

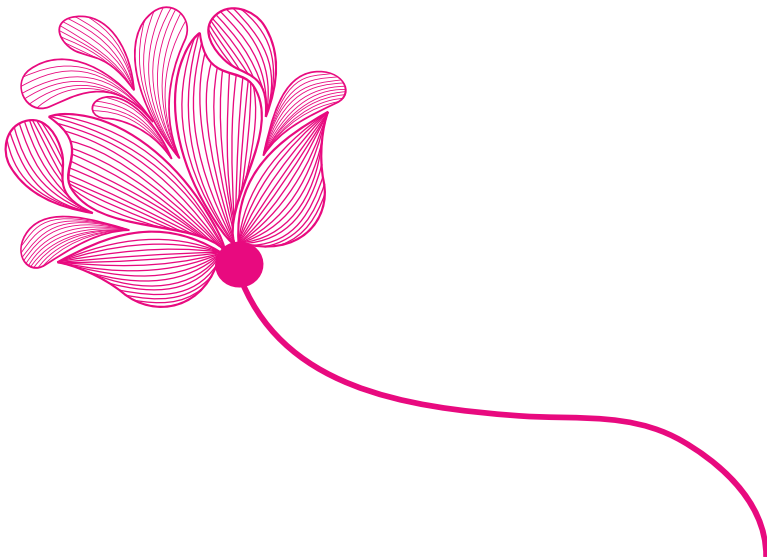


# Bragging<sup>on my</sup> Beloved



## How to Use This Journal

1. Print it out, 3-hole punch the pages, and put them in a binder.
2. Put it some place you'll see it often.
3. Keep a nice pen or pencil with it.
4. On the lines provided, write individual statements of gratitude about your husband. These might include:
  - special things he's done for you or others
  - defining character traits you admire in him
  - favorite words he's said to you or about you
  - affirmations others have told you about him
  - specific memories the two of you have made together
5. Date each journal entry.
6. Aim to write in the journal daily. But if you miss a day, don't give up. Just pick back up where you left off. Keep going until you've been bragging on your beloved for a total of 30 days!



## Encouragement Before You Begin

Bravo!

Do you realize what a brave choice you're making? It takes courage to spotlight your husband's strengths in a society that obsessively hyper-focuses on faults.

Actively exercising your bragging rights makes you a different kind of wife: one who champions her man.

This choice to be different makes a difference in your home and your circle of influence.

Something about the small (but oh-so-powerful!) act of writing down what you appreciate about your husband makes a difference, both in how you look at him and how you respond to him.

It makes a difference in the way you view yourself, the kind of woman and wife you see when you face the mirror.

And it makes a difference in how you talk about your man and your marriage when you're with others.

By making such counter-cultural choices, you're opening your heart to risk and ridicule.

But you are courageous.

As you keep giving love and gratitude, you will discover a powerful truth:

**They're both contagious.**

In His Delight,



*Love must be sincere. Hate what is  
evil; cling to what is good.*  
Romans 12:9

*If ever two were one, then surely we.  
If ever man were loved by wife, then thee.*  
Anne Bradstreet





*Love is patient, love is kind. It does not  
envy, it does not boast, it is not proud.*  
1 Corinthians 13:4

*There is nothing nobler or more admirable  
than when two people who see eye to  
eye keep house as man and wife, confounding  
their enemies and delighting their friends.*  
Homer







*Love does not delight in evil but  
rejoices with the truth.*  
1 Corinthians 13:6

*A successful marriage requires falling in  
love many times, always with the same person.*  
Mignon McLaughlin





*And now these three remain: faith,  
hope and love. But the greatest of  
these is love.*

1 Corinthians 13:13

*We are told that people stay in love because of  
chemistry, or because they remain intrigued with  
each other, because of many kindnesses, because  
of luck. But part of it has got to be forgiveness and  
gratefulness.*

Ellen Goodman





*Do everything in love.*  
1 Corinthians 16:14

*To love a person is to learn the song  
that is in their heart, and to sing it to  
them when they have forgotten.*  
Anonymous





*Hatred stirs up dissension,  
but love covers over all wrongs.*  
Proverbs 10:12

*Success in marriage is much more than finding the  
right person; it is a matter of being the right person.*  
Anonymous





*Let him kiss me with the kisses of his  
mouth- for your love is more delightful  
than wine.*

Song of Solomon 1:2

*A wedding anniversary is the celebration of love,  
trust, partnership, tolerance and tenacity. The order  
varies for any given year.*

Paul Sweeny



Song of Solomon 8:7



Rainer Maria Rilke





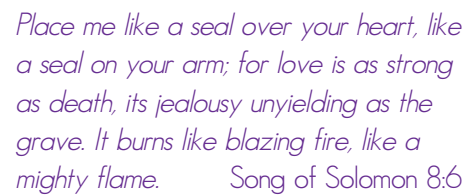


*I belong to my lover, and his desire is for me.*  
Song of Solomon 7:10

*Marriage is not a noun; it's a verb. It isn't something you get. It's something you do. It's the way you love your partner every day.*

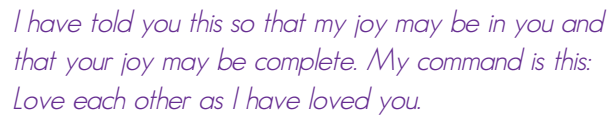
Barbara De Angelis





A decorative floral illustration. On the left, a large pink flower with many petals is shown. To its left are several purple, swirling, vine-like patterns. To the right of the pink flower is a brown, sunflower-like flower with many small, pointed petals. Below the brown flower is a pink, feathery plant. The entire illustration is set against a light blue background with a subtle grid pattern.





Love is what you've been through  
with somebody.





*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32*

*Grow old along with me. The best is yet to be.*  
Robert Browning



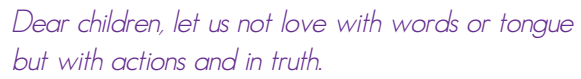


*Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.* Ephesians 5:1-2

*Marriage, ultimately, is the practice of becoming passionate friends.*

Harville Hendrix









*And so we know and rely on the love God  
has for us. God is love. Whoever lives in  
love lives in God, and God in him.*

1 John 4:16

*Love is seeking to act for the other person's highest good.*

Jerry Cook



Bravo!

You did it, you brave, risk-taking, counter-cultural wife!

Now that you've spent 30 days bragging on your beloved, pause for a bit to reflect back on your experience.

- What did you find easiest?
- What did you find hardest?
- What have you learned about your husband?
- What have you learned about yourself?
- What have you learned about your marriage?

I'd love to hear your answer(s)...you'll find my e-mail on the next page!

## What Now?

1. Let him know.

Grab a Post-It Note, copy one line from your journal, and leave it where he'll see it. Repeat regularly!

2. Make a word cloud.

Go to <http://www.tagxedo.com> and type in words and phrases from your journaling. You can choose the colors, fonts, and even shape you like best. Then print, frame, and display this tribute to your man!

- ### 3. Do it again!

Challenge yourself to double the number of things you write down each day this next time around. Yes, it'll take twice as much attentiveness. But the benefits will more than double.



# Let's Connect

If you've found this experience valuable, check out the "Break Free From Baditude" challenge: 31 days of replacing "baditude" with God's Word and Gratitude. You can [sign up to receive the free eBook](#).

I'd love to connect with you via my [Facebook page](#).

And if you'd like to share your experience of "Bragging on your Beloved", please drop me an e-mail to [cheri@cherigregory.com](mailto:cheri@cherigregory.com)!  
I'd love to hear your story.

You'll find tons of free downloads, audio files, and video links on my [website](#).

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