
7 Days of Encouragement for Wives

A week of Scripture, reflection,
and one small thing to do each day

From Godsverse.org

Before You Start

This isn't a study guide. There's no homework. No grade.

This is seven days of breathing room. Each day has one verse, a short reflection, a one-line prayer, and one tiny thing to do. That's it.

Some days you'll feel it. Some days you won't. Both are fine. God's not keeping score — he's keeping you.

Start on whatever day works. Skip one if you need to. Come back to it later. This is for you, not against you.

Day 1: When You Feel Unseen

"O LORD, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from afar."

Psalm 139:1-3 (NIV)

REFLECT

There's a particular kind of tired that comes from doing things nobody notices. The laundry that refolds itself. The meal that appears. The problem that gets solved before anyone knows it existed. God sees all of it. Not in a surveillance-camera way — in an "I know exactly what you did today and I'm proud of you" way. You are not invisible. Not to him.

PRAY

"God, remind me today that you see what no one else does."

DO THIS TODAY

Text one woman in your life and tell her one specific thing you've noticed she does well. Be the person for someone else that you wish someone was for you.

Day 2: When Anxiety Won't Quiet Down

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7 (NIV)

REFLECT

The peace of God isn't the absence of problems. It's calm that doesn't make logical sense given what you're dealing with. Paul wrote this from prison — not a beach. If peace required perfect circumstances, nobody in Scripture would have had it. The peace of God shows up in the midst of your suffering, not after it's resolved.

PRAY

"Father, I'm handing you the thing I keep picking back up. Hold it for me today."

DO THIS TODAY

Write down the three things you're most anxious about on a piece of paper. Fold it up. Put it somewhere you'll see it tomorrow. When you see it tomorrow, notice whether the world ended. It probably didn't.

Day 3: When Your Marriage Feels Hard

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up... A cord of three strands is not quickly broken."

Ecclesiastes 4:9-12 (NIV)

REFLECT

Hard seasons in marriage don't mean your marriage is broken. They mean you're in the part of the story that isn't fun to live through but makes sense later. The cord-of-three-strands thing isn't just a cute wedding decoration — it's structural engineering. You, him, and God. Two of those three are imperfect. The third one holds it all together. A happy marriage isn't one that never struggles. It's one that keeps choosing each other in the struggle.

PRAY

"Lord, help me see my husband the way you see him today — not through last week's argument."

DO THIS TODAY

Do one kind thing for your husband today without telling him why. Not a grand gesture. A cup of coffee. A text that isn't about logistics. Something that says "I still choose you" without using those words.

Day 4: When You Feel Like a Failure

"Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Lamentations 3:22-23 (NIV)

REFLECT

The reason his mercies are new every morning is because he knows you're going to need them every morning. That's not a design flaw in you — it's a design feature in him. The woman of strength in Proverbs 31 isn't a woman who never fails. She's a woman who gets back up. Your whole life is not defined by your hardest moments. It's defined by what you do after them.

PRAY

"God, I used up yesterday's grace. Thank you that today's is already waiting."

DO THIS TODAY

Name one thing you did well this week — even if it's small, even if nobody noticed. Say it out loud. Your own voice needs to hear it.

Day 5: When You Wonder If God Forgot

"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands."

Isaiah 49:15-16 (NIV)

REFLECT

God picked the strongest human bond he could think of — a mother and her nursing baby — and said "even if THAT breaks, I won't forget you." Your name is engraved on his hands. Not written in pencil. Not typed in a spreadsheet. Engraved. Permanent. He hasn't moved on. He hasn't gotten busy with someone else's problems. You are not his former things. You are his right now.

PRAY

"Father, I feel forgotten. Remind me that feelings aren't facts and your promises are."

DO THIS TODAY

Open your phone. Set an alarm for some random time tomorrow — 2:47pm, 10:13am, whatever. Label it: "God hasn't forgotten you." Let future-you get that reminder when you least expect it.

Day 6: When Grief Has You Pinned

"The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Psalm 34:18 (NIV)

REFLECT

Grief doesn't follow a schedule. It shows up at the grocery store. In the middle of a meeting. During a song you didn't expect. And God doesn't stand at a distance when it hits. He moves closer. Not to fix it — sometimes there's nothing to fix. Just to be there. The valley of the shadow of death has an entrance and an exit. You're walking through it, not living in it. Even when it doesn't feel that way.

PRAY

"God, sit with me in this. I don't need answers today. I need you."

DO THIS TODAY

Give yourself permission to feel it for 10 minutes without trying to be strong. Then do one normal thing — make the bed, take a walk, drink a glass of water. Grief and life can share the same day.

Day 7: When You Need Strength for Another Week

"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Isaiah 40:31 (NIV)

REFLECT

Notice the order: soar, run, walk. Most of us read that as an escalation — you'll go from walking to running to flying. But it's actually the reverse. Some days you'll soar. Some days you'll run. And some days — the hard ones — you'll walk. And even the walking days? You won't faint. That's the promise. Not that every day is a soaring day. But that even on the walking days, he gives you enough. The strength of your heart isn't your own. It never was.

PRAY

"Lord, give me just enough for today. I'll come back for more tomorrow."

DO THIS TODAY

Pick one verse from this week that hit you the hardest. Write it on a sticky note and put it where you'll see it every morning this week. Let it follow you into the next seven days.