

21 days of Transformation: Jesus and Our Relationships

Married Couples: Connect with one other couple to share your victories with and to keep each other focused. Feel free to switch the projects and make this work for you. We suggest sitting down with your spouse and planning out your projects together.

Friends: Find a friend (or a group of friends) to share this activity with. We suggest connecting with another set of friends or a couple to share your victories with and keep each other focused. Choose which one of you will go first for the projects where just one of you has an activity (Project 2, Project 4, etc....) and alternate who takes the lead for the individual projects.

Project 1—Time Spent

Couples: Give each other 30 minutes of time to do something the other person wants to do. Maybe it's time together or time alone but make it happen for each other.

Friends: What is a way you can serve your friend today? Ask them some way you can meet a small need in your friend's day.

Project 2—Encouragement

Couples: Husbands, purchase a card and write a single sentence and place it somewhere your wife will find it.

Friends: Friend #1: Encourage your friend today. Pray and keep the person on your mind and when God gives you something send that person a text with a brief encouragement about their day.

Project 3— Getting to Know Each Other Better

Couples: Answer the attached survey so the next time you are shopping you have a cheat sheet.

Friends: Answer a few questions on the attached survey that might surprise your friend.

Project 4—Sweet treat

Wives: Make, bake or buy your man's favorite treat. If you don't know what that is, ask.

Friends: Friend #2: Make, bake or buy your friend's favorite treat. If you don't know what that is, ask.

Project 5—Trust

Couples: Cook a meal together. If you want, have a friend or another couple over to enjoy your creation.

Friends: What is a way you can serve someone else? Discuss a plan to make someone else's day brighter?

Project 6—Getting Active

Couples: Turn off the TV and take some time to connect through exercise.

Friends: Meet up before or after your day for a brisk walk, jog or head to the gym together.

Project 7—Present your requests to God

Couples: Ask your spouse how you can pray for them then continually pray throughout the day for your spouse for that request.

Friends: Ask your friend how you can pray for them today and continually go to God for them.

All Projects are adapted from Happy Habits for Every Couple: 21 Days to a Better Relationship by Kathi Lip

Survey for Friends

- 1) Are you a morning or night person?
- 2) Which do you prefer, sweet or salty foods?
- 6) What was your favorite childhood television program?
- 7) Are you a collector of anything?
- 8) If you could be any animal, what would you be?
- 9) If you could have any superpower, what would it be?
- 10) What is usually your first thought when you wake up?
- 11) What do you usually think about right before falling asleep?
- 12) What's your favorite color?
- 13) What's your favorite animal?
- 17) You're given 1 million dollars, what do you spend it on?
- 18) Have any bad habits?
- 19) Which bad habits, if any, drive you crazy?
- 20) List 3 of your best personality traits:
- 21) List 3 of your worst personality traits:
- 22) Have any celebrity crushes?
- 23) List 1 thing you wish you could change about yourself:
- 24) Any tattoos or piercings?
- 30) If you could live anywhere in the world, where would you live?
- 31) If you could visit anywhere in the world, where would you go?
- 32) List 5 goals on your life's to-do list:
- 33) Name 1 regret you have:
- 34) Name 1 thing you miss about being a kid:
- 35) Name 1 thing you love about being an adult:
- 36) What's your favorite song of the moment?
- 37) What's your favorite song of all time?
- 38) What's your favorite thing to do on a Saturday night?
- 39) What's your favorite thing to do on a Sunday afternoon?

Survey for Couples

Date of Birth:

Anniversary Date:

Other Dates he or she needs to know (and why):

Favorite Foods:

Favorite Restaurants:

Favorite Dinner:

Favorite Flowers:

Favorite perfume/cologne:

Favorite Music Artist:

Favorite Authors or Magazines:

Favorite Clothing Store:

Your Clothing and Shoe Size:

Favorite Coffee Order:

Suggestions of a Treat He or She Could Buy: