

Sarah's Healing Touch *for Women*

10 Ways to Encourage Your Husband & Revitalize Your Marriage



- 1. Respect Your Husband!** Husbands desire many things but respect is high on the list. Regularly tell him how much you respect and appreciate him. A great book to check out is Love & Respect by Dr. Emerson Eggerichs
- 2. Verbalize.** Your words have power! Talk highly of your husband to others when he is present and even when he is not. Praise him on a regular basis especially in front of the children. NEVER belittle or criticize him to the children no matter how old they may be. Leave him a voice mail with a sweet message. Text him sweet and kind words throughout the day. Tell him how proud you are of him!
- 3. Write Him Love Notes.** Add little notes and pictures to your husband's lunch. Make a list of 10 reasons why I love you or 10 things that make you a great dad. Write him a thank you note for the little things he does. Write love notes on the bathroom mirror.
- 4. Dress to Please.** Why do we dress up for others and not for our husband? Before I was married to him I made sure to take time to get ready why not so much anymore? Dress up for him. Dress more feminine and lovely to look upon. Ask your husband how he likes you to look. Does he like dresses or skirts? Or jeans and a t-shirt? Does he like short hair or long hair? Hair up or hair down? Make up on or off?
- 5. The Way To A Man's Heart-FOOD!** I believe that one of the greatest ways we can serve our husbands is to have a nourishing and aroma-tantalizing meal ready for him when

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he arrives home. This should be high on the job description for a wife, and yet is not often seen as a priority today. Try and have special “daddy foods” on hand. Set a nice table with candlelight showing your man and family that you think they are special.

6. **Have A Listening Ear.** Encourage your husband by listening to him. Try and make it a habit of offering own personal opinion or advice only when asked for it. Ask him intelligent questions about his job, interests, politics etc. Do not nag or interrogate him.
7. **It's Your Touch!** Kiss him every time he leaves or enters the house. Touch him every time you walk past him. Tell him you love him every day and throughout the day. Encourage your husband by making love to him with joy and passion.
8. **The Hate Word-Submit!** Submission is Biblical and for our blessing! Put your husband first and do not jump all over your husband when you feel like your needs or “rights” are not being met. Submission is a lifestyle. Start making it a habit to ask your husband these questions:

What can I do for you today?

What can I do to help you make better use of your time today?

I wanted to check with you first...?

Would it be okay if...?

Ask self these questions:

Who is #1, husband or self?

Am I bending or bucking?

Will this help or hinder my husband?

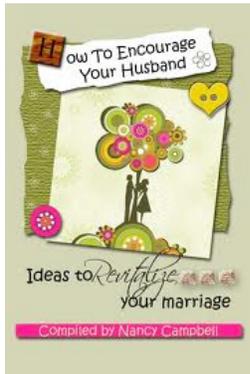
Am I treating my husband as I would Christ?

- 9.) **It's Your Attitude that Counts!** One of the major ways to bless your husband is to enjoy being his wife. Don't allow self to listen to destructive thoughts. Attitude sets the tone of the home and that is a big part of encouraging our husbands.

- 10.) **Make Time For Your Husband.** Just be there and make it a priority to be available for your husband. When he is home try and be in close proximity to him. Try and do as much together as possible. Spend time with him doing things he enjoys. Plan special dates, getaways, visit him at his work.

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Ideas take from book How To Encourage Your Husband Ideas to Revitalize Your Marriage

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