

Ideas that Say I Love You (Part 1 for Husbands)

by Sheila Wray Gregoire

Wondering how to love your spouse? Try showing her your feelings in actions, not just in words! In every good marriage, you need to find non-sexual ways of showing your spouse love—that you're thinking about them and you care about them.

Write up a list, give it to her, and then commit to doing a few things on the list each day.

Saying "I love you" is nice but learning how to love your spouse in actions is usually more important. Here are ideas to get you started on your **personalized list**:

20 Ideas to Show that you Love to Your Wife

- ♥ Praise her in front of the kids, your friends/family when she can hear.
- ♥ Greet her at the door when she gets home—drop whatever you're doing and go kiss her!
- ♥ Make her a coffee to take with her in the morning.
- ♥ Give her a backrub.
- ♥ Tell her one thing you admire about her work or her giftings.
- ♥ Rub your fingers through her hair as you're watching a movie.
- ♥ Make an appointment to get an oil change for her car.
- ♥ Put on her favorite cologne right before dinner together. Or shave right before you go out.
- ♥ Text her to tell her specifically what you love doing with her.
- ♥ Bring her a glass of water if she's working outside in the garden or watching the kids outside.
- ♥ Share your "high" and "low" with her every day— let her into your heart.
- ♥ Wear nice pajamas (*that don't have holes*) that you know she loves.
- ♥ Going out to pick up ice cream/treat with the kids? Bring her one with a note, "we're thinking of you."
- ♥ Pray for her out loud when you're alone. Put your arm on hers and say a sentence-or-two prayer.
- ♥ Walking by her? Reach out and touch her for a second! (*Brush her shoulder, her waist, her back, her hand*).
- ♥ Rub her feet while you're watching TV.
- ♥ Ask her for advice on something—and then follow it.
- ♥ Ask her to explain something about her hobby to you.
- ♥ Don't just tell her you love her—tell her **WHY** you love her.