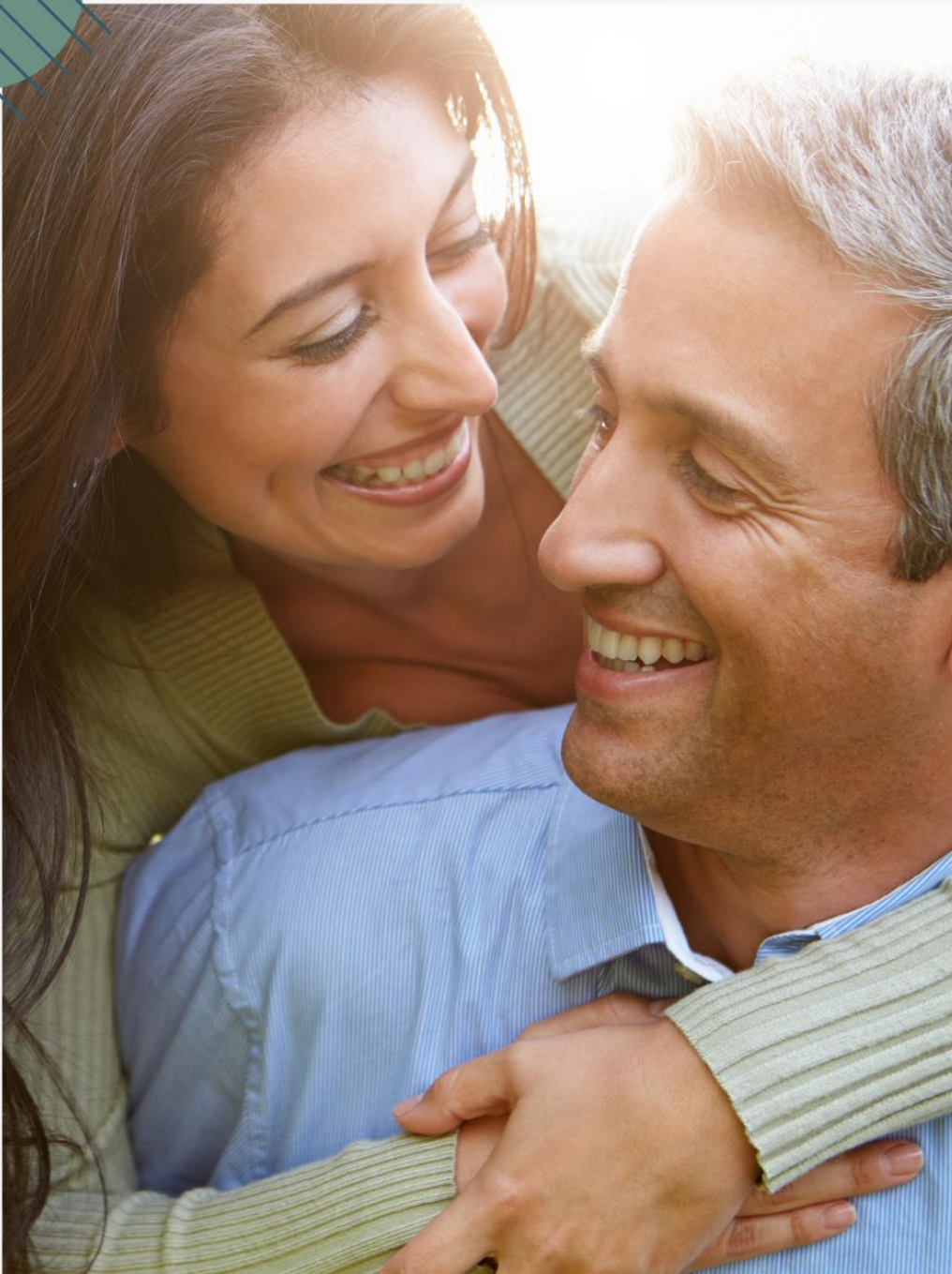


Just for Wives

RESOURCES FOR LOVING
YOUR HUSBAND WELL



Deborah Haddix



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Things to Pray for Your Husband

Pray for his ...

- Relationship with God
- Spiritual walk
- Faith
- Heart
- Purity
- Thought life
- Attitude
- Choices (where he goes, what he sees, who or what he listens to, how he spends his time)
- Character
- Marriage
- Speech
- Obedience to God
- Love
- Fatherhood
- Work
- Finances
- Health



65 Specific Prayers for Your Husband

Pray that your husband will...

Be Holy – [B]ut as he who called you is holy, you also be holy in all your conduct,¹⁶ since it is written, “You shall be holy, for I am holy.” (1 Peter 1:15-16)

Seek the Lord with His Whole Heart - Blessed are those whose way is blameless, who walk in the law of the LORD! ²Blessed are those who keep his testimonies, who seek him with their whole heart... (Psalm 119:1-2)

Grow Spiritually - But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen. (2 Peter 3:18)

Love God with His Entire Being - You shall love the LORD your God with all your heart and with all your soul and with all your might. (Deuteronomy 6:5)

Love Others with Biblical Love – Love is patient and kind; love does not envy or boast; it is not arrogant ⁵or rude. It does not insist on its own way; it is not irritable or resentful; ⁶it does not rejoice at wrongdoing, but rejoices with the truth. ⁷Love bears all things, believes all things, hopes all things, endures all things. (1 Corinthians 13:4-7)

Fear the Lord - Praise the LORD! Blessed is the man who fears the LORD, who greatly delights in his commandments! (Psalm 112:1)

Have a Sincere and Genuine Faith - The aim of our charge is love that issues from a pure heart and a good conscience and a sincere faith. (1 Timothy 1:5)

Hunger and Thirst for God - As a deer pants for flowing streams, so pants my soul for you, O God. ²My soul thirsts for God, for the living God. When shall I come and appear before God? (Psalm 42:1-2)

Guard His Heart - Keep your heart with all vigilance, for from it flow the springs of life. (Proverbs 9:10)

Walk Humbly with God - He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God? (Micah 6:8)

Serve God as His First Priority in Life – If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. (Colossians 3:1)

Grow in Wisdom - The beginning of wisdom is this: Get wisdom, and whatever you get, get insight. (Proverbs 4:7)

Have a Heart of Gratitude - I will bless the LORD at all times; his praise shall continually be in my mouth. (Psalm 34:1)

Be a Man of Prayer – [P]ray without ceasing... (1 Thessalonians 5:17)

Walk in Integrity - The righteous who walks in his integrity—blessed are his children after him! (Proverbs 20:7)

See His Sin as God Does - Wash me thoroughly from my iniquity, and cleanse me from my sin! ³For I know my transgressions, and my sin is ever before me.

⁴Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. (Psalm 51:2-4)

Recognize the Lies of the Enemy - You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies. (John 8:44)

Learn to Take Every Thought Captive - For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. ⁵We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ... (2 Corinthians 10:4-5)

Draw Near to God - Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. (James 4:8)

Be Obedient to the Will of God – But be doers of the word, and not hearers only, deceiving yourselves. ²³For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴For he looks at himself and goes away and at once forgets what he was like. (James 1:22-24)

Love Righteousness and Hate Wickedness - The prudent sees danger and hides himself, but the simple go on and suffer for it. (Proverbs 27:12)

Recognize and Avoid Wickedness in His Own Life - Therefore let anyone who thinks that he stands take heed lest he fall. ¹³No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. (1 Corinthians 10:12-13)

Run to God in Times of Trouble – He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. ²I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.” (Psalm 91:1-2)

Be Protected by the Lord – ...guarding the paths of justice and watching over the way of his saints. (Proverbs 2:8)

Grow Daily in Character - For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, ⁶and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, ⁷and godliness with brotherly affection, and brotherly affection with love. ⁸For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. (2 Peter 1:5-8)

Learn to Be Content with Little or with Much – [F]or we brought nothing into the world, and we cannot take anything out of the world. ⁸But if we have food and clothing, with these we will be content. (1 Timothy 6:7-8)

Have a Clear Conscience – [H]aving a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame. ¹⁷For it is better to suffer for doing good, if that should be God's will, than for doing evil. (1 Peter 3:16-17)

Have Much Patience – I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³eager to maintain the unity of the Spirit in the bond of peace. (Ephesians 4:1-3)

Stand Strong against Satan's Schemes – Finally, be strong in the Lord and in the strength of his might. ¹¹Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹²For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. (Ephesians 6:10-12)

Be a Man of Courage - Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.” (Deuteronomy 31:6)

Be Faithful to His Wedding Vows - Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. (Genesis 2:24)

Love You as Christ Loved the Church - Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. ²⁸ In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, (Ephesians 5:25-29)

Protect His Heart against Inappropriate Relationships with the Opposite Sex – For the commandment is a lamp and the teaching a light, and the reproofs of discipline are the way of life, ²⁴ to preserve you from the evil woman, from the smooth tongue of the adulteress. (Proverbs 6:23-24)

Be Always Captivated by Your Love – Let your fountain be blessed, and rejoice in the wife of your youth, ^{19a} a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love. (Proverbs 5:18-19)

Have a Pure and Undivided Heart in His Commitment to You - But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. (Romans 13:14)

Be Self-Controlled in Every Area of His Life – For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, ⁶ and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, ⁷ and godliness with brotherly affection, and brotherly affection with love. ⁸ For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. (2 Peter 1:5-8)

Guide and Nurture the Growth of His Children – Train up a child in the way he should go; even when he is old he will not depart from it. (Proverbs 22:6)

A Man Responsible for His Family's Spiritual Growth – Hear, my son, and accept my words, that the years of your life may be many. ¹¹ I have taught you the way of wisdom; I have led you in the paths of uprightness. ¹² When you walk, your step will not be hampered, and if you run, you will not stumble. ¹³ Keep hold of instruction; do not let go; guard her, for she is your life. ¹⁴ Do not enter the path of the wicked, and do not walk in the way of the evil. (Proverbs 4:10-14)

Have the Wisdom to Lead His Family Physically, Emotionally, Mentally, and Spiritually – ...that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, ¹⁸having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might... (Ephesians 1:17-19)

Learn to Manage His Time Well – Look carefully then how you walk, not as unwise but as wise, ¹⁶making the best use of the time, because the days are evil. (Ephesians 5:15-16)

Receive New Strength in Times of Busy Schedule – [B]ut they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. (Isaiah 40:31)

Increasingly Exhibit the Fruit of the Spirit – But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law. (Galatians 5:22-23)

Work Hard to Provide for His Family - Do not be slothful in zeal, be fervent in spirit, serve the Lord. (Romans 12:11)

Resist Satan – Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7)

Be Free from Stress – And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

Testify of His Faith to Others – And he said to them, "Go into all the world and proclaim the gospel to the whole creation. (Mark 16:15)

Build Godly Relationships with Other Believers – And let us consider how to stir up one another to love and good works, ²⁵not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. (Hebrews 10:24-25)

Practice Jesus-modeled Servant Leadership – ...rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. ⁵Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. (John 13:4-5)

Have Compassion for the World Around Him – Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, ¹³bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. ¹⁴And above all these put on love, which binds everything together in perfect harmony. (Colossians 3:12-14)

Have a Burden for Lost Souls – Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” (Matthew 28:19-20)

Listen to God and Desire to do His Will – ...not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart... (Ephesians 6:6)

Serve Unselfishly - Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴Let each of you look not only to his own interests, but also to the interests of others. (Philippians 2:3-4)

Speak Words That Build Up You and Your Family - Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. (Ephesians 4:29)

Choose His Friends Wisely – Whoever walks with the wise becomes wise, but the companion of fools will suffer harm. (Proverbs 13:20)

Have Men in His Life Who Will Encourage Him and Hold Him Accountable - Iron sharpens iron, and one man sharpens another. (Proverbs 27:17)

Experience Physical, Emotional, Mental, Social, and Spiritual Strength - That according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being... (Ephesians 3:16)

Live with an Eternal Perspective - But seek first the kingdom of God and his righteousness, and all these things will be added to you. (Matthew 6:33)

Practice Forgiveness in All of His Relationships - Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:32)

Discipline His Children Wisely - Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. (Ephesians 6:4)

Mentor Younger Men - You then, my child, be strengthened by the grace that is in Christ Jesus, ²and what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also. (2 Timothy 2:1-2)

Be Favored by God and Man - And Jesus increased in wisdom and in stature and in favor with God and man. (Luke 2:52)

Discover and Live His God-given Purpose - For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. (Jeremiah 29:11)

Bring God Glory in Everything He Does - So, whether you eat or drink, or whatever you do, do all to the glory of God. (1 Corinthians 10:31)

Understand the Importance of Taking Care of His Body - Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰for you were bought with a price. So glorify God in your body. (1 Corinthians 6:19-20)

Serve God and Others with Pure Motives - Whatever you do, work heartily, as for the Lord and not for men, ²⁴knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. (Colossians 3:23-24)



Scripture to Pray for Godly Character

Contentedness - Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. (Philippians 4:11)

Control of the tongue - Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered. (Proverbs 11:13)

Courage - Wait for the Lord; be strong, and let your heart take courage. (Psalm 27:14)

Dependability - Commit your work to the LORD, and your plans will be established. (Proverbs 16:3)

Diligence - The plans of the diligent lead surely to abundance. (Proverbs 21:5)

Discernment - A wise man's heart discerns both time and judgment. (Ecclesiastes 8:5)

Fearlessness - But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. (2 Corinthians 12:9)

Forgiveness - Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:32)

Friendship - Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. (1 Peter 3:8)

Gentleness - If anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. (Galatians 6:1)

Giving - Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you. (Luke 6:38)

Gratitude - Let the word of Christ dwell in you richly...singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. (Colossians 3:16)

Hatred for Sin - O you who love the LORD, hate evil! He preserves the lives of his saints; he delivers them from the hand of the wicked. (Psalm 97:10)

Humility - What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God. (Micah 6:8)

Joy - Ask, and you will receive, that your joy may be full. (John 16:24)

Kindness - Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:32)

Love - We love because he first loved us. (I John 4:19)

Mercy - There will be no mercy for you if you have not been merciful to others. But if you have been merciful, then God's mercy toward you will win out over his judgment against you. (James 2:13)

Obedience - Children, obey your parents in everything, for this pleases the Lord. (Colossians 3:20)

Passion for God - My soul clings to you; your right hand upholds me. (Psalm 63:8)

Patience - The Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil. (2 Timothy 2:24)

Peace - Seek peace and pursue it. (I Peter 3:11)

Purity - Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰for you were bought with a price. So glorify God in your body. (1 Corinthians 6:18-20)

Respect for Authority - There is no authority except from God, and those that exist have been instituted by God. (Romans 13:1)

Responsibility - For each will have to bear his own load. (Galatians 6:5)

Self-Control - A man without self-control is like a city broken into and left without walls. (Proverbs 25:28)

Self-Discipline - Love not sleep, lest you come to poverty; open your eyes, and you will have plenty of bread. (Proverbs 20:13)

Selflessness - Do not use your freedom as an opportunity for the flesh, but through love serve one another. (Galatians 5:13)

Sharing - Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God. (Hebrews 13:16)

Submission to God - Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7)

Unselfishness - Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience. (Colossians 3:12)

Wisdom - The child grew and became strong, filled with wisdom. And the favor of God was upon him. (Luke 2:40)

Worship - They said to him, "Do you hear what these are saying?" And Jesus said to them, "Yes; have you never read, 'Out of the mouths of infants and nursing babies you have prepared praise?'" (Matthew 21:16)



Reasons to Be Thankful for Him

- He chose me.
- He is a student of my ways.
- He wants to please me.
- He compliments me.
- He keeps me smiling and makes me laugh.
- He says, "I love you."
- He shows me love and affection.
- He reaches for my hand.
- He looks at me like no one else.
- He can still sweet talk me.
- He's committed to our marriage.
- He desires to be the best husband he can be.
- He continues to love me as we grow old together.
- He still wants to be physical with me.
- He values me.
- He puts up with bad moods/PMS/menopause.
- He's my best friend.
- He'd rather be with me/our family than anywhere else.
- He works hard.
- He is a loyal employee.
- He is respected at work.
- He is a great provider.
- He's a good leader.
- He is faithful.
- He's dependable.
- He is a good role model.
- He's honest.
- He is a trusted friend.
- He would lay down his life for me/our family.
- He wants to be a good man.
- He is honorable.
- He does the right thing, even when he doesn't want to.
- He's a man of his word.
- He calls when he is running late.
- He doesn't make excuses.



- He'll help with laundry.
- He asks my opinion.
- He sends me text messages throughout the day just because.
- He surprises me with flowers and gifts.
- He watches romantic comedies with me.
- He helps clear the table.
- He thanks me at the end of most meals.
- He takes out the trash.
- He keeps my car clean because that is how I like it.
- He adores our family.
- His arms are protective.
- He wants the best for our children/grandchildren.
- He gives our children/grandchildren his undivided time.
- He longs to be the best husband/father/grandfather that he can be.
- He helps with the kids.
- He can change a diaper.
- He is a saver/spender.
- He loves to get his hands dirty/knows when to call a repairman.
- He stays calm in tough situations.
- He kills my spiders!
- He wrestles with the kids.
- His words build others up.
- He guards his heart and his eyes.
- He gets what's important in life.
- He pursues a personal relationship with God.
- He honors God with his life.
- He encourages my spiritual growth.



99 Ways to Demonstrate Your Love

There are several ways to use this list.

- Use it, privately, as a source of inspiration for showing love to your husband.
- Enlist a friend or two and form an accountability group. Use the list as you support and encourage one another.
- Use this list for learning about your husband. Discuss the list with him. Then ask him to check the ones that are most meaningful to him and afterward to arrange them in order of importance.

Affection

- ___ Be tender with him realizing he has feelings also.
- ___ Buy him a gift certificate to his favorite lunch spot and put it in his wallet.
- ___ Hold his hand and snuggle up close to him at times, even in public.
- ___ Let him know he's important to you.
- ___ Praise his good decisions.
- ___ Say, "I love you."
- ___ Say, "I love you" more often.
- ___ Stash love notes in his pockets, his lunch box, his brief case, under his pillow, or around the house.
- ___ Tell him you LIKE him.
- ___ Treat him as if God has stamped, "*Handle with Care*" on his forehead.
- ___ When he's at work text him telling him how much you love him.
- ___ Wink at him from across the room when you're out at a group function.

Affirmation

- ___ Be his biggest cheerleader.
- ___ Brag about him to other people – in front of him and even when he's not there.
- ___ Cheer his successes whether in his work or in other areas of life.
- ___ Focus on what he's doing right instead of focusing on the negatives.
- ___ Tell him how proud you are of him for who he is. (Cite specific reasons.)
- ___ Thank him for just being himself.

Appreciation

- ___ Compliment him often.
- ___ Express how much you appreciate him for working so hard to support the family.
- ___ Find ways to show him you need him.
- ___ Notice what he has done for you and your family.
- ___ Tell him 3 things you specifically appreciate about him.
- ___ Thank him for things he's done around the house.

Communication

- ___ Admit your mistakes. Peel away your pride.
- ___ Carefully choose your words. Remember to "speak the truth in LOVE."
- ___ Discuss your goals, individually and as a couple.
- ___ Don't expect him to read your mind.
- ___ Get to the point in your discussions. Spare him details unless he wants them.
- ___ Give advice in a loving way, no nagging or belittling.
- ___ Give him the benefit of the doubt when he mis-speaks.
- ___ Give him the freedom to express himself, without fear of being called stupid or crazy.
- ___ Graciously teach him how to demonstrate his love for you.
- ___ Foster an atmosphere of laughter in your home.
- ___ Look for ways to laugh together.
- ___ Schedule regular times for talking and connecting.
- ___ Share your feelings with him at appropriate times. If possible, try not to overwhelm him with too many words.
- ___ Try communicating without words. Go for a drive, watch a movie, take a walk together – without talking. Sometimes men enjoy just BEING with you.
- ___ Try not to argue over money. Choose instead to discuss future expenditures with one another.
- ___ When you go out on a date together don't bring up problems.
- ___ Withhold the, "I told you so's!"

Companionship

- ___ Engage in some side-by-side activities with your husband.
- ___ Help him to finish his goals, hobbies, or education when you see he needs it.
- ___ Instead of assessing blame when things go wrong, focus together on how to do better.
- ___ Sit with him while he's watching TV, even if the program doesn't interest you in the least.
- ___ Spend time with him doing the things he enjoys doing.

Free Time

- ___ Allow him space to participate in his hobbies.
- ___ Give him time to be alone.
- ___ Give him time alone with his family.
- ___ Let him enjoy his day off work, periodically, without having to "work" at home.
- ___ Show interest in his hobbies.

Just for Him

- ___ Be kind and courteous with him.
- ___ Do little things for him— let him sleep in, bring him coffee and/or breakfast in bed, etc.
- ___ Don't over commit yourself. Leave time for your husband.
- ___ Dress to honor him and to make him proud to be seen with you.
- ___ Extend God's grace to him and be forgiving when he offends you.
- ___ Get up with him, even when he gets up earlier than you would like.
- ___ Greet him with a 15 second kiss when he gets home from work.
- ___ Help your husband to be the spiritual head of your home.
- ___ Initiate sex periodically. And respond more often.
- ___ Keep yourself in shape – physically, spiritually, emotionally, etc.
- ___ Offer him a back rub after a hard day.
- ___ Reverse the tables, take him out on a date. Do all the planning yourself.
- ___ Surprise him with a fun gift of some kind that he'd really enjoy.
- ___ Work to get rid of habits that annoy him.
- ___ Respond with an enthusiastic, "Yes, let's!"

Prayer

- ___ Ask him how you can pray for him.
- ___ Pray for him.
- ___ Pray for him to enjoy God's best in life.
- ___ Pray for his relationship with God.
- ___ Pray with him.

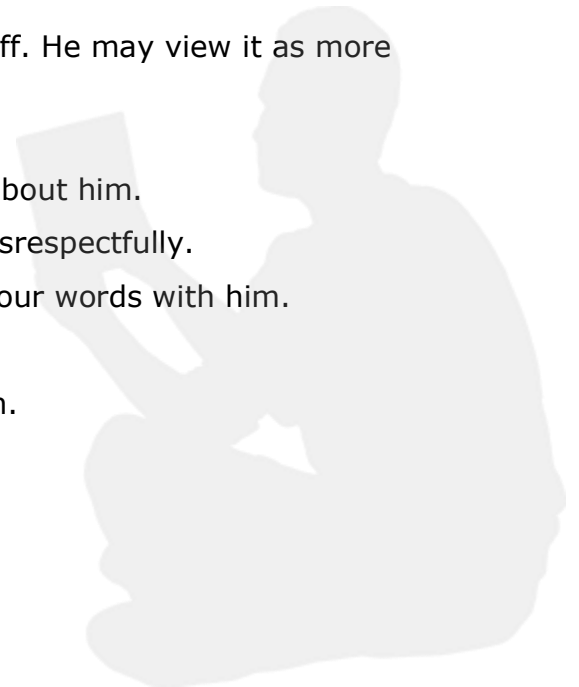


Quality Time

- ___ Be creative when you express your love, whether in words or in actions.
- ___ Give him coupons to redeem—maybe for a shoulder rub, his favorite dinner, or a half-hour “alone” time.
- ___ Give him special time with you alone.
- ___ Reserve some energy for him so you're not so tired when he wants you sexually.
- ___ Take him for a weekend get-away without the children.

Respect

- ___ Be kind and thoughtful to his relatives. Don't speak negatively about them or compare them with your relatives.
- ___ Be the one to defend your husband to any family member that dishonors his place as your husband.
- ___ Check with him before you throw away his stuff. He may view it as more important than you realize.
- ___ Communicate with him, respectfully.
- ___ Defend him to those who disrespectfully talk about him.
- ___ Don't allow any family member to treat him disrespectfully.
- ___ Don't belittle his intelligence or be cynical in your words with him.
- ___ Don't criticize him in front of others.
- ___ Don't disagree with him in front of the children.
- ___ Honor him in front of your children.
- ___ Protect his dignity, daily.



- ___ Respect his desire to do well.
- ___ Support him when someone tries to put him down.
- ___ When you're angry, express it in respectful ways. Avoid giving him the silent treatment.

Understanding

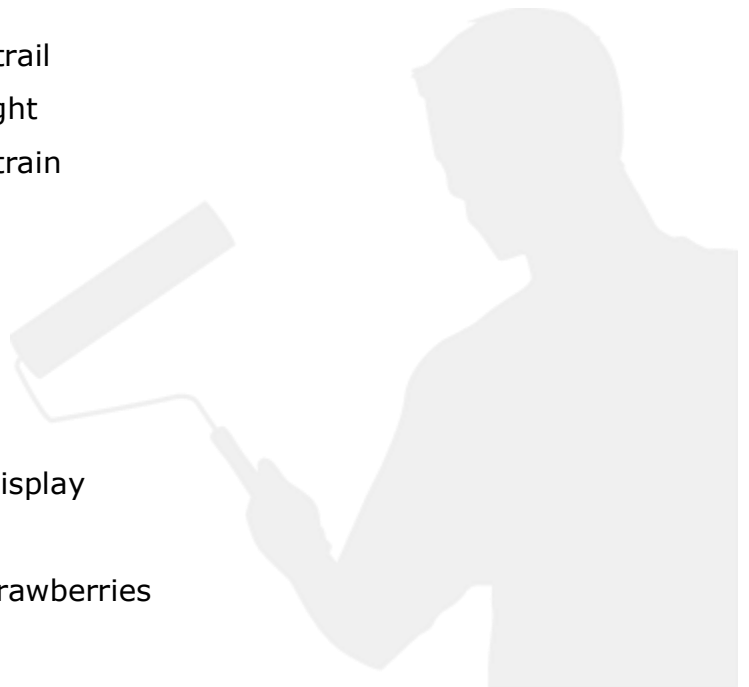
- ___ Ask your husband to list 3 practical things that speak "love" to him.
- ___ Be a student of his ways.
- ___ Don't expect him to do projects beyond his natural capabilities.
- ___ Give him time to unwind for a little while after he comes home from work.
- ___ Let go of the small stuff.
- ___ Purposefully try to understand his feelings, even when you disagree with him.
- ___ Show interest in his friends.
- ___ Show interest in what he feels is important in life.
- ___ Try not to make sudden major changes without discussion and giving him time to adjust.
- ___ When your husband is in a bad mood, don't crowd him. Give him space and time to recover.



50+ Things to Do Together

A Little Inspiration for Companionship and Date Nights

- Attend church
- Bake: brownies, cookies, cupcakes – from scratch
- Clean: the attic, basement, closets, drawers, garage, whatever needs it!
- Coffee date
- Cook dinner
- Create your own smoothies or sundaes
- Dance in the kitchen
- Dream: create bucket lists, make vision boards, set goals
- Dress up and go out... or stay in!
- Eat in bed
- Enjoy a picnic
- Get active: play basketball, run a 5K, take a boat ride
- Go bowling
- Go for a drive
- Go to the ball park: major league, minor league, or local high school
- Head to the batting cages
- Hike the mountains or a nearby trail
- Indulge in a chocolate fondue night
- Journey out on a dinner boat or train
- Kiss in the rain
- Learn something new
- Look through old photos
- Make breakfast
- Meander through a flea market
- “Ooh” and “Aah” at a fireworks display
- Paint a room
- Pick fruit: apples, blueberries, strawberries

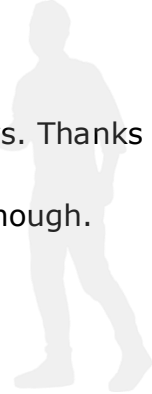


- Plant: a flower bed, a garden, a tree
- Play an indoor game: Scrabble, Yahtzee, Go Fish
Play an outdoor game: croquet, frisbee, cornhole
- Play pool
- Play video games
- Read a book
- Research your family genealogy
- Ride bikes
- Savor some popcorn with a movie
- See a play at a local theater
- Shop for something personal or for your home
- Sit by the fire
- Spend the night in a local bed and breakfast or hotel
- Spend time in a local park: concerts, movies, swings
- Star gaze
- Stay active: go-cart, ice skate, putt-putt golf
- Stroll around the block or through the nearest shopping mall
- Take a day trip
- Take lessons: cooking, dancing, painting
- Take the scenic route
- Visit: an amusement park, art exhibit, planetarium, the zoo
- Volunteer at a local charity or ministry
- Wander through a local museum
- Watch a sunset (or a sunrise)
- Watch your wedding video
- Work a jigsaw puzzle

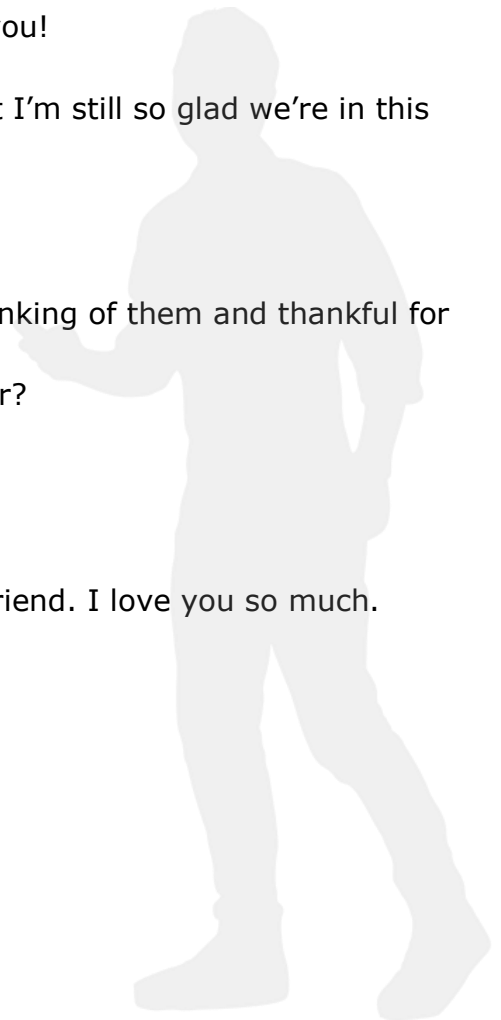


Text Messages to Brighten His Day

- Can't wait to get home to see you!
- God has given me a wonderful gift, he has made you mine.
- Guess what???? I love you more than anything in the whole wide world.
- Hey there handsome.
- How's that project going at work today?
- I am happy to be by your side forever and ever.
- I appreciate that you try to show me you love me in different ways. Thanks for _____.
- I appreciate your hard work even though I may not say it often enough.
- I can't imagine my life without you.
- I can't wait to see you.
- I don't say it enough, but I want you to know that I love you.
- I fall more in love with you with every passing day.
- If there were more men like you in this world, it would be a better place.
- If you asked me again today, even after all we've been through, my answer would still be, "Yes!"
- I got you, Babe!
- I had a dream about you, and I woke up smiling.
- I just want to snuggle with you.
- I know I don't always do things right, but I'm trying because I love you. I will always keep trying. Thanks for being patient with me.
- I know I'll see you tonight, but I just can't help missing you right now!
- I loved spending time this morning/last night.
- I love it when you _____.
- I love our life together.
- I love you.
- I'm having one of those days that make me realize how lost I'd be without you.
- I'm looking forward to having some time alone with you soon. Let's make a plan!
- I'm sorry. You were right.
- I'm your #1 fan and cheering you on. Go get 'em!
- I really admire your ability to _____.
- I thought about you and it made me smile.
- I've been thinking about you all day!
- I will forever be thankful to God for gifting me with you.
- Just wanted to hit the pause button today to tell you how grateful I am to be your wife.



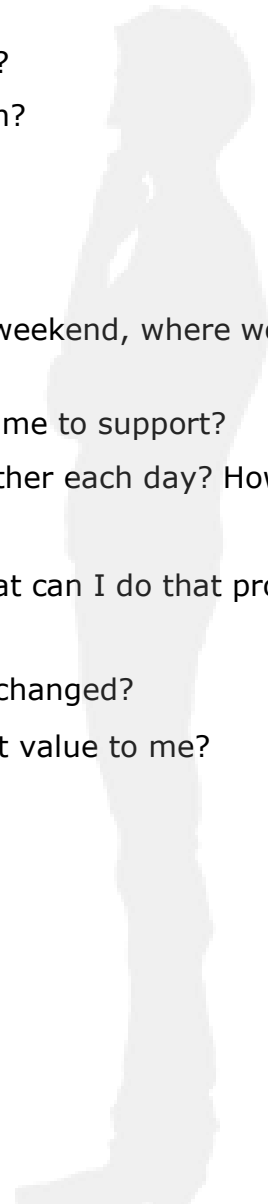
- Just wanted to let you know.
- Just wanted you to know that you are on my mind today.
- Last night was AMAZING!
- Let's have some fun tonight. Wink, wink.
- Let's make tonight all about you.
- Love you loads!
- Miss your face.
- Remember how we kissed (insert time and place)? I kind of want to do that now.
- Remember that time when we _____?
- Smile if you want to sleep with me!
- So proud of you for working so hard.
- Sorry I was weird last night. Can we start over?
- Sorry you're having a rough day. Back massage tonight?
- Still laughing about what you said last night . . .
- Thanks for being the best hubby.
- Thank you for _____. I love you!
- Thanks for always believing in me.
- The day's been rough, the week's been long, but I'm still so glad we're in this together. I love you.
- Thinking about you, and it's making me smile.
- Thinking of you... right now!
- Truly, madly, deeply yours!
- We've made some great memories together. Thinking of them and thankful for you.
- What can I do to make your day (or night) easier?
- Wish you were here with me right now.
- You + me tonight??
- You are a gift!
- You are my superhero.
- You are not just my husband, you are my best friend. I love you so much.
- You are the best husband in the world.
- You make my heart sing!
- You rock my world.
- You were lookin' good this morning.



45 Questions to Ask Your Husband

1. What are your 3 favorite foods? Which is your most favorite?
2. What is your favorite dessert?
3. What do you most like to do in your spare time? Which is your absolute favorite?
4. What type of gifts do you like best?
5. Which is your favorite book of the Bible? Why?
6. Do you have a favorite Bible verse? Why?
7. What has God been teaching you lately?
8. How can I best pray for you?
9. What is your favorite song? What do you like about it?
10. What makes you the most fulfilled or happiest as a man? A husband? A father?
11. What makes you saddest as a man? A husband? A father?
12. What do you fear the most?
13. What other fears do you have?
14. What do you look forward to the most?
15. What things that we do together are most enjoyable for you?
16. Are there things you wish we could do together?
17. What's on your bucket list?
18. What would a home run in your life look like this week?
19. How do you see yourself in 10 years?
20. How much sleep do you need?
21. What do you consider to be your skills?
22. What do you believe to be your spiritual gifts?
23. In your eyes, what are your weaknesses?
24. How can I make it easier for you to lead our family?

25. What caresses do you enjoy the most? The least?
26. What action of mine provides you the greatest sexual pleasure?
27. What other things stimulate you sexually?
28. At what times do you need assurance of my love the most?
29. How can that love be shown to you?
30. What can I do that will make it easier for us to discuss areas that are uncomfortable to you?
31. How can we best work together on problems that are uncomfortable to you?
32. What concerns do you have that I do not seem to be interested in?
33. What is on your mind that we haven't discussed?
34. What 3 practical things "speak" love to you?
35. How do I best demonstrate my appreciation for you?
36. What things can I do to better show my appreciation?
37. In what ways do I best convey respect to you?
38. Are there other ways that would show my respect?
39. What does an ideal evening look like to you?
40. If we could get away, just the two of us, for a long weekend, where would you most like to go? Describe the weekend.
41. What concerns and interests of yours would you like me to support?
42. How much time would be good for us to spend together each day? How should that time be spent?
43. When you are hurt, fearful, anxious, or worried, what can I do that provides the greatest comfort and encouragement for you?
44. What personal habits do I have that you would like changed?
45. What ways demonstrate to you that you are of great value to me?





30-Day Husband Encouragement Challenge

1	For each of the next 30 days, commit to: (1) Say nothing negative about your husband. (2) Say something that you admire or appreciate about him.	2	Send him a flirty text in the middle of the day.	3	Pray for your husband throughout the day. If it helps, set an alarm on your phone as a reminder.	4	Be available to your husband. Clear your schedule, stop what you are doing, put away your phone.	5	Spend some time together doing something your husband enjoys.
6	For the next week, determine not to try to change anything about your husband.	7	Write a note just for him – encouraging, flirty, fun, whatever! Hide it for him to find.	8	Give your husband, 4 sincere compliments today.	9	Ask your husband how you can pray for him today.	10	Respond to you husband with an enthusiastic, "Yes, let's."
11	Do something special just for him today.	12	Fold a sheet of paper in half. On one side write a list of your husband's good qualities. On the other, list his faults & irritations. Tear it in half. Throw the faults away.	13	Greet him with a 15 second kiss when he arrives home from work.	14	Cook his favorite meal for dinner or treat him to dinner at his favorite restaurant.	15	Send him a flirty text in the middle of the day.
16	Be available to your husband. Clear your schedule, stop what you are doing, put away your phone.	17	Pray for your husband throughout the day. If it helps, set an alarm on your phone as a reminder.	18	Today is all about physical touch – hold his hand, give him a shoulder rub, or a back massage.	19	NAG-FREE DAY No nagging. No "reminding."	20	Wear something just for him today.
21	Let him know You find him desirable and attractive. Do something to show him you are attracted to him physically.	22	Enjoy the moment. Look your husband in the eye. Listen to him. Be present.	23	Spend some time together doing something your husband enjoys.	24	Give your husband, 4 sincere compliments today.	25	Ask your husband how you can pray for him today.
26	Write a note just for him – encouraging, flirty, fun, whatever! Hide it for him to find.	27	Do something special just for him today.	28	NAG-FREE DAY No nagging. No "reminding."	29	Pray for your husband throughout the day. If it helps, set an alarm on your phone as a reminder.	30	Let him know You find him desirable and attractive. Do something to show him you are attracted to him physically.

Resources

Books

A Lifelong Love by Gary Thomas.

A Wife After God's Own Heart by Elizabeth George.

For Women Only by Shaunti Feldhahn.

L. O. V. E. by Drs. Les and Leslie Parrott

Sacred Influence by Gary Thomas.

Sheet Music by Dr. Kevin Leman.

The 5 Love Languages by Gary Chapman.

The Husband Project by Kathi Lipp.

The Power of a Praying Wife by Stormie Omartian.

The Wholehearted Wife by Erin Smalley, Gary Smalley, Greg Smalley.



Websites

Club 31 Women: A Passion for Husband, Home, and Family – Lisa Jacobson
club31women.com

Just Between Us: Encouraging and Equipping Women for a Life of Faith
justbetweenus.org

Kaylene Yoder: Encouraging Women to Pursue Wisdom and Grace – Kaylene Yoder
kayleneyoder.com

The Peaceful Wife – April Cassidy
peacefulwife.com

Unveiled Wife: Christian Marriage Advice Blog for Wives – Jennifer Smith
unveiledwife.com