

WAYS TO SHOW YOUR HUSBAND YOU LOVE AND RESPECT HIM

BY OWEN E. JACK

Ministerial Secretary of South Caribbean Conference of SDA

1. Stop what you are doing and look at him when he is talking to you.
2. Refrain from interrupting him when he's talking.
3. Pray for him.
4. Pray with him.
5. Pray over him when he is going through some tough decisions or stressful situations.
6. Smile at him.
7. Tell him something you admire about him.
8. Ask him about his day.
9. Talk positively about him to others.
10. Thank him for something he's done.
11. Give him a space and time for his hobbies and friends.
12. Dress modestly but beautifully.
13. Hug and kiss him every day.
14. Ask, "What can I do for you today?"
15. Let him drive.
16. When going to the store, ask "is there anything I can get for you while I'm at the store?"
17. Stop what you are doing and welcome him home with a kiss.
18. Give him a kiss as he walks out the door in the morning and when he returns home at the end of the day.
19. Get his input on big decisions.
20. Honour his requests.
21. Let him know you like your life with him.
22. Encourage him in his line of work.
23. Avoid the use of sarcasm when speaking to him.
24. Say "yes" in bed.
25. Initiate love making.
26. Let him know what you like most in bed.

27. Compliment him often.
28. Make his favourite meal.
29. Avoid complaining.
30. Write him a love note.
31. Avoid criticizing him, especially in front of others.
32. Respond to his thoughts and advice with enthusiasm.
33. Respect his likes and dislikes.
34. Refrain from comparing him to other men.
35. Ask for his help.
36. Kindly try to understand his reasons, even when you don't agree.
37. Tell him you love how he looks in that outfit.
38. Focus on what he's doing right.
39. Be happy and positive when he is home.
40. Speak honourably about him and to him in front of the kids.
41. Humbly admit your mistakes.
42. Avoid nagging.
43. Refrain from placing the blame on him when something goes wrong.
44. Respect his stuff; ask before moving or throwing away something that is his.
45. Work to keep yourself in shape and attractive.
46. Show an interest in his friends.
47. Buy his favourite brand of personal care products.
48. Let him open his own mail.
49. Laugh at his jokes or at least smile.
50. Give him advance warning of family activities, schedules, and events.
51. Show an interest in topics, hobbies, or occupations he enjoys.
52. Carve out time to spend with him apart from the children.
53. Give him time to unwind after work before bombarding him with home life.
54. Touch him with affection.
55. Talk together about your family's goals and how you can achieve them together.
56. Let him do his "to-do list" in his own time...even if his timing is not your timing.
57. Defend him if others speak disrespectfully about him.

58. Send him an encouraging email or text.
59. Surprise him with a gift of something he's wanted for some time.
60. Meet him at his work for lunch.
61. Speak only positive things of him to others.
62. Reserve some energy for him at the end of the day.
63. Give him healthy home cooked food.
64. Adequately satisfy his sexual needs.
65. Try to meet his expectations.
66. Be kind and thoughtful to his parents, siblings, and relatives.
67. Refrain from belittling his intelligence.
68. Give him the benefit of the doubt.
69. Sit with him while he watches one of his favourite TV shows.
70. Ask for his advice.
71. Remember that your personal actions reflect on him even when you are apart; don't do anything that would embarrass him.
72. Tell him you love him.
73. Be patient with him when he makes mistakes.
74. Thank him for providing for you and your family.
75. Tell him what makes you proud to be with him.
76. Keep your expectations of him reasonable AND realistic.
77. Refrain from talking down to him.
78. Clean the house or at least the parts he notices most before he comes home.
79. Wear his favourite outfit from your closet.
80. Fix your hair the way he likes it best.
81. Refrain from saying one of those never statements.
82. Find out your husband's primary love language and then find a way to display love to him through that language.
83. Ask him what he'd like to do...after supper...tonight...this weekend...whatever the situation...and then do your best to make sure he has the time to get it done.
84. Thank God for him every time you think of him.
85. Refrain from undermining his authority in front of the children.

86. Tell things to your husband in a factual way (without the fluff or emotion).
87. Respond to potentially argumentative conversations with self-control.
88. Celebrate your husband's successes.
89. Have eyes only for him.
90. Wear clothing that flatters your body but does not flaunt it in front of other men.
91. Do something your husband enjoys with your husband.
92. Keep his secrets.
93. Ask for forgiveness.
94. Give forgiveness.
95. Iron his clothes.
96. Dress to please him.
97. Spend his money wisely.
98. Cling to God during the difficult times.
99. Be respectful in how you speak to him.