

Introduction

“Little children, let us not love in word or talk but in deed and in truth.”

1 John 3:18

The biggest threat to marriages in our modern world is daily neglect. When we stop trying, we start drifting apart.

We get caught up in the busyness of life.

We get selfish.

We get thoughtless.

We get prideful and entitled and start to focus on the ways our husband isn't doing this or that...or maybe he *is* doing this or that annoying thing.

Slowly, one day at a time, we can reach a crisis point in our marriage, just by {not} doing the small things.

If you are at that crisis point of your marriage, take heart. With God's help, nothing is hopeless. And you *can* improve yourself and improve your marriage.

This book is based on a simple concept. There is a saying attributed to Gandhi, “You must be the change you want to see in the world.”

The words are true, and I believe they apply to marriage as well. This book is written for wives. Not because I believe that all of the problems in your marriage are your fault. But the fact of the matter is that focusing on your husband's faults breeds discontentment, and it isn't productive. You cannot nag, pout, argue, or complain enough to change your husband. What you *can* do, though, is change yourself.

Not so long ago, I found myself in one of those bad places. I was focusing on my husband's faults and my needs, when it should have been the opposite. Through this challenge, an amazing thing happened. I started waking up asking myself, “What can I do to bless my husband today?”

It's a painfully simple concept but one that radically changed my life and marriage.

Notice I said it *radically changed my life*. Even though this was a marriage challenge, the change went beyond my marriage. My walk with God was strengthened as I sought to honor Him through my marriage and my actions toward my husband.

The even more amazing thing is that the change that took place in me changed my husband. When I started submitting to him, serving him, and intentionally loving him, he responded to

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me in completely different ways. As the testimonies started coming in from other women who were joining me in the challenge, I found I wasn't alone in this. Wives were changed, husbands were changed, and marriages were strengthened.

It is my prayer that you will experience that change in your life as you commit to honoring God in your marriage. I have prayed for you, dear reader, in every step of the writing process.

Because I realize we are all busy, I did not want this book to be one more burdensome thing for you. I have intentionally kept the daily readings brief. This challenge is not about the readings; it's about the action.

The idea is simply that you do something intentional to love your husband every single day for the next 31 days.

And then? Don't stop. Keep it going. Keep looking for little ways to bless your husband every single day.

And you know what? I'm guessing you'll be blessed, as well. Probably in ways you won't even expect, because that tends to happen when we selflessly love others.

