You as well. Thank you God for this privilege. Amen.

Day 21

1 Corinthians 13:8 NIV

“Where there are tongues, they will be stilled”

Scripture Reflection: In their essence, tongues are a type of speaking about God. One day speaking about God as though He is removed from us will not be needed because God will reside again with His people. But, love will remain, because God is love and we will live in His perfect love.

Challenge: There are *two parts to this challenge, part A to be done today and part B will be done tomorrow.* (Part A) Think of areas in your relationship where brokenness may be and take note of them.

Prayer: God, You already know how broken humanity is. You know it better than I ever will. It's overwhelming to think of how much worse this world would be without You. God, because we are not perfect, it is inevitable there is brokenness in my relationship with (name of loved one). God help me to explore that with You in your safe, loving arms. Amen.

Day 22

1 Corinthians 13:8 NIV

“Where there is knowledge, it will pass away.”

Scripture Reflection: Knowledge, although valuable, can be lost, forgotten, miscommunicated or ignored. Love has this resilience and transcendence that expands far beyond the boundaries of even knowledge.

Challenge: (Part B) Turning to God with your list, seek guidance and healing. Speak to God about the brokenness that is in the relationship and ask Him what He would like you to do. Spend time with Him trying to discern what He has for you.

Prayer: God, Thank you for how you direct and love me. I thank you that You are so invested in me that You want all of areas of my life to be filled with You and Your love. Brokenness is a tough thing and it takes time to overcome. It is only through Your power, grace and love that brokenness can be defeated. Thank you for that hope and reality. Amen.

Day 23

1 Corinthians 13:9-10 NIV

“For we know in part and we prophesy in part, but when completeness comes, what is in part disappears.

Scripture Reflection: When Christ comes again, our experience will drastically change. The things of knowledge, prophesy and tongue will be no more. Life will change for us, completeness will come and completeness is living with God in His perfect love.

Challenge: Surprise your loved one with a gift today.

Prayer: God, Gifts are so good! You have given me so many gifts in my life and I thank you for that. Lord, as I turn to give my loved one a gift, let me be reminded how holy this encounter can be. Gift-giving is a sign of love and I ask that my gift bring about Your goodness in our relationship, even if the gift I give isn't much by the world's standards. You do great things with little acts, thank you for that! Amen.

Day 24

1 Corinthians 13:11 NIV

“When I was a child, I talked like a child, I thought like a child, I reasoned like a child.”

Scripture Reflection: Think back to your earlier days of discipleship - how much has your relationship with God changed? Is it the same for your relationship with your loved one? Is it for better or worse?

Challenge: How has your loved one helped you grow into a better person? Make note of those changes and share with them.

Prayer: God, (name of loved one) has really shown me a different lens in life and has brought goodness to my life. I thank you for their presence and influence in my life. I appreciate how You have used them to grow me and expand my world. I ask that You continue to grow me and bring me closer to You. Help grow my relationship with (name of loved one) as well, as I do deeply care for them. Amen.

Day 25

1 Corinthians 13:11 NIV

“When I became a man, I put the ways of childhood behind me.”

Scripture Reflection: Our mind, heart and attitude matures as we grow up. How has your relationship with God matured over the years and how has your relationship with your loved one matured over the years?

Challenge: Go get some ice cream, or a favorite dessert with your loved one.

Prayer: God, thanks for the little treasures in life. I pray I can more appreciate the simple things like sharing a dessert with my lived one. I ask that our time together continues to grow as I learn to love them through Your love. Amen.

Day 26

1 Corinthians 13:12 NIV

“For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.”

Scripture Reflection: In our present life, we don't see the whole picture, but part of God's promise to us is that we will one day better understand ourselves in the full presence of God. God's love urges us to better understand ourselves, and those around us.

Challenge: Pick a piece of Scripture for your loved one (not 1 Corinthians 13). Find a way to express the Scripture to your loved one and be creative! Examples: Make a print of it and frame it, or write it out in a card.

Prayer: God, I ask for Your guidance and direction in helping pick a Scripture for (name of loved one). I want this to truly be directed by and through You. Let it speak to them, help me be a conduit to what You want to affirm and speak to in (name of loved one)'s life. Thank you for this opportunity to be used this way. Amen.

Day 27

1 Corinthians 13:13 NIV

“And now these three remain: faith, hope and love.”

Scripture Reflection: Why do you think these three things remain? Why do you think they are important? How do they work together?

Challenge: Write your loved one a letter of appreciation and love today and give it to them.

Prayer: God, This month has been an exploration and a fantastic journey. Help me to express all the things I have realized about my loved one. I want to share with them how deeply I appreciate them. Help me to find the courage and words to share the intimacy in my heart. Amen.

Day 28

1 Corinthians 13:13 NIV

“But the greatest of these is love.”

Scripture Reflection: As a final reflection, is love for you the greatest possible attribute? Does it rule over all other possible actions or thoughts in your life? How might you be able to foster having it be the center of your being and actions?

Challenge: As a prayerful act, write a list of actions you will take to foster the love in your relationship with (name of loved one). Spend time with God going over the steps you will take.

Prayer: God, as I prepare to go forth from this month I ask that You help me come up with an action plan to continue to go in the direction I worked on all month with You. I want to love (name of loved one) more like You love me. Help me succeed in this adventure. Amen.

Final Prayer:

Almighty Wonderful God, Your love is astonishing! Thank you for walking me through Your definition and way of love. I pray that I can become bold in Your love, living in it and reflecting outward to all I encounter. I especially pray for (name of loved one). Help me to love them like You love all of us. I have learned a lot this month, and I ask that You keep developing that in me. Help me to seek You and Your perfect love. Thank you for this opportunity to walk with You in this way. Amen.

Keep Scrolling -There's more goodies below!

Thank You

We hope that you had a good month - a month where you sensed a real change with how you see God interacting and loving You. We hope that your endeavors for change were and are successful.

If you are reading this on Feb. 28, 2017, then March and Lent begins tomorrow and we have a new Challenge we would love to offer to you!

The 40 Day Lenten Challenge

Perhaps you have followed Lent ever year you can remember, or maybe you're wondering, "what is Lent?" Lent is a time in the Church calendar where Christians prepare their heart and mind for the Crucifixion and Resurrection of Jesus Christ. It is historically a time where Christians have turned to Spiritual Disciplines such as Fasting, Bible Study, Examen and Self-Denial and Self-Control. These disciplines are used as a way to connect to God in a more intentional way over a period of time.

Lent is a 40 day waiting period - waiting to celebrate that God was victorious over death. And yes, weekly Spiritual Disciplines, Prayer and Scripture are just some of the goodies that will be part of this Challenge!

So do you have what it takes to prepare your heart and mind for the death and resurrection of our Lord this year? We think this might transform your Easter, and most importantly, transform your relationship with God.

Check out our current Challenges at spirituallyhungry.com/challenges

Retreats

Spiritually Hungry is pleased to announce that we are now offering **Take Home Retreats!**

We're so excited about this and feel God's hand over this new ministry venture. We will continue to publish Challenges and now we will also be offering Take Home Retreats.

So what's a Take Home Retreat?

Simple. It's a retreat you can do from your home, or wherever you would like. We give you everything you need for your own personal retreat.

if you are interested in a Take Home Retreat please check out
www.spirituallyhungry.com/retreats

And Finally...

There are three printouts below.

1.) Relationship Questionnaire (Printout found on next page, p. 20)

Both you and your loved one fill out and then discuss together your answers.

2.) Exit Worksheet (Printout, p. 21)

This is an excellent way to process your Challenge and see how God has shaped you. It also helps you prepare for taking elements you learned this month and applying them to your life.

3.) Daily Calendar (Found on pages 22 & 23)

The Daily Calendar has the Scripture verse and challenge for each specific day. This way you can print it out and have it with you to remind you of what to focus on each day.

Relationship Challenge Questionnaire

Both you and you loved one can fill out and then share with each other your answers.

#1 What is your funniest memory of me?

#2 If you had to be stuck in a hotel room with me for a week, what would you bring that we could watch/do/play together?

#3 If you could buy me any single gift, and money were not an issue, what would it be?

#4 If we could take an entire year, with no responsibilities of money, family, work or anything else - what would you like to do with me? (e.g. Travel the world, build a home, start a charity or volunteer somewhere, learn a skill, etc)

#5 Think of five adjectives (funny, charming, stubborn, etc) that describe me and write them down.

#6 Could you recognize the following and know it is me?

My voice on the phone.

My silhouette or shadow.

My handwriting.

My footsteps.

My laugh.

My sneeze.

My texting or writing style in an email (assuming you didn't know it was from me)

#7 What would you like to do more of with me, or what is an area that you'd like to see our relationship expand toward?

#8 How would your life be different if I weren't in it?

#9 What do you think God wants for our relationship moving forward?

Exit Worksheet

What did you learn about yourself this month?

What did you learn about your loved one this month?

What did you learn about God this month?

What did you learn about God's definition of love from 1 Corinthians 13?

How might your relationship look different if you were able to exhibit the love of 1 Corinthians 13 better?

This Challenge was crafted for you to focus on how you love your loved one. Often times when we want to improve relationships, we look to the other person and what they might be able to do to change. What was it like for you to spend a month internalizing God's Word and His definition of love?

Do you think your relationship with your loved one has changed this month? If so, why?

Do you think your relationship with God has changed this month? If so, why?

February

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			<p>v.1 If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or clanging cymbal. Challenge: Spend some time with your loved one doing something you both love to do together.</p>	<p>v. 2 If I have the gift of prophecy can can fathom all mysteries & all knowledge, & if I have a faith that can move mountains, but do not have love, I am nothing. Challenge: Come up with something to do in the future with your loved one.</p>	<p>v. 3 If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Challenge: Go out to eat with your loved one tonight.</p>	<p>v. 4 Love is Patient, Challenge: Make a list of 10 things you are thankful for about your loved one and give it to them.</p>
5	6	7	8	9	10	11
<p>v. 4 Love is Kind. Challenge: Do something in nature today with your loved one, hopefully weather permits!</p>	<p>v. 4 It does not envy, Challenge: Pray for your loved one today, try to stay in prayer for 5 mins+ celebrating and praying over your loved one.</p>	<p>v. 4 It does not boast, Challenge: Think of the people who surround your loved one and pray for them, these people are important to your loved one.</p>	<p>v. 4 It is not proud. Challenge: Make a list of 10 things you wouldn't have in your life if your loved one wasn't in it. Give it to them.</p>	<p>v. 5 It does not dishonor others, Challenge: Spend some time reflecting on when you met your loved one, or your earliest memories of them.</p>	<p>v. 5 It is not self-seeking, Challenge: Watch a movie with your loved one tonight.</p>	<p>v. 5 It is not easily angered, Challenge: Make your loved one's favorite meal.</p>
12	13	14	15	16	17	18
<p>v. 5 It keeps no record of wrongs. Challenge: Go to church with your loved one today.</p>	<p>v. 6 Love does not delight in evil Challenge: Make a list of 10 things you love about your loved one, give it to them.</p>	<p>v. 6 But rejoices with the truth. Challenge: Both you and your loved one fill out the questionnaire and discuss your responses at dinner tonight.</p>	<p>v. 7 It always protects, Challenge: Write a letter to your loved one and put it away for 6 months, a way to spread out the Challenge in the future.</p>	<p>v. 7 Always trusts, Challenge: Read 1 Corinthians 13 with God and note how you could love your loved one better.</p>	<p>v. 7 Always hopes, Challenge: Do something creative with your loved one tonight.</p>	<p>v. 7 Always perseveres. Challenge: Play a game with your loved one anything from a board game to a game of basketball.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
<p>v. 8 Love never fails Challenge: Do a random act of kindness with your loved one today.</p>	<p>v. 8 But where there are prophecies, they will cease; Challenge: Write out a prayer to God for your loved one, share that prayer with them.</p>	<p>v. 8 Where there are tongues, they will be stilled; Challenge: (A) Think of areas in your relationship where brokenness may be, take note of them.</p>	<p>v. 8 Where there is knowledge, it will pass away. Challenge: (B) Turning to God with your list, seek guidance and healing.</p>	<p>v. 9-10 For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. Challenge: Surprise your loved one with a gift today.</p>	<p>v. 11 When I was a child, I talked like a child, I thought like a child, I reasoned like a child. Challenge: How has your loved one helped you grow into a better person, make note of them and share with them.</p>	<p>v. 11 When I became a man, I put the ways of childhood behind me. Challenge: Go get some ice cream, or a favorite dessert out.</p>
26	27	28	1	2	3	
<p>v. 12 For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. Challenge: Pick a piece of scripture for your loved one, not 1 Cor. 13, find a way to express that verse to your loved one, be creative!</p>	<p>v. 13 And now these three remain: faith, hope and love. Challenge: Write your loved one a letter of appreciation and love today, give it to them.</p>	<p>v. 13 But the greatest of these is love. Challenge: Write a list of actions you will take to foster the love in your relationship. Spend time with God going over the steps you will take, make this a prayerful act.</p>				