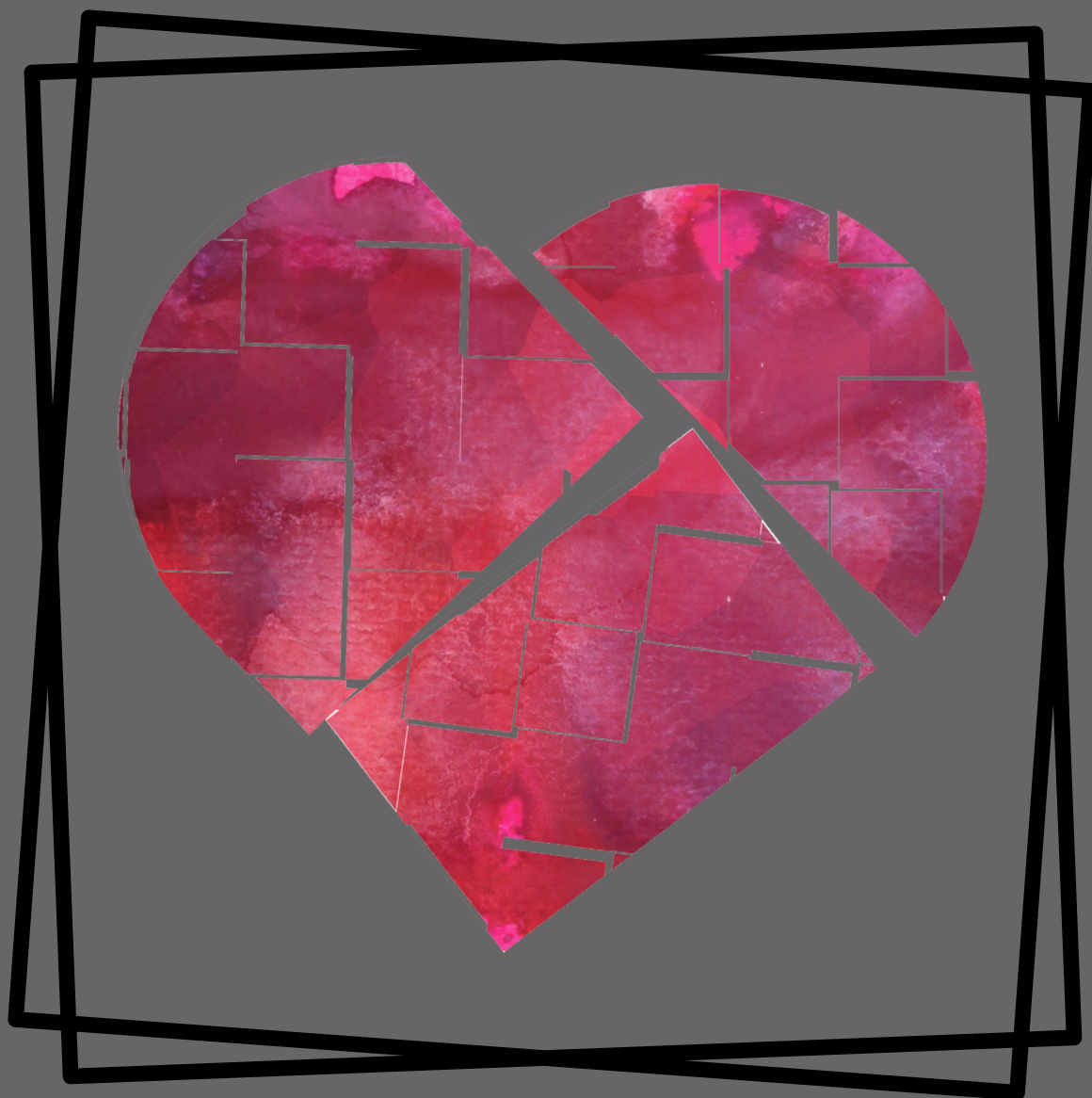


# HEART OF A HUSBAND 30-DAY DEVOTIONAL



DAILY REFLECTIONS TO  
LEAD WITH LOVE LIKE  
JESUS

[www.heartofahusband.com](http://www.heartofahusband.com)

Welcome to the Heart of a Husband: 30-Day Interactive Devotional Workbook. Whether your marriage is thriving or in need of healing, I'm glad you're here. You're not alone—and you're not beyond hope.

This devotional was created with one purpose: to help you become the husband you were designed to be—anchored in Christ, led by the Spirit, and grounded in love. We don't need more husbands who dominate or disengage. We need men who love like Jesus. Men who lead with humility, pursue their wives with intention, and build homes filled with peace, prayer, and purpose.

Each day in this workbook includes:

- A short devotional rooted in Scripture
- Honest reflection questions
- A practical love challenge
- A simple prayer to align your heart with God

You won't be perfect. You don't have to be. But you are called. And every day is a new opportunity to love better, serve deeper, and grow stronger. Start where you are. Be honest with yourself and with God. Invite the Holy Spirit to speak, convict, and shape you.

If you're willing to show up, surrender, and try—you're already on the right path. Let's build the kind of love that lasts.

Praying for you and your marriage,



Paul Harris  
Founder, Heart of a Husband



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# Heart Of A Husband: 30-Day Devotional Workbook

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Ephesians 5:25 (ESV)

Husbands, love your wives, as Christ loved the church and gave himself up for her.

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Day One

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Lead With Love

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## *Devotion*

Jesus didn't love the church from a distance—He got close. He served, sacrificed, forgave, and laid down His life. That's the kind of love we're called to. Not just emotional love, but action love. As husbands, we are the first to lay down pride. The first to apologize. The first to speak life. Not because she's perfect, but because Jesus is. This journey isn't about being the loudest voice in the house—it's about being the most surrendered one.

## *Ask Yourself*

What's one area where I've been waiting for her to go first?

What might it look like to love her like Christ today?

## *Love Challenge*

Tell your wife one reason why you're thankful for her today—and be specific.

## *Prayer*

Jesus, thank You for showing me what real love looks like. Teach me how to lead with humility and love that gives, not takes. Help me to lay down my pride and love her like You love me. In Your name we pray, Amen.



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Mark 10:45 (ESV)

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Day Two

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For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.

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Serve With Joy

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## *Devotion*

Real leadership doesn't demand attention—it delivers love. Jesus showed us that greatness comes from serving. What if we saw that sink of dishes as an altar? Or that diaper change as worship? Every act of service is a small, holy echo of Jesus. Serving doesn't make us weak—it makes us like Christ.

## *Ask Yourself*

Do I view acts of service as burdens or opportunities?

How can I bring joy into something ordinary this week?

## *Love Challenge*

Do something unasked and unexpected today—just to serve her.

## *Prayer*

Father, change how I see service. Let me love not just with words, but with hands willing to help and a heart eager to serve. Make me more like Your Son. In Jesus' name, Amen.

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James 1:19 (ESV)

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Day Three

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Let every person be quick to hear, slow to speak, slow to anger.

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Listen Before You Speak

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## *Devotion*

Most of us are trained to fix, not feel. But your wife doesn't always need a fixer—she needs a husband who listens with his heart. Listening says, "I value you." It's not waiting for your turn to talk—it's stepping into her world. Don't just hear her words. Hear her heart.

## *Ask Yourself*

When was the last time I asked, 'Tell me more'?

How often do I interrupt, assume, or defend before I listen?

## *Love Challenge*

Ask your wife: "Do you need me to helped, hugged, or heard today?"

## *Prayer*

Lord, slow me down. Help me listen the way You do—with patience, love, and understanding. Let my ears be tools of connection, not defense. In Jesus' name, Amen.

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Matthew 5:23–24 (ESV)

First be reconciled to your brother, and then come and offer your gift.

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Day Four

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Apologize First

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## *Devotion*

Apologies aren't admissions of defeat—they're declarations of love. Jesus said don't even come to worship until you've made things right. Sometimes the holiest thing you can do isn't pray louder—it's say, "I was wrong." You don't have to win every argument. Win her heart instead.

## *Ask Yourself*

What do I need to own in our last disagreement?

Is pride keeping me from making peace?

## *Love Challenge*

If something is unresolved—today's the day. Apologize first.

## *Prayer*

Father, soften my heart. Help me value unity over ego. Give me courage to go first, humility to say I'm sorry, and the grace to try again. In Jesus' name, Amen.

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Scripture: 1 Peter 3:7 (ESV)

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Day Five

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Live with your wives in an understanding way... showing honor to the woman as the weaker vessel... so that your prayers may not be hindered.

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Prioritize Her Heart

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## *Devotion*

The Word makes it clear—how we treat our wives affects our relationship with God. Her heart isn't your project; it's your priority. Understanding her doesn't mean you agree on everything. It means you stay curious, keep learning, and never stop pursuing. The goal isn't to fix her—it's to honor her.

## *Ask Yourself*

Do I know what's weighing on her heart right now?

How can I show her that her heart matters to me?

## *Love Challenge*

Ask your wife: "What's something I can do this week to help you feel seen or supported?"

## *Prayer*

Father, help me see her the way You do. Give me wisdom to lead with compassion, and the humility to keep learning how to love her well. In Jesus' name, Amen.



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Proverbs 15:1 (ESV)

A soft answer turns away wrath, but a harsh word stirs up anger.

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Day Six

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Gentleness Wins

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## *Devotion*

It's easy to raise your voice. It takes strength to lower it. Gentleness is not weakness—it's power under control. It's the way Jesus spoke to the woman caught in adultery. The way He spoke to Peter after his failure. Gentleness disarms what anger escalates.

## *Ask Yourself*

How do I respond when things get tense?

Would my wife describe me as gentle?

## *Love Challenge*

Today, respond to frustration with a soft voice and kind tone—even if she doesn't.

## *Prayer*

Father, help me be gentle. Remind me that my tone can either bless or bruise. Let my words be filled with grace and truth. In Jesus' name, Amen.



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1 Thessalonians 5:17 (ESV)

Pray without ceasing.

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Day Seven

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Be the First to  
Pray

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## *Devotion*

A praying husband is a powerful husband. When you pray for your wife, you stop fighting with her and start fighting for her. You don't have to be eloquent—just honest. Your prayers don't need polish; they need passion. Let prayer be your first move, not your last resort.

## *Ask Yourself*

Do I regularly pray with and for my wife?

What keeps me from praying out loud with her?

## *Love Challenge*

Take 60 seconds today and pray with your wife—even if it feels awkward.

## *Prayer*

Father, teach me to lead in prayer. Help me make spiritual things normal in our home. Fill our marriage with Your presence, and make me bold in lifting her to You. In Jesus' name, Amen.

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Proverbs 31:28 (ESV)

Her children rise up and call her blessed; her husband also, and he praises her.

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Day Eight

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Honor in Private  
and Public

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## *Devotion*

Your words shape your wife's world. What you say about her when she's not in the room either builds trust—or breaks it. Public praise isn't flattery—it's honor. And private honor is even more powerful. Let your kids hear you speak well of her. Let your friends know how much you value her. Let your home echo with respect, not sarcasm. You are the guardian of her reputation—and your words are the bricks or the wrecking ball.

## *Ask Yourself*

When's the last time I praised her out loud, in front of others?

What tone do I set in my home with my words about her?

## *Love Challenge*

Say something affirming about your wife in front of someone else today—especially if she's there to hear it.

## *Prayer*

Father, remind me that my words carry weight. Help me to speak life over my wife—in front of her, behind her back, and in my own heart. Let honor be the soundtrack of our home. In Jesus' name, Amen.



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Luke 16:10 (ESV)

One who is faithful in a very little is also faithful in much...

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Day Nine

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Faithfulness is  
More Than  
Fidelity

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*Devotion:* Faithfulness isn't just not cheating. It's showing up daily with integrity. It's keeping your word, following through, being where you said you'd be. Your wife shouldn't have to wonder if she can rely on you. God calls us to be faithful in the small things—schedules, conversations, chores, moods—because those are the bricks that build trust. A faithful man isn't perfect. But he's predictable in the best way: rooted, reliable, and real.

## *Ask Yourself*

In what ways am I consistently reliable?

Are there any "small" areas where I've been inconsistent or flaky?

## *Love Challenge*

Pick one area where you've dropped the ball lately—and own it. Then take a small, faithful step to fix it.

## *Prayer*

Father, help me be faithful in the little things. I don't want to just avoid failure—I want to live a life worthy of trust. Teach me to be consistent in character. Amen.



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Philippians 4:7 (ESV)

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

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Day Ten

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Protect Her  
Peace

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## *Devotion*

You're called to be a protector—not just of her physical safety, but her peace. When you create chaos through criticism, passivity, or stress, her heart feels it.

But when you pursue peace—through prayer, gentleness, structure, and emotional safety—you're creating a home where she can breathe. Be the calming voice, not the ticking clock. The one who leads through storms by first resting in Jesus.

## *Ask Yourself*

Do I bring peace or pressure into the room when I walk in?

What's one way I can help ease her stress this week?

## *Love Challenge*

Ask your wife: "Is there anything weighing on you right now that I can help carry or pray for?"

## *Prayer*

Father, help me be a safe place for my wife. Let peace guard my heart so I can protect hers. May our home be a refuge filled with Your calm and not my chaos. In Jesus' name, Amen.



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Colossians 3:13 (ESV)

...as the Lord has forgiven you, so you also must forgive.

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Day Eleven

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Be Quick to  
Forgive

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## *Devotion*

Marriage is two imperfect people learning to love like a perfect Savior. And that means forgiveness isn't optional—it's essential.

Holding onto bitterness creates distance. But forgiveness creates space for healing.

Jesus forgives you fully and freely. Let that same grace shape how you respond to her faults, failures, or even her bad days.

You don't have to feel it first. You just have to choose it.

## *Ask Yourself*

Is there anything I'm still holding over her head?

Have I truly released her in my heart for past offenses?

## *Love Challenge*

If you've been keeping score—erase the board. Speak forgiveness aloud today, even if it's just in prayer.

## *Prayer*

Father, thank You for the forgiveness You give me every day. Help me give it away just as freely. Heal anything in my heart that's bitter, and make me quick to forgive. In Jesus' name, Amen.



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Proverbs 4:25 (ESV)

Let your eyes look directly forward, and your gaze be straight before you

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Day Twelve

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Give Her Your Full Attention

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## *Devotion*

It's easy to be physically present but emotionally absent.

Phones, TV, work emails, and even good intentions can rob our wives of the one thing they crave most: our attention.

When Jesus looked at people, they felt seen. When you truly see your wife—when your eyes, your mind, and your heart are locked in—she'll feel valued.

Eye contact is one of the most powerful forms of love.

## *Ask Yourself*

Do I offer undivided attention or distracted availability?

What distractions most often steal my focus at home?

## *Love Challenge*

Spend 15 minutes with your wife today—no phone, no TV, no agenda. Just her. Just you.

## *Prayer*

Father, help me slow down. Teach me to see my wife the way You do—not as another task, but as a treasure. Let my attention reflect my love. In Jesus' name, Amen.



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Proverbs 18:21 (ESV)

Death and life are in the power of the tongue, and those who love it will eat its fruits.

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Day Thirteen

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Speak Her Language

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## *Devotion*

Your words are either fertilizer or poison to your wife's soul. Learn how she receives love. Is it words? Acts of service? Affection? Gifts? Time? Don't just love her in your language—learn hers. One of the most loving things you can do is study her heart and speak her language, fluently and often. Your tongue can be a wellspring of life—or a slow leak of disconnection. Choose life.

## *Ask Yourself*

Do I know what makes my wife feel most loved?

What are some things she's said lately that hint at her love language?

## *Love Challenge*

Ask your wife, "What's one thing I do that makes you feel loved?" Then—go do it.

## *Prayer*

Father, Jesus, spoke words that healed, encouraged, and empowered. Teach me to use my voice to build up—not just generally, but specifically for her heart. In Jesus' name, Amen.



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Galatians 6:2 (ESV)

Bear one another's burdens, and so fulfill the law of Christ.

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Day Fourteen

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Let Her Be  
Human

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## *Devotion*

Your wife isn't Wonder Woman. She's human—tired sometimes, overwhelmed at others, and maybe carrying more than you know. The world asks her to be everything to everyone. God asks you to help her carry the load.

Bearing her burdens doesn't always mean fixing them. Sometimes it means noticing, asking, and just being there. Grace makes space for humanity.

## *Ask Yourself*

Have I been expecting perfection instead of grace?

What burden might she be carrying that I haven't asked about?

## *Love Challenge*

Ask your wife: "What's been heavy lately?" Then listen without fixing—just be present.

## *Prayer*

Father, You carry our burdens daily. Help me reflect that kind of love to my wife. Give me eyes to see, ears to hear, and a heart that makes room for her humanity. In Jesus' name, Amen.



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2 Peter 3:18 (ESV)

But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

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Day Fifteen

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Grow Together,  
Not Apart

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## *Devotion*

You won't be the same man five years from now. The question is: will you be closer or further from your wife and the Lord? Growth is either intentional or accidental. And in marriage, it has to be shared. Don't just grow spiritually—grow relationally. Talk about what you're learning. Invite her into the process. Learn each other again and again.

## *Ask Yourself*

Are we growing spiritually and relationally at the same pace?

When's the last time I asked her what God is teaching her?

## *Love Challenge*

Ask her: "What's one thing you've been learning or thinking about spiritually?" Share yours too.

## *Prayer*

Father, don't let us grow apart while we're under the same roof. Knit our hearts together in faith and purpose. Teach us how to grow—side by side. In Jesus' name, Amen.

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Proverbs 17:22 (ESV)

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Day Sixteen

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A joyful heart is good medicine, but a crushed spirit dries up the bones.

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Laugh More  
Together

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*Devotion:* Marriage needs joy like lungs need air. If you're not careful, everything becomes serious: the bills, the schedule, the kids, the stress. But joy? That's sacred too. Laughter reminds your wife that this home is a safe place—a refuge, not a courtroom. And that you're more than her partner... you're her friend. So lighten up. Be silly. Flirt again. Smile on purpose. You don't have to fake joy—you just have to make room for it.

## *Ask Yourself*

Do we laugh together regularly?

What's one small way I can bring joy into our home this week?

## *Love Challenge*

Do something intentionally fun or funny with your wife today—no agenda. Just joy.

## *Prayer*

Father, fill our home with Your joy. Restore laughter where things have felt heavy. Let our marriage reflect the full life You've promised. In Jesus' name, Amen.

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1 Corinthians 10:31 (ESV)

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Day Seventeen

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So, whether you eat or drink, or whatever you do, do all to the glory of God.

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Invite God Into the Ordinary

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*Devotion:* Not every moment in marriage feels spiritual. Sometimes you're just folding laundry or paying bills. But the glory of God isn't reserved for worship services—it lives in the ordinary. When you include Him in your daily life—conversations, meals, even arguments—you invite His presence into everything. God doesn't want weekend visits. He wants dinner table intimacy. You're not just building a house—you're building a sanctuary.

## *Ask Yourself*

Where have I unintentionally left God out of my marriage?

What's one mundane moment I can invite Him into today?

## *Love Challenge*

Pray a short, simple prayer aloud today over something ordinary—a meal, a bill, or a moment of quiet.

## *Prayer*

Father, be Lord of the small moments. Remind me that everything I do—especially in my home—is an act of worship. Make our home holy, even in the ordinary. In Jesus' name, Amen.



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Song of Solomon 2:10 (ESV)

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Day Eighteen

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My beloved speaks and says to me: 'Arise, my love, my beautiful one, and come away.'

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The Power of Pursuit

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## *Devotion*

Pursuit isn't just for the dating years. It's for every season. Your wife still wants to feel chosen. Desired. Seen. You don't have to be a poet or a planner. You just have to be intentional. A note. A walk. A planned evening. A spontaneous hug. Pursuit tells her, "I still choose you." And that message never gets old.

## *Ask Yourself*

When was the last time I intentionally pursued her heart?

What might "pursuit" look like in this season of life?

## *Love Challenge*

Plan a simple date—even if it's at home. Set it up, don't just suggest it.

## *Prayer*

Father, help me never get lazy with love. Rekindle the pursuit in my heart, and give me eyes to see her as the gift she is. In Jesus' name, Amen.



# Heart Of A Husband: 30-Day Devotional Workbook

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Romans 12:18 (ESV)

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Day Nineteen

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If possible, so far as it depends on you, live peaceably with all.

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Let Conflict  
Refine, Not Divide

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## *Devotion:*

Conflict is inevitable. But division is optional.

God doesn't expect perfection—He expects humility.

When conflict happens, don't aim to win—aim to understand. Don't retreat or explode—respond with maturity.

Let arguments become opportunities. Let disagreements drive you toward grace.

Peace in marriage isn't the absence of conflict—it's learning how to walk through it together.

## *Ask Yourself*

How do I usually respond to conflict—with humility or pride?

What's one thing I could do differently in our next disagreement?

## *Love Challenge*

If tension exists—go first. Bring peace, not just resolution.

## *Prayer*

Father, teach me how to disagree without disconnecting. Help me stay grounded in love, even in hard conversations. Let our marriage grow stronger through every storm. In Jesus' name, Amen.



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Philippians 2:4 (ESV)

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Day Twenty

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Let each of you look not only to his own interests, but also to the interests of others.

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Stay Curious

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*Devotion:* It's easy to assume you "know her by now." But curiosity is the lifeblood of connection.  
Ask questions. Explore her thoughts. Re-learn her dreams.  
Marriage isn't a finish line—it's a lifetime of discovery.  
You change. She changes. The key is to stay curious about one another in every season.

## *Ask Yourself*

When's the last time I asked her a meaningful question?

What might she be thinking or dreaming about right now that I haven't noticed?

## *Love Challenge*

Ask your wife a deep or creative question tonight—and listen with full attention.

## *Prayer*

Father, help me never stop pursuing my wife's heart. Teach me to be a student of her soul—present, curious, and engaged. In Jesus' name, Amen.



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Ephesians 4:15 (ESV)

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Day Twenty-One

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Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ.

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Speak the Truth  
in Love

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## *Devotion*

Love without truth is soft. Truth without love is harsh. But when both show up together? Growth happens. Your wife needs your honesty—but she also needs your tenderness. Speak truth not to correct her, but to cover her. Let your love lead your lips. Truth becomes transformational when it's delivered with compassion, not control.

## *Ask Yourself*

Am I holding back truth out of fear or giving it without love?

How can I offer truth in a way that builds her up?

## *Love Challenge*

Speak one truth today that encourages her soul—not critiques her behavior.

## *Prayer*

Father, help me reflect Your heart when I speak. Let my words carry grace, not just information. Teach me to speak truth with gentleness and love. In Jesus' name, Amen.

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1 Timothy 4:12 (ESV)

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Day Twenty-Two

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Set the believers an example in speech, in conduct, in love, in faith, in purity.

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Lead by Example

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## *Devotion*

Your actions preach louder than any words.

You are always discipling—whether intentionally or not.

Lead your home not by pressure, but by presence. Let your love for Jesus be seen, not just said. Let your character shape the culture of your marriage.

If your wife and kids followed your example, where would they end up?

## *Ask Yourself*

What example am I setting in the way I handle pressure or problems?

Where is God calling me to step up in visible leadership?

## *Love Challenge*

Take one action today that models Christ—whether she sees it or not.

## *Prayer*

Father, make me a man worth following. Shape my heart and habits to reflect You. Let my life lead with quiet strength and Spirit-filled love. In Jesus' name, Amen.



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Ecclesiastes 5:4 (ESV)

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Day Twenty-Three

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When you vow a vow to God, do not delay paying it, for he has no pleasure in fools. Pay what you vow.

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Remember the Vows

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## *Devotion*

Your wedding wasn't just a party—it was a promise. You didn't just make vows to your wife—you made them before God. And that covenant still speaks. Remembering your vows isn't about shame—it's about alignment. You promised to love, to cherish, to remain. That vow is your compass when emotions try to take the wheel.

## *Ask Yourself*

When was the last time I revisited what I promised her?

Am I still living like a man under covenant?

## *Love Challenge*

Re-read your wedding vows. Write a short updated version and share it with your wife.

## *Prayer*

Father, thank You for the sacredness of covenant. Help me live every day like I still mean the words I said at that altar. Strengthen my resolve to love like You do. In Jesus' name, Amen.



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# Heart Of A Husband: 30-Day Devotional Workbook

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Romans 14:19 (ESV)

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Day Twenty-Four

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So then let us pursue what makes for peace and for mutual upbuilding.

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Remember the Vows

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*Devotion:* You are the thermostat in your home—not the thermometer. Your tone, mood, and words set the atmosphere. When you're stressed, short, or sarcastic—it spreads. But when you're present, patient, and prayerful—you create peace. You can't always control what happens in your day, but you can control the spirit you carry into your home.

## *Ask Yourself*

What atmosphere do I naturally bring into our home?

How can I be more intentional about what I'm "carrying" today?

## *Love Challenge*

Before walking in the door today, pause and pray: "Lord, let me carry peace into this home."

## *Prayer*

Father, help me create peace in our home. Let my presence reflect Yours. Use me to lift burdens, not add to them. Make me a source of warmth, not tension. In Jesus' name, Amen.

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# Heart Of A Husband: 30-Day Devotional Workbook

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Proverbs 9:9 (ESV)

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Day Twenty-Five

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Give instruction to a wise man, and he will be still wiser;  
teach a righteous man, and he will increase in learning.

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Stay Teachable

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## *Devotion:*

You don't grow as a husband by defending yourself—but by humbling yourself.

Being teachable doesn't mean you're failing—it means you're following Jesus.

When your wife gives feedback, don't dismiss it. Consider it.

The strongest men are the most teachable. They don't cling to being right—they cling to becoming more like Christ.

## *Ask Yourself*

How do I usually respond to correction?

When has her feedback helped me grow?

## *Love Challenge*

Ask your wife: "Is there anything you wish I'd see or grow in—but maybe haven't been open to hearing?"

## *Prayer*

Father, make my heart soft and teachable. Help me receive correction like a man under grace, not shame. Use every word to shape me into who You've called me to be. In Jesus' name, Amen.

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Psalms 46:1 (ESV)

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Day Twenty-Six

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God is our refuge and strength, a very present help in trouble.

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Be Her Safe Place

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## *Devotion*

God is our ultimate refuge—but you're called to be a reflection of that. A refuge is a safe place, not a stressful one. Your wife needs to know she can come to you—mess and all—and still be loved. Be the place where her heart can land without fear. No shame. No lecture. No judgment. Just love and presence.

## *Ask Yourself*

Does she feel emotionally safe with me?

How do I respond when she's overwhelmed or struggling?

## *Love Challenge*

Let her vent without fixing today. Simply be her steady presence.

## *Prayer*

Father, make me a safe space for my wife. Quiet my need to fix and fill me with the strength to simply stay. Let my love reflect Your refuge. In Jesus' name, Amen.

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Lamentations 3:22–23 (ESV)

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Day Twenty-Seven

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The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning...

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Show Up With Consistency

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## *Devotion*

Love isn't just grand gestures—it's showing up, again and again. Consistency builds confidence.

You don't have to surprise her every week—but you do need to show up the same way when it matters.

Be faithful, predictable in love, and full of grace—like God's love for you.

## *Ask Yourself*

Am I steady in my emotions, habits, and love?

What do I do daily or weekly that reassures her I'm with her?

## *Love Challenge*

Pick one small daily habit of love—and commit to doing it all week.

## *Prayer*

Father, thank You for Your steadfast love. Help me reflect that same kind of daily, faithful presence in our marriage. In Jesus' name, Amen.



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# Heart Of A Husband: 30-Day Devotional Workbook

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John 15:13 (ESV)

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Day Twenty-Eight

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Greater love has no one than this, that someone lay down his life for his friends.

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Let Love Cost You Something

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## *Devotion:*

Love that never costs you anything isn't love—it's convenience. True love lays something down: pride, comfort, time, preference. Jesus laid down His life.

Sometimes the most powerful love is choosing her needs over your comfort. That kind of sacrifice transforms marriages.

## *Ask Yourself*

When was the last time loving her required real sacrifice?

What's one thing I've been clinging to that I could lay down?

## *Love Challenge*

Sacrifice something today—your screen, your schedule, or your comfort—for her benefit.

## *Prayer*

Father, teach me to love sacrificially. Help me lay down anything that gets in the way of fully loving her. Let my life be an offering, like Yours. In Jesus' name, Amen.



# Heart Of A Husband: 30-Day Devotional Workbook

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Romans 12:15 (ESV)

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Day Twenty-Nine

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Rejoice with those who rejoice, weep with those who weep.

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Be Present in Pain

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*Devotion:* Sometimes your wife doesn't need you to lead—she just needs you to weep with her.  
Pain doesn't need fixing—it needs presence.  
You don't have to understand everything she's feeling to stand beside her in it.  
Empathy opens the door for connection. Let your presence be the ministry.

## *Ask Yourself*

How do I usually respond when she's hurting?

Do I offer presence—or pressure to feel better?

## *Love Challenge*

If she's hurting—listen, hold her, and pray. No solutions. Just presence.

## *Prayer*

Father, help me show up in her sorrow with love, not solutions. Let me reflect Your nearness in the valley. In Jesus' name, Amen.

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# Heart Of A Husband: 30-Day Devotional Workbook

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Psalms 127:1 (ESV)

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Day Thirty

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Unless the LORD builds the house, those who build it labor in vain.

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Build a Legacy of Love

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*Devotion:* This isn't just about a good marriage—it's about a lasting legacy. Your home is either being built by the Spirit... or by your own strength. Choose daily to build on Jesus: in prayer, in forgiveness, in grace. The kind of love you sow today becomes the foundation your kids will stand on tomorrow. Let the legacy be Jesus at the center—nothing less.

## *Ask Yourself*

What kind of legacy am I building?

Is my home built on my effort—or God's presence?

## *Love Challenge*

Pray out loud today: "Lord, build this house. Start with me."

## *Prayer*

Father, build this marriage, this home, this future. Let our legacy not be wealth or comfort, but love rooted in You In Jesus' name, Amen.



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Brother,

If you made it to Day 30—well done. That says a lot about your heart.

Maybe some days were easier than others. Maybe a few hit too close to home. Maybe you missed a few and had to come back. That's okay. This wasn't about perfection. It was about intention—about showing up each day with a desire to grow in how you love, lead, and serve.

You've taken a bold step to become the husband God's called you to be. A man who reflects Jesus in his home. A man who leads with love, listens with compassion, and fights for connection.

But don't stop here.

Your wife still needs you to pursue her. Your kids still need your consistency. Your walk with Jesus is still the foundation. So keep going.

If this devotional stirred something in you—if it challenged, helped, or encouraged you—I want to invite you to stay connected.

Visit [www.heartofahusband.com](http://www.heartofahusband.com)

There, you'll find:

- The Heart of a Husband Podcast
- Articles and blog posts to keep growing
- Info on upcoming retreats and events
- Resources to help you keep learning to love like Christ

This isn't just a workbook—it's a movement. A calling. And I believe you're part of it. You don't have to walk alone. Keep showing up. Keep surrendering. Keep becoming. Because when a husband's heart changes, everything changes.

Cheering you on,



Paul Harris  
Founder, Heart of a Husband



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