

THE LOVE DARE

40 Days Love Journey

Day 1: Love is patient

Be completely humble and gentle; be patient, bearing with one another in love.

—Ephesians 4:2 NIV

TODAY'S DARE

The first part of this dare is fairly simple. Although love is communicated in a number of ways, our words often reflect the condition of our heart. For the next day, resolve to demonstrate patience and to say nothing negative to your spouse at all. If the temptation arises, choose not to say anything. It's better to hold your tongue than to say something you'll regret.

Day 2: Love is kind

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

—Ephesians 4:32

TODAY'S DARE

In addition to saying nothing negative to your spouse again today, do at least one unexpected gesture as an act of kindness.

Day 3: Love is not selfish

Be devoted to one another in brotherly love; give preference to one another in honor.

—Romans 12:10

TODAY'S DARE

Whatever you put your time, energy, and money into will become more important to you. It's hard to care for something you are not investing in. Along with restraining from negative comments, buy your spouse something that says, "I was thinking of you today."

Day 4: Love is thoughtful

How precious also are Your thoughts to me. . . . How vast is the sum of them! If I should count them, they would outnumber the sand.

—Psalm 139:17–18

TODAY'S DARE

Contact your spouse sometime during the business of the day. Have no agenda other than asking how he or she is doing and if there is anything you could do for them.

Day 5: Love is not rude

He who blesses his friend with a loud voice early in the morning, it will be reckoned a curse to him.

—Proverbs 27:14

TODAY'S DARE

Ask your spouse to tell you three things that cause him or her to be uncomfortable or irritated with you. You must do so without attacking them or justifying your behavior. This is from their perspective only.

Day 6: Love is not irritable

He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.

—Proverbs 16:32

TODAY'S DARE

Choose today to react to tough circumstances in your marriage in loving ways instead of with irritation. Begin by making a list below of areas where you need to add margin to your schedule. Then list any wrong motivations that you need to release from your life.

Day 7: Love believes the best

[Love] believes all things, hopes all things.

—1 Corinthians 13:7

TODAY'S DARE

For today's dare, get two sheets of paper. On the first one, spend a few minutes writing out positive things about your spouse. Then do the same with negative things on the second sheet. Place both sheets in a secret place for another day. There is a different purpose and plan for each. At some point during the remainder of the day, pick a positive attribute from the first list and thank your spouse for having this characteristic.

Day 8: Love is not jealous

Love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire.

—Song of Solomon 8:6 NIV

TODAY'S DARE

Determine to become your spouse's biggest fan and to reject any thoughts of jealousy. To help you set your heart on your spouse and focus on their achievements, take yesterday's list of negative attributes and discreetly burn it. Then share with your spouse how glad you are about a success he or she recently enjoyed.

Day 9: Love makes good impressions

Greet one another with a kiss of love.

—1 Peter 5:14

TODAY'S DARE

Think of a specific way you'd like to greet your spouse today. Do it with a smile and with enthusiasm. Then determine to change your greeting to reflect your love for them.

Day 10: Love is unconditional

God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

—Romans 5:8

TODAY'S DARE

Do something out of the ordinary today for your spouse—something that proves (to you and to them) that your love is based on your choice and nothing else. Wash her car. Clean the kitchen. Buy his favorite dessert. Fold the laundry. Demonstrate love to them for the sheer joy of being their partner in marriage.

Day 11: Love cherishes

Husbands ought also to love their own wives as their own bodies.

—Ephesians 5:28

TODAY'S DARE

Love Dare Study Guide

Christian Drosten



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