



# The 50 Fridays Marriage Challenge: One Question a Week. One Incredible Marriage.

*Jeff Helton, Helton Lora*

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**Transform your marriage with this revitalizing relationship guide that challenges couples to answer important questions together and grow in mutual understanding.**

In our modern, fast-paced society, it is easy for couples to drift apart and suddenly find their marriages in need of serious help. If this sounds familiar, then Pastor Jeff Helton and his wife Lora have a challenge for you: sit down once a week with your spouse to answer a question together. It could be something as simple as “What makes you laugh out loud?” or as deep and challenging as “If you had one day left on earth, what would you say to your spouse?” or “Are you satisfied with our level of physical intimacy?”

*The 50 Fridays Marriage Challenge* is a fun book specifically designed to spark open and honest conversation between partners at any stage of married life. Each short chapter includes an engaging question, a brief message, an encouraging quote, a Bible scripture, and a prayer. The short messages bring hope to rocky marriages by providing a safe, gentle space for discussing important matters, such as communication, conflict, in-laws, finances, children, sex, and much more.

By taking the 50 Fridays Marriage Challenge, husbands and wives will find that their Friday evening talks—whether they laugh together, delve deep into the topic at hand, or plan and dream for the future—may be the only time they spend in close conversation that doesn’t involve the kids, the checking account, or who took out the trash. Spend a few precious moments together once a week with this book, and you will ultimately see your marriage transformed.

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