

50 Ways I Can “Speak” Respect to My Husband

Husband’s Assignment: Read the list and choose three things that your wife could do that would let you know she respects you in this season of life.

1. Don’t undermine him when he is not present.
2. Be cheerful and optimistic instead of nagging and pessimistic.
3. Serve and work together: serve together on a team at The Door, wash the car, work in the yard, or paint a room together.
4. Make a list of things you need to do around the house and follow through.
5. Don’t make nostalgic or endearing comments about your father or other men that might imply that you think your father/other men would be a much better husband.
6. Go for a walk with him or play together (tennis, golf, party games, etc.)
7. Send him an email or card and communicate what a wonderful husband he is.
8. Greet him at the door when he comes home with a smile, a hug, a kiss, and an “Am I glad to see you. I really missed you today.”
9. Be willing to talk to him about his concerns without belittling him for having these concerns.
10. Tease and flirt with him.
11. Ask him to have sexual relations more than he would expect you to.
12. Sit close to him and hold his hand
13. Let him know you appreciate him and what you appreciate about him. Do this often and for things that are sometimes taken for granted.
14. Maintain your own spiritual life through Bible study and prayer.
15. Ask him for his advice and frequently follow it.
16. Be ready to leave at the appointed time.
17. Stand with him and support him in his attempts to raise your children for God.
18. Let him know when he has to make decisions that you really believe he will choose the right thing and that you will wholeheartedly support him in whatever decision he makes, provided the decision does not violate clearly revealed biblical principles. Be his best cheerleader and fan.
19. Buy gifts for him.
20. Show genuine interest in his hobbies; watch or attend sporting events with him; listen to him sing and play the guitar or piano; attend a class he teaches.
21. Find a mutually agreeable way to keep the house neat and clean.
22. Do something spontaneous and zany—don’t always be predictable.
23. Surprise him by cooking his favorite dinner.
24. Call him and tell him if you’re going to be late from work or a meeting.
25. Offer constructive suggestions when you think he could improve or become more productive. Don’t push or preach or do this in such a way that you belittle him, but seek positive and nonthreatening ways to help him become more fully the man God wants him to be.
26. Seek to complete, not compete, with him; be the best member on his team and seek to convince him that you are just that.
27. Be lovingly honest with him—no withholding of the truth that may hinder your relationship or future trust and closeness.
28. Be willing to see things from his point of view; believe the best about what he does or says.
29. Pamper him and make a fuss over him.
30. Give a “suggestive” wink.
31. Share your fears, concerns joys, failures and so forth.
32. Refuse to “cop out,” withdraw, attack, exaggerate or shift blame when he seeks to make constructive suggestions or discuss problems.
33. Give him your undivided attention when he wants to talk.
34. Be eager to share a good joke or some other interesting information you have learned.
35. Plan vacations or trips together.
36. Brag to others about his accomplishments and tell them what a good husband he is.
37. Keep up with family finances.
38. Ask him to pray with you.
39. Express how much you love the children and be their cheerleader.
40. Be excited about sharing the gospel, celebrating answered prayer or helping other people.
41. Be satisfied with your present standard of living, furniture and appliances when you cannot afford to upgrade them.
42. Acknowledge that there are some specific areas in which you need to improve.
43. Refuse to disagree with him in the presence of others.
44. Cooperate with him in establishing family goals.
45. Tell him before he asks that you think he has done a good job. Don’t be afraid of repeating yourself in commending him for what he is or does.
46. Begin each day with cheerfulness and tangible expressions of affection.
47. Let the children know that you and your husband agree; communicate to your children when your husband can hear (and when he cannot) how wonderful he is.
48. Surprise him with an unexpected overnight at a local motel.
49. Plan with the children a “daddy appreciation” night.
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Revised from a list in *Called Together* by Steve & Mary Prokopchak

Additional questions a wife can ask her husband:

1. Generally speaking, what does respect look like to you?
2. How can I best let you know that I believe you have what it takes as a man?
3. What are some things I do that send the message that I don’t respect you or don’t believe in you?

Reminder: What speaks respect to a husband varies based on the current season of life he is in. Try returning to this list each anniversary and update his top three.

50 Ways I Can “Speak” Love to My Wife

Wife’s Assignment: Read the list and choose three things that your husband could do that would let you know he loves you in this season of life.

1. Function as the loving leader of your home.
2. Frequently tell her you love her.
3. Lead family devotions regularly.
4. Do something spontaneous and zany—don’t always be predictable.
5. Share the household chores.
6. Do the “fix-it” jobs she wants done around the house; keep her vehicle properly maintained
7. Give her a lingering kiss.
8. Be willing to talk to her about her concerns and not belittle her for having those.
9. Look at her with an adoring expression.
10. Sit close to her.
11. Shave, take a shower, brush your teeth and wear her favorite after-shave lotion; before you have sexual relations.
12. Fulfill her implied or unspoken wishes as well as the specific requests she makes of you.
13. Anticipate what she might like and surprise her by doing it before she asks.
14. Set a good example before the children.
15. Talk about her favorably to the children when she can hear you, and even when she cannot.
16. Maintain your own spiritual life through Bible study, prayer, regular church attendance and fellowship with God’s people.
17. Make plans prayerfully and carefully.
18. Have a realistic, biblical, positive attitude toward life.
19. Discuss plans with your wife before you make decisions, and when the plans are made, share them fully with your wife, giving reasons for making the decisions you did.
20. Ask forgiveness often, and say, “I was wrong and will try to change.”
21. Actually change areas of your life that you know need changing.
22. Relate what happened at work or whatever you did apart from her.
23. Buy gifts for her.
24. Remember anniversaries and other events that are special to her.
25. Run errands gladly.
26. Be willing to see things from her point of view.
27. Indicate you want to be alone with her and talk or just lie in each other’s arms.
28. Refuse to “cop out,” “blow up,” attack, shift blame, withdraw or exaggerate when she seeks to make constructive suggestions or discuss problems.
29. Give her your undivided attention when she wants to talk.
30. Hold her close while expressing tangible and vocal love when she is hurt, discouraged, weary or burdened.
31. Help her yourself instead of telling the children to “help Mommy.”
32. Join with her in a team ministry in the church or in her interests.
33. Establish a family budget and handle money wisely.
34. Spend time with the children in play, study and communication.
35. Acknowledge that there are some specific areas or ways in which you need to improve.
36. Refuse to disagree with her in the presence of others.
37. Cooperate with her in establishing family goals and then in fulfilling them.
38. Begin each day with cheerfulness and tangible expressions of affection.
39. Remember to tell her when you must work late.
40. Refuse to work late on a regular basis.
41. Help the children without having to be asked.
42. Refuse to compare her unfavorably with other people.
43. Don’t allow work, church or recreational activities to keep you from fulfilling marriage or family responsibilities.
44. Be polite to her.
45. Develop mutual friends.
46. Be especially helpful when she is not feeling well.
47. Be gentle and tender and hold her before and after sexual relations.
48. Don’t nit-pick and find fault and don’t give the impression that you expect her to be perfect.
49. Surprise her with an overnight stay in a local motel.
50. Send her an email or call her cell phone telling her how much you love and miss her today.

Revised from a list in *Called Together* by Steve & Mary Prokopchak

Additional questions a husband can ask his wife:

1. Generally speaking, what does love look like to you?
2. How can I best let you know that I believe you are lovely, captivating, and worth fighting for?
3. What are some things I do that send the message that I don’t love you or don’t believe you are captivating or worth fighting for?

Reminder: What speaks love to a wife varies based on the current season of life she is in. Try returning to this list each anniversary and update her top three.