

100 WAYS TO LOVE YOUR WIFE

Discuss this list with your wife. Ask her to check the ones that are meaningful to her, and then arrange them in order of importance to her. Use the list as a basis for learning her views. I know your relationship will be greatly strengthened as you learn how to use these suggestions:

1. Communicate with her; never close her out.
2. Regard her as important.
3. Do everything you can to understand her feelings.
4. Be interested in her friends.
5. Ask her opinion frequently.
6. Value what she says.
7. Let her feel your approval and affection.
8. Protect her on a daily basis.
9. Be gentle and tender with her.
10. Develop a sense of humor.
11. Avoid sudden major changes without discussion and without giving her time to adjust.
12. Learn to respond openly and verbally when she wants to communicate.
13. Comfort her when she is down emotionally. For instance, put your arms around her and silently hold her for a few seconds without lectures or put-downs.
14. Be interested in what she feels is important in life.
15. Correct her gently and tenderly.
16. Allow her to teach you without putting up your defenses.
17. Make special time available to her and your children.
18. Be trustworthy.
19. Compliment her often.
20. Be creative when you express your love, either in words or in actions.
21. Have specific family goals for each year.
22. Let her buy things she considers necessary.
23. Be forgiving when she offends you.
24. Show her you need her.
25. Accept her the way she is; discover her uniqueness as special.
26. Admit your mistakes; don't be afraid to be humble.
27. Lead your family in their spiritual relationship with God.
28. Allow your wife to fail; discuss what went wrong, after you have comforted her.
29. Rub her feet or neck after a hard day.
30. Take time for the two of you to sit and talk calmly.
31. *Go* on romantic outings.
32. Write her a letter occasionally, telling her how much you love her.
33. Surprise her with a card or flowers.
34. Express how much you appreciate her.
35. Tell her how proud you are of her.
36. Give advice in a loving way when she asks for it.
37. Defend her to others.
38. Prefer her over others.
39. Do not expect her to do activities beyond her emotional or physical capabilities.
40. Pray for her to enjoy God's best in life.
41. Take time to notice what she has done for you and the family.
42. Brag about her to other people behind her back.
43. Share your thoughts and feelings with her.
44. Tell her about your job if she is interested.
45. Take time to see how she spends her day, at work or at home.
46. Learn to enjoy what she enjoys.
47. Take care of the kids before dinner.
48. Help straighten up the house before mealtime.
49. Let her take a bubble bath while you do the dishes.
50. Understand her physical limitations if you have several children.
51. Discipline the children in love, not anger.
52. Help her finish her goals—hobbies or education.
53. Treat her as if God had stamped on her forehead, "Handle with care."
54. Get rid of habits that annoy her.
55. Be gentle and thoughtful to her relatives.

56. Do not compare her relatives with yours in a negative way.
57. Thank her for things she has done without expecting anything in return.
58. Do not expect a band to play whenever you help with the housecleaning.
59. Make sure she understands everything you are planning to do.
60. Do little things for her—an unexpected kiss, coffee in bed.
61. Treat her as an intellectual equal.
62. Find out if she wants to be treated as physically weaker.
63. Discover her fears in life.
64. See what you can do to eliminate her fears.
65. Discover her sexual needs.
66. Ask if she wants to discuss how you can meet her sexual needs.
67. Find out what makes her insecure.
68. Plan your future together.
69. Do not quarrel over words, but try to find hidden meanings.
70. Practice common courtesies like holding the door for her, pouring her coffee.
71. Ask if you offend her sexually in any way.
72. Ask if she is jealous of anyone.
73. See if she is uncomfortable about the way money is spent.
74. Take her on dates now and then.
75. Hold her hand in public.
76. Put your arm around her in front of friends.
77. Tell her you love her—often.
78. Remember anniversaries, birthdays, and other special occasions.
79. Learn to enjoy shopping.
80. Teach her to hunt and fish or whatever you enjoy doing.
81. Give her a special gift from time to time.
82. Share the responsibilities around the house.
83. Do not belittle her feminine characteristics.
84. Let her express herself freely, without fear of being called stupid or illogical.
85. Carefully choose your words, especially when angry.
86. Do not criticize her in front of others.
87. Do not let her see you become excited about the physical features of another woman if that bothers her.
88. Be sensitive to other people.
89. Let your family know you want to spend special time with them.
90. Fix dinner for her from time to time.
91. Be sympathetic when she is sick.
92. Call her when you are going to be late.
93. Do not disagree with her in front of the children.
94. Take her out to dinner and for weekend getaways.
95. Do the "little things" she needs from time to time.
96. Give her special time to be alone or with her friends.
97. Buy her what she considers an intimate gift.
98. Read a book she recommends to you.
99. Give her an engraved plaque assuring her of your lasting love.
100. Write her a poem about how special she is.

If your wife persistently reacts negatively to you, it may be because she perceives a threat to one or both of two important areas:
 1) her security 2) her established relationships.



FOR PERSONAL REFLECTION

1. Who did Jesus say would be the greatest in His kingdom? Matthew 20:25-28.
2. If we desire to renew our minds and to think like Christ, we need to consider these:
 - What were His thoughts? Philippians 2:5-8.
 - What were Paul's thoughts on the same subject? Philippians 2:17, 22, 25.
3. If a husband is to love his wife as Christ loved the church, how does Christ love the church? Ephesians 5:25-27, 29.

Take from *If Only He Knew: Understanding Your Wife* by Gary Smalley, Zondervan Publishing, pages 32-35