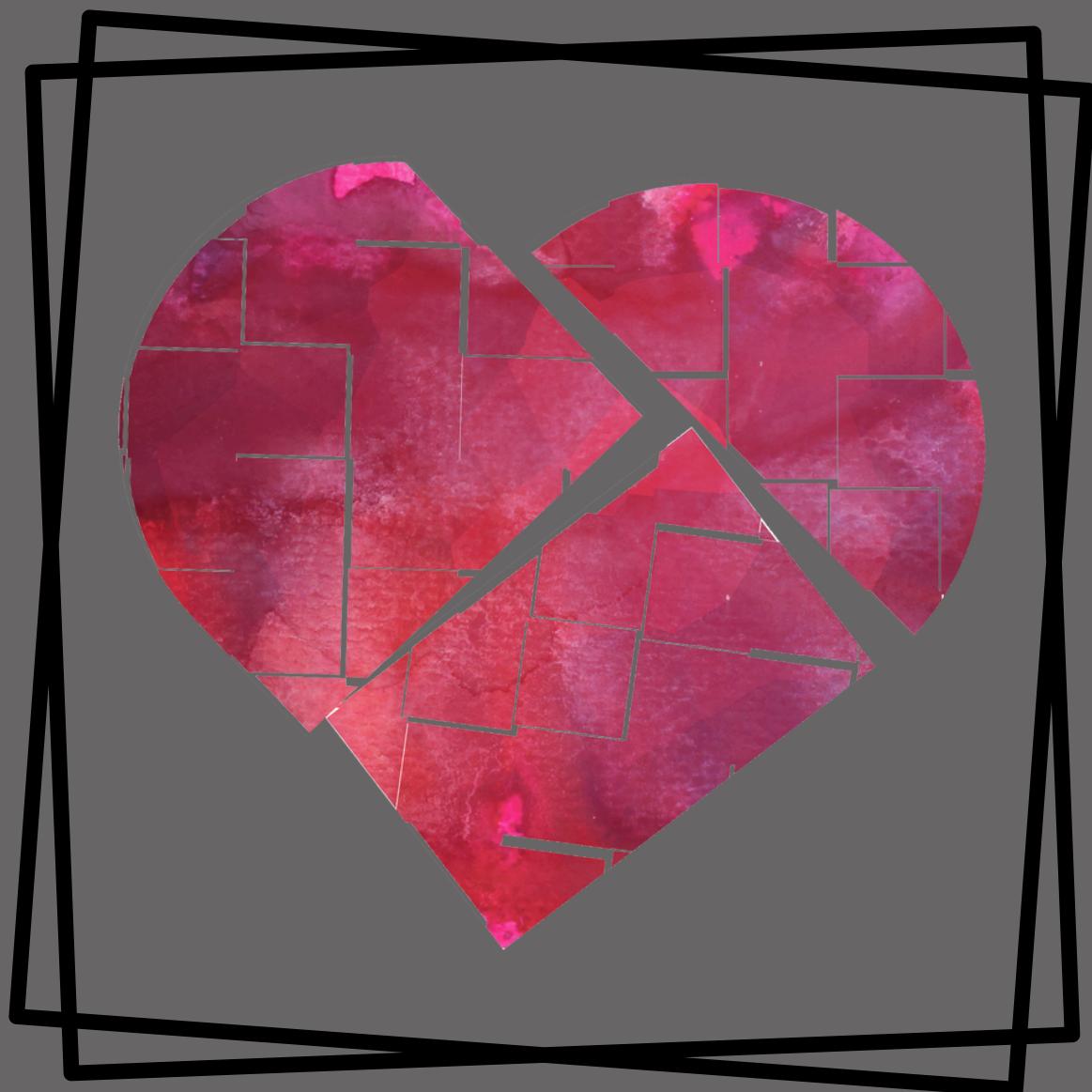


HEART OF A HUSBAND

30-DAY DEVOTIONAL



DAILY REFLECTIONS TO
LEAD WITH LOVE LIKE
JESUS

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

Ephesians 5:25 (ESV)

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

Day One

Lead With Love

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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Heart Of A Husband: 30-Day Devotional Workbook

Mark 10:45 (ESV)

Day Two

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

Serve With Joy

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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Heart Of A Husband: 30-Day Devotional Workbook

James 1:19 (ESV)

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

Day Three

Listen Before You Speak

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 help, hug, or hear 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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Heart Of A Husband: 30-Day Devotional Workbook

Matthew 5:23-24 (ESV)

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

Day Four

Apologize First

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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Heart Of A Husband: 30-Day Devotional Workbook

Scripture: 1 Peter 3:7 (ESV)

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.

Day Five

Prioritize Her
Heart

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.

Day Six

Gentleness Wins

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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Heart Of A Husband: 30-Day Devotional Workbook

1 Thessalonians 5:17 (ESV)

Pray without ceasing.

Day Seven

Be the First to
Pray

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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Heart Of A Husband: 30-Day Devotional Workbook

Proverbs 31:28 (ESV)

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

Day Eight

Honor in Private and Public

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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Heart Of A Husband: 30-Day Devotional Workbook

Luke 16:10 (ESV)

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

Day Nine

Faithfulness is
More Than
Fidelity

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.

Day Ten

Protect Her
Peace

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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Heart Of A Husband: 30-Day Devotional Workbook

Colossians 3:13 (ESV)

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

Day Eleven

Be Quick to Forgive

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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Heart Of A Husband: 30-Day Devotional Workbook

Proverbs 4:25 (ESV)

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

Day Twelve

Give Her Your Full Attention

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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Heart Of A Husband: 30-Day Devotional Workbook

Proverbs 18:21 (ESV)

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

Day Thirteen

Speak Her Language

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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Heart Of A Husband: 30-Day Devotional Workbook

Galatians 6:2 (ESV)

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

Day Fourteen

Let Her Be Human

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.

Day Fifteen

Grow Together,
Not Apart

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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Heart Of A Husband: 30-Day Devotional Workbook

Proverbs 17:22 (ESV)

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

Day Sixteen

Laugh More Together

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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Heart Of A Husband: 30-Day Devotional Workbook

1 Corinthians 10:31 (ESV)

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

Day Seventeen

Invite God Into the Ordinary

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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Heart Of A Husband: 30-Day Devotional Workbook

Song of Solomon 2:10 (ESV)

Day Eighteen

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

The Power of Pursuit

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.



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Heart Of A Husband: 30-Day Devotional Workbook

Romans 12:18 (ESV)

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

Day Nineteen

Let Conflict Refine, Not Divide

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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Heart Of A Husband: 30-Day Devotional Workbook

Philippians 2:4 (ESV)

Day Twenty

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

Stay Curious

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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Heart Of A Husband: 30-Day Devotional Workbook

Ephesians 4:15 (ESV)

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

Day Twenty-One

Speak the Truth in Love

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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Heart Of A Husband: 30-Day Devotional Workbook

1 Timothy 4:12 (ESV)

Day Twenty-Two

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

Lead by Example

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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Heart Of A Husband: 30-Day Devotional Workbook

Ecclesiastes 5:4 (ESV)

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

Day Twenty-Three

Remember the Vows

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

Romans 14:19 (ESV)

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

Day Twenty-Four

Remember the Vows

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

Proverbs 9:9 (ESV)

Day Twenty-Five

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

Stay Teachable

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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Heart Of A Husband: 30-Day Devotional Workbook

Psalm 46:1 (ESV)

Day Twenty-Six

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

Be Her Safe Place

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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Heart Of A Husband: 30-Day Devotional Workbook

Lamentations 3:22–23 (ESV)

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

Day Twenty-Seven

Show Up With Consistency

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

John 15:13 (ESV)

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

Day Twenty-Eight

Let Love Cost You Something

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.



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Heart Of A Husband: 30-Day Devotional Workbook

Romans 12:15 (ESV)

Day Twenty-Nine

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

Be Present in Pain

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

Psalm 127:1 (ESV)

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

DayThirty

Build a Legacy of Love

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

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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