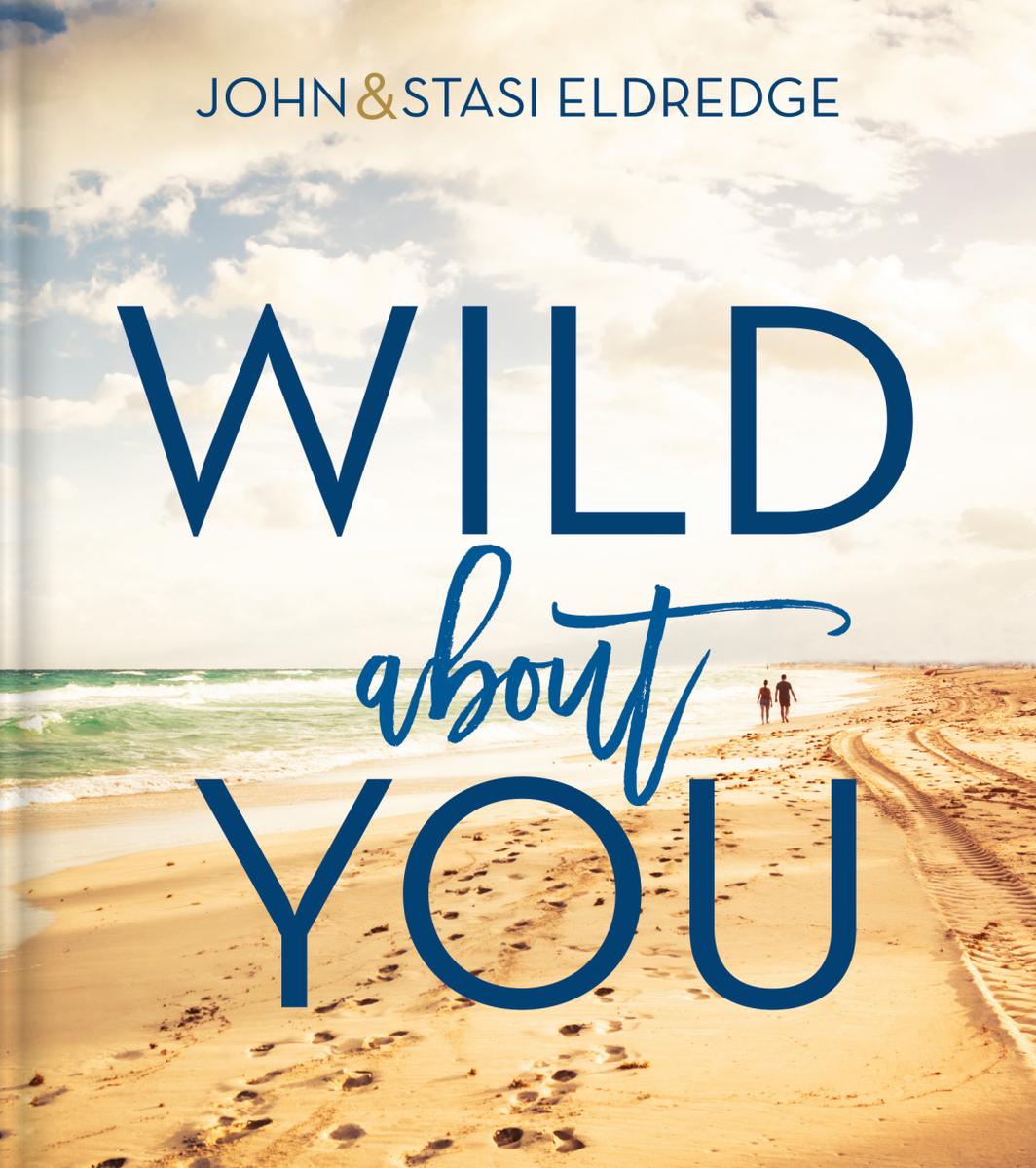


JOHN & STASI ELDREDGE

WILD *about* YOU

A photograph of a beach at sunset or sunrise. The sky is filled with soft, golden light and scattered clouds. The ocean waves are breaking on the left side of the frame. The sandy beach is in the foreground and middle ground, with many footprints visible. In the distance, a couple is walking along the shoreline. The overall mood is peaceful and romantic.

A 60 DAY DEVOTIONAL FOR COUPLES

A PDF COMPANION TO THE AUDIOBOOK

Wild About You

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DAY 1

Where have I failed to embrace my strength?

Where are you calling me to be strong?

Has your experience been largely suburban? How have you tasted this life in the wild?

On this journey to find your heart, where are you today?

DAY 2

What places in your heart are crying out for healing?

What do you long for Jesus to do for you?

Where have I been looking to discover my identity?

Into what are you calling me?

DAY 3

What are the ways you fear you're not enough?

What are the ways you fear you're too much?

Who are the iconic "nice guys" you see in our culture?

In your life, who are the men God made them to be?

DAY 4

What are the ways that you have rejected your femininity?

How is God inviting you to recapture your essence as a woman?

Was healthy masculinity encouraged in the home in which you were raised?

How have you embraced your inner warrior, until now?

DAY 5

Have you experienced being pursued and desired?

In what healthy relationship have you seen desire beautifully expressed?

When have you been a hero to the Beauty?

How might God be inviting you to be the hero today?

DAY 6

When have you been fierce on behalf of others?

What is the adventure for which your heart longs?

How have you “fought for” a woman?

Are you showing and telling your wife that she is captivating?

DAY 7

Has there been someone in your life who affirmed your beauty?

How might you choose to embrace the beauty that is in you?

How have you resisted becoming like your father?

How have you rejected meekness to choose fierce strength?

DAY 8

What actress do you consider to be captivating?

Who is a woman, in your life, you have known to be captivating?

Where, in Scripture, do you see God intervene on behalf of his people?

Where, in your life, has God intervened in a powerful way?

DAY 9

What story or film of a man's heroic love of a woman most captures your imagination?

When has a man acted heroically on your behalf?

How have you embraced your inherent masculinity?

What do you learn about God from the way he's designed women?

DAY 10

Where are the places you most readily notice God's beauty?

How will you pause to embrace the beauty God has created?

Was there a voice in your early life that spoke emasculating words to you?
How did those words affect you?

How is God calling you into your strength *today*?

DAY 11

How do you feel when you consider that you are the crown of God's creation?

What is one practical way you can embrace your crowning beauty?

When was the last time you got *crazy* angry?

As you look inside, what is at the root of your anger?

DAY 12

What are the five relationships that are most important in your life?

Is there a relationship to which you need to tend to?

What is your sense of the mission, or purpose, of your life?

How are you, or aren't you, living into that God-given purpose?

DAY 13

Are you naturally more like busy Martha or relational Mary?

How will you make time to linger with Jesus this week?

Where have you seen passivity expressed in your life?

This week, where will you fiercely resist passivity?

DAY 14

In what ways have you “hidden” yourself?

In what area is God inviting you to come out of hiding?

Do you feel more like a boy or a man on the inside?

What courageous step is God inviting you to take?

DAY 15

Where do you feel “unknown” by your spouse?

Are you pursuing God the way you long to be pursued?

In what ways do you resemble Maximus?

And in what particular ways do you *fail* to resemble Maximus?

DAY 16

When are the times you notice you are most lonely or empty?

How do you choose to “fill” yourself at those times?

Was there a man in your early life who affirmed you? How?

When you listen for God’s voice of affirmation, what do you hear?

DAY 17

Has there been a man in your life who delighted in who you are?

When you tip your face toward God's, searching for his delight, what do you see?

Was there a man in your life who affirmed who you were as a man?

As you tip your ear toward heaven, can you hear God affirming you the way he affirmed Jesus?

DAY 18

Which is most noticeable in your life: loneliness, the urge to control, or the dominance of men?

How will you respond to this affliction?

When you were a boy, was there a safe man in your life on whom you could test your strength?

Is there a healthy man in your life who affirms your masculinity?

DAY 19

What are the ways you've practiced self-protection?

What precious part of you is God inviting you to share with the world?

How did a man affirm you in your youth?

Did the man whom you most needed fail to affirm you? If so, how?

DAY 20

How have you embraced your gender as an essential part of who you are?

How is your feminine heart *different* from the masculine heart?

Where do you most easily recognize God's beauty in what he has made?

How do you respond when you are moved to worship God?

DAY 21

What are the “habits” to which you turn for comfort?

How will you give your deep ache to God this week?

How, specifically, do you hide from God?

Is there a battle, or a mission, into which God is inviting you to enter?

DAY 22

When you were a young girl, which women in your life most shaped you?

What did you learn from your mother about what it means to be a woman?

Until now, how have you offered yourself to God to affirm your masculinity and bestow your identity?

What is one practical way you find your identity in God?

DAY 23

Where in your life have you endured suffering?

How has God healed your wounds? What wound will you offer him?

Who is the man you've turned to for approval?

As you close your eyes and listen for God's voice, what is he saying to you?

DAY 24

What do you do to make yourself seem more valuable or worthy?

Can you hear God's voice affirming that you matter deeply to him?

In what ways have you pursued the world's standards of success?

Can you hear God affirming that you belong, you are wanted, and you are not alone?

DAY 25

In what ways do you feel like you don't live up to the world's standards, the church's standards, or your own standards?

Why do you believe you are unworthy?

In what moments has your wife aroused your masculinity?

How have you unwisely expected your wife to *bestow* your masculinity?

DAY 26

In what ways have you tried to get love outside of God?

What have been the results of your attempts to secure love?

In what ways has violence been a cover-up for fear in your life?

What is at risk if you continue in anger or violence?

DAY 27

When was the moment in which your heart was assaulted?

How have you responded to that assault?

What was the name the world gave you?

As you listen for God's voice, what name does he call you?

DAY 28

Where has Satan caused destruction in your life?

Where do you need God's deliverance?

When you think of a tricky issue in your life, what could God be trying to teach you?

Is there anything there that you need to release?

DAY 29

Has a man in your life communicated that you are too much or not enough? How did this affect your heart?

What does God say about who you are?

Have you ever been physically injured and ignored it? What happened?

Have you ever quietly believed you *deserved* the wounds you've endured?

DAY 30

Have you feared that when others find out who you really are, they will reject you? When?

What Scripture verse helps you claim what is truer?

What are the ways you have hidden behind a false self?

What is one practical way you can reject that false self?

DAY 31

How have you sought to build a secure life outside of God?

What are the obstacles you're facing as a result? What obstacles has God already helped you overcome?

Are there ways you've chosen a woman over God?

What is one practical way, this week, that you can drink from the well that truly satisfies?

DAY 32

What is the wound inside that you've not allowed Jesus to touch?

What is one practical way, this week, that you will spend time with Jesus in that place?

Was there a man in your early life with whom you could snuggle or wrestle?

How are you being nourished as a branch attached to the trunk?

DAY 33

Do you find it easy or difficult to cry? Why is that?

What is the area of your life that you most need to grieve? How has grieving helped you in the past?

How have you “played through the pain” in your life?

Where, in Jesus’ life, do you witness him depending on his Father? How can you apply this to your own life?

DAY 34

Who wounded you that you have not yet forgiven?

What practical step toward forgiveness will you choose to take this week?

What man has affirmed your masculinity?

How will you pursue intimacy with Christ so that he might heal your wound?

DAY 35

Did your earthly father fail to reflect the character of your heavenly one? In what ways? What did you learn from this that helped you grow?

Did your earthly father reflect the character of your heavenly one? In what ways? How did his positive example help mold you in a strengthening way?

What are the ways that your earthly father hurt you? How did this shape who you are today?

Where are you on your journey to forgive?

DAY 36

What name do you usually use for God in your conversations?

How does it feel to speak to God with intimate language, like “Daddy”?
Natural or foreign?

When you imagine God noticing you, do you think he’s seeing your sin?

What would it mean in your life if you really believed you’ve been given a new heart?

DAY 37

Are you comfortable relating to God as a Lover who adores you?

What is the pet name God uses for you?

What are the ways you still see yourself “posing”?

What are the ways you recognize yourself living into your true self?

DAY 38

What would it be like to experience for yourself that the truest thing about your love's heart toward yours is not disappointment or disapproval but deep, fiery, passionate love?

How would knowing this change your life?

Looking back to when you were a boy, where do you now recognize your thirst for adventure?

Where in your life are you embracing the adventurous warrior inside you?

DAY 39

How hard or easy is it for you to imagine God as the Bridegroom who adores you?

If you truly received that goodness, what would be different in your life?

Can you relate to the guy who feels like he's in the fourth row with a hoe? How?

What is the arena into which God is calling you?

DAY 40

Can you relate to the longing for God to give you a special gift, just for you?

When have you recognized God's tender personal love for you?

How does your sinful flesh most often get the best of you? How have you found ways to change your perception and see the truth?

Why does it matter that your flesh is *not who you are*?

DAY 41

When you're having big feelings, are you quick to notice and acknowledge them?

What prayer practice can help you offer those feelings to God?

Did you relate to Rich, who stood up to the mechanic? Why or why not?

When was the last time you exercised your fierce strength in a healthy way?

DAY 42

When you think of offering God the most intimate part of yourself, how does that feel?

When and where do you spend that intimate time with God?

What are the specific ways you've accepted the world's counterfeits?

If tomorrow you lost everything that the world has rewarded you for, what would you think of yourself?

DAY 43

How are you like or unlike Mary of Bethany?

What is the extravagant worship Jesus wants from you?

Are you in the habit of noticing the Enemy's work in your life? Why or why not?

What would change if God opened your eyes to increasingly notice Satan's wily ways?

DAY 44

Was there once a boyfriend that you couldn't wait to spend time with?
Who? What about him created such a desire?

Do you have that passion for time with God? If not, ask him to birth it in
your heart.

How has your communication been with your wife lately?

How has your communication with God been?

DAY 45

When has a man stepped in to protect you, verbally or physically?

Where do you feel most under attack? Where do you feel most supported?

When have you recognized Satan's disruption in your life?

What are the spiritual tools you have to fight the deceiver's chaos?

DAY 46

Where do you notice beauty in yourself?

How does that beauty bless others?

When the Enemy probes your perimeter, where does he find weakness?
Where does he find strength?

What is the lie the deceiver most often uses on you? How can you take this lie apart by applying the truth?

DAY 47

On a scale of “belief” to “disbelief,” where do you land when it comes to believing that you reflect God’s beauty?

Are you able to agree that in God all is well, and all will be well? Why or why not?

What’s the temptation that Satan knows you’ll likely fall for?

In very practical terms, how do you protect yourself from succumbing to this temptation?

DAY 48

Beauty beckons us. Who do you know who is like the welcoming gardener who wants to share her bounty?

What in your life brings you delight when you share it with others?

When was a time when you were doing God's work and felt the Enemy's interference?

What scripture emboldens you most to stand firm?

DAY 49

In what ways do you relate to the woman who is hiding?

In what ways do you relate to the woman who is controlling?

In what ways has your time with God grown stale?

What are practical ways to invigorate the time you spend with God?

DAY 50

Who is a woman you know who is beautiful because of her suffering?

In what ways have you suffered to reflect true beauty? How has this strengthened you?

Who are the men in your band of brothers?

If you are alone, what are the reasons you have chosen to be alone? Who is one man to whom you can reach out this week?

DAY 51

When have you made a bold choice not to hide?

Who is Jesus calling you to love?

When have you lived into the role of the brave hero?

How is God calling you to live into this good story?

DAY 52

From what men have you sought validation?

As you tip your ears toward God's voice, what do you hear him whispering to you?

Was your wife wounded by her earthly father? If so, how?

Are there practical ways in which you can minister to that hurt?

DAY 53

Do you *need* your husband? Why or why not?

Do you *believe in* your husband? Why or why not?

Are there ways you fail to show up for your wife? If so, what are they?

How do you show up for her?

DAY 54

How are you intentional about awakening your husband's masculinity?

In what ways can you grow in this area?

It took courage for Joseph to show up for Mary. Do you know a man like this, who risks to love well? How does this man's example affect you?

In what ways do you love your wife well?

DAY 55

How did your mother affirm you as a woman?

In what ways might she have done better in affirming you?

How do you step between your wife and the forces of darkness?

Is there a way, this week, that you can love her in this way? How?

DAY 56

When you were a girl, did you look forward to being a mother? In what ways?

How is God speaking to you about your capacity to nurture others?

Have you stood at a height, gathering your courage to jump? When and where?

Is there a risk into which God is inviting you? How is it a risk?

DAY 57

Are you satisfied with your female friendships? Why or why not?

What is one step you can take, this week, to reach out and show love to a friend?

What is it that makes you come alive?

How are you living into that today?

DAY 58

Who is the friend who initiates most frequently with you? Is there anything you can learn from her?

Who is the friend to whom you most often reach out first? What have you learned from this relationship?

Where are you living safely and cautiously?

Where is God inviting you to take a risk today?

DAY 59

What was the last hard conversation you had with a friend? How did the conversation unfold?

What is the hard conversation you need to have with a friend?

Are you living out that thing written on your heart, your unique purpose?

What next step do you need to take to be the man God made you to be?

DAY 60

In what ways are you doing battle in prayer for others?

How might God be calling you to wage war?

How is your conversation with God going these days? Can it be improved? If so, how?

What is the time and place where you can be most intimate with God?
