



~~Nothing about this is for the future - it's for now~~

Practical Ways Of How To Show Love To Your Husband

1. Accept your husband as your leader and praise the leadership qualities he has.
2. Show interest and belief in his goals, ideals and achievements.
3. When your husband is talking show attentiveness and belief by looking at him.
4. If you have excess weight -- build hope for your husband by setting goals to lose. Set little goals and achieve them. Rom. 12:1, 2; I Cor. 3:16, 17; 10:13
5. Let your husband know that you need his protection in every area of your life: physically, mentally, emotionally, spiritually, and volitionally. Ask him to help you learn to say "No" and "Yes" when he sees that you need to.
6. Learn to be content with basic provisions that he can provide for you. I Tim. 6:6
7. Show loyalty to him as your spiritual leader.
8. Let him make the final decision and give him the right to fail without saying "I told you so."
9. Fix his favorite breakfast.
10. Support him in devotions by having the Bible and children ready.
11. Send him off to work with a kiss!
12. Put a love note in his sack lunch.
13. Never be his teacher or preacher (I Pet. 3:1). Let God and some man do that.
14. Be loyal to your husband in every area -- seek his insight and advice on daily problems and especially on spiritual things. DON'T show greater spiritual loyalty to another spiritual leader (Pastor, man, or woman teacher, books, etc.)
John 15:13
15. Build loyalty to husband/dad in the children by maintaining a good attitude toward him, by praying for him with the children and by complimenting him in the children's presence. These two things that destroy the children's loyalty to dad MUST be avoided:
 - (1) Complaints during day of things he has not done.
 - (2) Fear of things he will do.
16. Your discipline of the children ought to be consistent with his, as he is responsible to God for them. Eph. 6:4

17. Be excited about his achievements and successes -- even if you were not involved in them.
Compliment him!
18. Be sensitive to his pressures and pray for him. Rom. 12:15
19. Be grateful to your husband by: (I Cor. 4:7)
 - (1) how you care for his castle. I Cor. 14:40
 - (2) how you care about your personal appearance for him.
 - (3) genuinely thanking him for everything he does for you.
i.e. gifts, cards, being good provider, manners, courtesy shown to you, even everyday things.
20. Be home when he arrives and tell him you've missed him all day. Greet him with a kiss! Be cheerful and see that the children are also happy.
21. Prepare the evening meal just as he likes it and set an attractive table:
 - (1) Cloth napkins and tablecloth
 - (2) Candles
 - (3) Appetizing dishes
 - (4) Serve him first
22. Dinner conversations should focus on his day and interests. Light, happy topics are appropriate. Teach children to LISTEN and be attentive to Daddy. Heb. 2:1
23. Understand if he just wants to be alone with the Lord. God made man to have fellowship with Him first. Matt. 6:33
24. Make your husband your best friend and confide in him.
25. Be willing to adapt to his priorities by:
 - (1) Being available to go when he is ready.
 - (2) Being willing to drop what you are doing and run.
26. Allow him time with the kids.
27. Compliment him on his masculinity (muscles, strength, etc.)
28. The purpose of the sexual relationship is to meet needs of your mate. Sex is not a weapon or reward. I Cor. 7:4, 5

Score Card for Wives

If you honestly evaluate yourself by this score card, you will be able to discern where you are failing and where you need to improve to be the helper God wants you to be to your husband.

Suggestion - if you really want to know how you are doing, ask your husband to rate you.

Rating Scale: never =0; seldom =1; sometimes =2; frequently =3; regularly =4.

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| 1. Do you try to make your home interesting, attractive, cheerful, a place of rest and relaxation - devoting as much thought and study to it as you would to a job downtown? | 0 1 2 3 4 |
| 2. Do you serve meals that are enticing in variety and attractiveness? | 0 1 2 3 4 |
| 3. Do you handle finances that are your responsibility in a businesslike fashion? | 0 1 2 3 4 |
| 4. Do you keep yourself attractive (though not offensively so) in appearance in order that your husband may be glad to have everyone know you are his wife? | 0 1 2 3 4 |
| 5. Are you a good sport, cheerful, uncomplaining, appreciative and not a nag? | 0 1 2 3 4 |
| 6. Are you willing to let your husband have his own way and the last word when you disagree? | 0 1 2 3 4 |
| 7. Do you avoid making a fuss over trifles and solve minor problems that you should handle alone? | 0 1 2 3 4 |
| 8. Do you show respect and admiration for him, not comparing him unfavorably with other men, but making him think that you esteem him above all other men? | 0 1 2 3 4 |
| 9. Do you prevent your mother and other relatives from intruding unduly and show courtesy and consideration to his relatives? | 0 1 2 3 4 |
| 10. Do you take a sympathetic and intelligent interest in his business, yet leave him a free hand, realizing that he must sometimes give time to his business that you would rather have him give to you? | 0 1 2 3 4 |
| 11. Do you cultivate an interest in his friends and recreations, so you can make a satisfactory partner of his leisure hours? | 0 1 2 3 4 |
| 12. Do you pray regularly with and for your husband and maintain a good devotional life? | 0 1 2 3 4 |
| 13. Do you seek his counsel on important decisions? | 0 1 2 3 4 |
| 14. Do you support his decisions and cheerfully assist him in fulfilling them? | 0 1 2 3 4 |
| 15. Do you show respect and esteem for him with the children and other people? | 0 1 2 3 4 |
| 16. Do you lovingly share your ideas, problems, joys, interests, and affection with him on a regular basis? | 0 1 2 3 4 |
| 17. Do you enthusiastically and unselfishly seek to satisfy his sexual desires? | 0 1 2 3 4 |

Common Ways in Which Wives Sin Against Their Husbands

The following checklist will help you identify some of the ways you have sinned against your husband and family. Although not exhaustive, this list represents some of the more common areas of sinful behavior and neglect among Christian wives. The wording is already in the second person ("you"

rather than the third person "him" or my "husband") to facilitate you confessing your sins directly to him later on. As you prayerfully read over each item put a check ☒ next to those offenses which you believe are applicable to you. Fill in any blank spaces with more precise information. Confess each transgression to God and then prepare your heart to confess it to your husband.

Remember, the more specific you can be, the more your husband will realize the degree to which you are serious about changing and the extent to which you are cognizant of how your sins have hurt him. This should make it easier for him to truly forgive you. Also, the more specifically you can identify your bad habits, the easier it will be for you, by God's grace, to change. Don't forget to add any additional offenses which are not mentioned

specifically on the list. When you are finished, look back over the checked items for specific patterns of behavior (common denominators) which may indicate a particular life-dominating sin in your life (lack of submission, selfishness, anger, irresponsibility, lack of self-control, etc.).

Read: Proverbs 28:13-14; Proverbs 31; Matthew 6:14-15, 7:1-5; Romans 12:14-21; Ephesians 4:25-32; I Peter 3:1-6; I John 1:8-10

- ☐ Pleasing God is not the first priority in my life. What is? _____.
- ☐ I don't pray for you or our marriage regularly. I only pray for us when _____.
- ☐ My personal devotions (regular and routine bible reading and prayer) are not a priority in my life.
- ☐ I usually don't attend church services with a joyful spirit.
- ☐ I don't seek Biblical help or accountability when I have a serious problem.

- ☐ I resent the fact that we live where we do. (I do not trust that God in has sovereignly placed us where we are.)
- ☐ I murmur and complain about _____.
- ☐ I demand too much from you in the area of _____.
- ☐ I'm too worldly in my thoughts, actions and dress. Explain in detail.
_____.
- ☐ I don't always dress modestly.
- ☐ I fantasize about the "pretend lives" that are portrayed on television, in motion pictures and secular literature.
- ☐ I compare myself and our life with others; I'm too concerned with how others view us.
- ☐ I sometimes get angry/depressed because I think I am inferior to _____. About what? _____.
- ☐ I'm more concerned about the children's social well-being than their spiritual well being.
- ☐ I conceal how I really feel about _____.
- ☐ I have not been totally truthful with you about _____.
- ☐ I resent being tied down by the children.
- ☐ I resent that we don't have children.
- ☐ I've been jealous and suspicious about _____.
- ☐ I spend too much time on _____.
- ☐ I spend too much money on _____.
- ☐ I become sinfully bitter toward you about the way you spend money and criticize you about it.
- ☐ I'm too moody.
- ☐ I'm apt to use my hormonal changes as an excuse to sin against you and find that I _____, _____, and _____ rather than bringing my thoughts and actions captive.
- ☐ I give in to depression or _____ rather than trying to fight it (I listen to the lies I tell myself rather than talking to myself biblically).
- ☐ I'm a perfectionist about my housekeeping. My perfectionism manifests itself by _____.
- ☐ I'm a poor housekeeper, and do not take proper care in the appearance of our home.
- ☐ I'm not your best friend. I am more intimate (more "one-flesh") in some ways with _____ than I am with you.
- ☐ I don't properly arrange to spend time alone with you when you come home from work.

- ☐ I don't make enough of an effort to demonstrate to the children that my relationship with you is the primary relationship in our home.
- ☐ I don't compliment/appreciate you enough for _____.
- ☐ I'm more concerned with pleasing my parents than I am about pleasing you. Explain _____.
- ☐ I'm very dependent on my parents for _____.
- ☐ I've not been willing to go _____ with you, or to do _____ when you have wanted to.
- ☐ When I am not feeling 100%, I use that to avoid doing those things you want or need me to do for you, but I always seem to be able to do those things that are important to me.
- ☐ I'm abrupt in my speech and responses rather than being gentle.
- ☐ I've been too bossy with you or the children about _____.
- ☐ I nag you about _____ and _____.
- ☐ I use gestures and facial expressions that clearly show disrespect.
- ☐ I'm very sarcastic in my responses when I don't agree with you.
- ☐ I'm not patient with you, especially about those things I would most like to see you change.
- ☐ I am not gracious and loving toward your parents (or some other member of your family. Who? _____).
- ☐ I call your siblings names or refer to them in ways that are not biblical.
- ☐ When I think I am being used and taken for granted by you or the children, I give in to bitterness and anger.
- ☐ _____ is more important to me than our marriage or being a mother.
- ☐ I contradict/argue with you in public and/or in front of the children.
- ☐ I'm critical of you to others. Who? _____.
About what? _____.
- ☐ I've been too critical with you in regard to _____.
- ☐ I don't always pay attention when you are telling me things that don't interest me.
- ☐ I do not work hard to understand why _____ is so important to you; instead I resent that it is important to you.
- ☐ I don't ask your opinion or advice about _____.
- ☐ I make decisions without first asking you for guidance.
- ☐ I make decisions without considering God's will (what the Bible says).
- ☐ I allow worry to dominate my thinking in ref. to _____.

- ☐ I don't give you assistance with _____ though I know you would appreciate my help.
- ☐ I've neglected your need/desire for _____.
- ☐ I don't express affection the way you want me to. I know that I need to _____.
- ☐ I know that _____ annoys you, but am too stubborn to change.
- ☐ I have not worked hard enough at correcting my annoying habits and mannerisms, especially _____ and _____.
- ☐ I don't enthusiastically support your role as the leader of our home, and I _____ rather than lovingly submitting to you.
- ☐ Even if I know that it will hurt you, I will go to great lengths to have my own way. Explain . _____.
- ☐ I manipulate you to get what I want. How? _____.
- ☐ I get physically abusive with you when I don't get my own way.
- ☐ I stop listening to you when I don't like where you're going, especially when you want to hold me accountable or discuss _____.
- ☐ I blame you for things that are actually my fault.
- ☐ I'm quick to judge your motives, especially when _____.
- ☐ I expect you to always be on time. Yet when we are going someplace and I'm running late, I resent it if you say anything to me.
- ☐ I become irritated when you don't immediately stop what you are doing if I want to discuss something with you.
- ☐ I expect you to "grovel" before I will even consider forgiving you.
- ☐ I lose my temper frequently. About what? _____.
- ☐ I become sinfully angry when _____.
- ☐ I don't confront your sin; instead I give in to bitterness and sinful anger.
- ☐ I get my feelings hurt very easily. (I am sensitive because of my pride)
- ☐ I often make unreasonable demands on you and expect too much, especially in regard to _____.
- ☐ I often refuse to have sexual relations and rarely initiate them. Most times I'm only interested in my own sexual needs.
- ☐ I make promises to you that I don't keep.
- ☐ I expect you to know my thoughts, opinions, feelings and concerns without first expressing them to you. When you don't perceive these things, I think you don't care about me, and I _____.

- ☐ I sometimes flirt with other men to make you jealous or to make myself feel good about my desirability to other men.
- ☐ I complain about your lack of assertiveness or lack of initiative, but become angry when you are decisive or open in expressing your opinions.
- ☐ I use profanity.
- ☐ I curse God and use His name in a vain manner.
- ☐ I smoke too much.
- ☐ I drink too much.
- ☐ I don't often admit when I am wrong.
- ☐ I watch too much (or inappropriate) television.
- ☐ I allow the children to watch too much (or inappropriate) television.
- ☐ I'm not easily satisfied, especially about _____.
- ☐ I have bad manners when it comes to _____.
- ☐ I don't take proper care of myself physically. Explain. _____.
- ☐ I expect you to help me in the evening (with the children, etc.) even if I know that you're very, very tired.
- ☐ I selfishly want all your free time.
- ☐ I don't discipline the children in accordance with biblical principles and/or your desires.
- ☐ I do not teach, and discuss the Lord with the children enough.
- ☐ I'm inconsistent in the discipline of our children.
- ☐ I make promises or threats to the children that I don't keep.

Additional areas of failure:

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