

## How To Love Your Wife Lesson Four

### Family Life Overview:

In the Bible we see three simple guidelines for the various roles with the family: husbands love, wives submit, children obey.

**Foundations:** We've seen that marriage is divine in establishment, supreme in relationship and unconditional in commitment (Rogers, p. 193). Marriage is divine in establishment because God Himself created it in beginning. It is a divine design. It is supreme in relationship because man and wife are to leave father and mother, cling to each other and forsake all others. It is unconditional in commitment because the God given roles in marriage are not 50/50 with one spouse doing his part only if the other does her part. Rather, the roles are 100/0. Each partner is to obey Jesus' commands regardless of the failings of the other spouse. It is also till death do us part.

**Wives Submit & Respect:** We've also already looked at the foundations for marriage and the wife's role marriage.

**Introduction:** Today we focus on God's role for men in marriage: to love their wives. The truths presented here today are truly a case of, "Physical heal thyself." I don't to have perfected the art of loving my wife. The rhetorical questions I'll be asking I am asking myself also.

**Joke:** Ephesians 5 commands husbands to love their wives. Curiously, it does not command the wives to love their husbands. Never-the-less, I asked my wife, "Will you love me when I'm old and gray?" She said, "Sure I do."

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### Ephesians 5:25-33

\*\*\*\***What two standards for loving their wives are husbands given in 5:25-33?** (*Hint: look for the word "as"*). **1)** Husbands are to love their wives as Christ loves the church (5:25) and **2)** as their own bodies (5:28). There you have it; that's the goal, that's the gold standard for men.

#### — As Christ Loved the Church —

**Too Much Love?** I heard of a man who said he thought maybe he loved his wife too much, because he loved His wife more than he loved God. In that sense his wife really had become an idol to him. However, the real problem is not that he loved his wife too much, but that he did not love God enough. It is not possible for you to love your wife more than Christ loved the church.

Men, the more you learn about Jesus, the more you'll love your wife (Rogers, p. 182). This is one reason why doctrine is important. Good theology leads to correct behavior.

— 5:25 —

1. **Husbands are commanded to love (*agapao*) their wives (5:25).** There are a number of Greek words that could be translated as love. **What difference would it make as to which Greek word for love is here (5:25)?**

a) One word is *epithumia* (intense heat, as today with animals in heat; basis for thermos or thermal) and can refer to strong sexual attraction (raw lust). A similar word is *pyroo* (basis for Pyrex or funeral pyre or pyromaniac) and means to burn with fire; used in 1 Corinthians 7:9. When some people talk about making love, this is what they mean.

**Application:** I would remind you girls that what you are depending on to catch a man is what you will have to do to keep him; if he only loves you because of your beauty, what are you going to do when your beauty is no longer there? (Rogers, p. 187).

b) Another word, *eros*, is the Greek word for romantic, passionate, emotional, sentimental feelings (“erotic” comes from *eros*). It is very much a feeling, an infatuation. This is the rush you get when you first begin a romantic relationship, when you feel “in love.”

**Example:** I got all “twitopated” when I first met my wife, but the most that kind of excitement can last is two years (Rogers, p. 189, Keller, p. 135). It’ll leave you high and dry.

c) The two other words, *philé* and *agapé* are virtual synonyms. If there is a difference, it would be that *philé* is more of a natural affection, a love between friends (Philadelphia is the city of brotherly love). It is camaraderie. If *epithumia* and *eros* make lovers, then *philé* makes friends.

d) The New Testament tends to use *agapé* as the highest form of love (though in reality it can be used synonymously with *philé*). *Agapé* involves feelings too, but it is ultimately more volitional than it is emotional. In the final analysis *agapé* is not dependent on feelings because emotions can’t be commanded. *Agapé* is a commitment to benefit the other person regardless of his response. It has been called an unselfish love.

**Application:** *Agapé* love is more than an emotion; it is a choice. God does not command feelings.

**Men:** You are capable of loving your wife because God commands you to do it. It is a covenantal love/loyalty. People get married for a lot of different reasons (financial security, sexual attraction, natural affection, etc.). Sometimes after the marriage occurs, if those things no longer exist, people say they are no longer in love. Usually what is meant is that the romance is gone, or the sexual attraction is gone, there has been financial loss (and the financial security is gone) or that they simply no longer like each other. They file for divorce because the feelings are gone. The Bible commands husbands to love (*agapé*) their wives. Biblical love is not merely a feeling. It is a commitment. It is in sickness and in health, for richer for poorer, for better or for worse, until death do us part.

**100/0:** Remember, our roles within marriage are not 50/50, they are 100/0. Men you are to love your wife even when she is not lovely. It does not matter if she submits or not, it does not matter if she shows respect or not, it does not matter if she “lets herself go.” Even if for no other reason, you love her because of Jesus is worthy, not because of her worthiness.

**There is Hope!** Studies reveal that two-thirds of unhappy marriages will become happy within five years if people stay married and do not get divorced. *Agapé* commitment is what keeps couples together during the rough patches. In anger one wife said, “I love you, but I dislike you intensely.” It keeps you in the relationship when your feelings flag, because you make the decision to love (Keller, p. 87).

**Can your wife cite clear evidence of your passionate love for the Lord and your family?**

**Are you a loving, learning, sacrificial leader for your wife even when you don't feel like it?**

\*\*\*\* **According to 5:25, how did Christ show his love for the church (5:25)?** (*Reread aloud*). He gave Himself up for her, that is, Christ died for the church.

**2. In what way should a loving husband give himself up for his wife (5:25)?** On a rare occasion a husband will need to die on behalf of his wife, but most of the time this means giving himself up through serving her, meeting her needs, caring for her. This means death to self. It is a sacrifice.

**Men, are you self-like or Christ-like in how you spend your time?** Your wife is not simply a roommate with sexual privileges. Individualism has no place in marriage. Neither is marriage is not a situation of two individuals living together where one is in charge of the other. Rather, it is an organic union where the two are made into one flesh. There is no room for macho-man foolishness (Wilson, *Federal Husband*, p. 18).

— 5:26 —

\*\*\*\* **Based on 5:26, why did Christ die for the church?** Christ died for the church in order to sanctify the church, to clean the church through the washing of the word.

**3. How can God use marriage to sanctify us (5:26)?** One of the purposes of marriage is to sanctify us, to have the same character in us that was in Jesus. Your spouse knows you better than anyone else and he/she will be the primary person God uses to point out your sins and weaknesses and flaws (harshness, pride, inflexibility, lacking self-control, being oblivious, being a perfectionist, impatience, irritability, being overly independent, being miserly, insensitivity, or being over-bearing). These faults will pose a real problem for your spouse and God will use your spouse to help you work on them. God wants to take you from your gory self to your glory self (Keller, p.134ff)! Expectations are important: expect God to use your spouse to help you see your weaknesses.

**Marriage Makes Us Like Jesus:** The mission of marriage is to make both husband and wife like Jesus. A **husband** is to love his wife as Christ loved the church. This will make him like Jesus. Men are to love their wives in a self-sacrificial manner. Husbands are to be servant-leaders, even as Jesus came to earth as a servant (Philippians 2). The husband is not to lord it over his wife. The **wife** is asked to be like Jesus in that He submitted to the Father and she is to submit to her husband. This will make her like Jesus. “In Jesus we see the authoritarianism of authority laid to rest, and all the humility of submission glorified’ (Keller, p. 178).

**Do you regularly praise your wife or do you have a critical spirit towards her?**

**Do you show tolerance for her little offenses, peculiarities, or quirks?**

**Do you receive correction from her in a gracious manner, or do you respond with a defensive posture, attack her, etc.? Do you exhibit angry outbursts (raised voice, threats, throwing things, hitting)?**

**Are you hypersensitive to her comments, actions, etc.? Is it like walking on egg shells to be around you?**

**When you are in the wrong, do you quickly repent and ask forgiveness in order to avoid bitterness between the two of you?**

**When your wife sins so you deal with her in humility, grace, mercy, and gentleness or spiritual pride and impatience?**

**Do you tend to withdraw from her during conflict (e.g., cold shoulder, silent treatment, etc.)? Is “keeping the peace” simply an excuse to avoid pursuing biblical reconciliation?**

**When she displeases you, are you vengeful towards her (getting even, trying to hurt back)?**

**When your wife sins, do you reprove her gently and in private so as to give her hope and point her to the Lord?**

**Do you regularly share your own personal need for change with your wife and seek her assistance and prayers?**

**Are your words kind, soft, and gentle? Are they pure and delightful, and do they bring comfort?**

**Do you speak to her in a way that builds her up instead of tears her down (this includes facial expressions, tone of voice, posture, etc.)?**

**Do you frequently praise her for biblical character traits she is growing in, even in “small” ways (respect, self-control, discretion, love, joy, peace, etc.)?**

**Washing With the Word:** As relates to the washing of water with the Word, you may not like what the Word says about marriage. You may be disobedient to your God given role. The first step in sanctification is to understand what the goal is, what God wants. The Holy Spirit will then convict you when you fall short, give you the desire to do right and enable you to do it. This is progressive sanctification.

— 5:27 —

\*\*\*\***According to 5:27, what is Jesus' goal for the church?** Jesus' goal is for the church to reach a state of splendor, without spot or wrinkle, holy and without blemish (5:27).

**4. How would Jesus' goal for the church (5:27) apply to husbands?** Christ took responsibility for the sins of his bride and He did what it took to make her holy. In that same sense, the husband is responsible for what is happening with his wife spiritually and is love bound to do everything he can to help her in her walk with the Lord. This is why, theologically, Adam gets the total blame for the Fall (even though they both sinned). The husband is responsible for all the problems in a marriage, simply because he is the husband, the one in charge. Of course the wife has personal responsibilities before God, and the husband may not be to blame, but the husband is still the head and must assume responsibility for the state of his marriage (Douglas Wilson, *Federal Husband*, p. 12).

**5. In 1 Corinthians 14:33b-35, why is the wife instructed to ask her husband at home if she has any questions?**

**ESV 1 Corinthians 14:33-35** . . . women should keep silent in the churches . . . If there is anything they desire to learn, let them ask their husbands at home. For it is shameful for a woman to speak in church.

The husband is the head of the wife. He is to nourish his wife spiritually and in every other area. The husband is responsible for teaching his own wife. The husband is to be the resident theologian in his home. He is the teacher and pastor of his home. If a wife publically asks a theological question during the church meeting, rather than her husband later at home, it weakens his position as the resident theologian in his home. It is shameful to the husband.

**Do you pray for your wife daily?**

**Do you make sure your wife has enough time for personal time in the Word and prayer?**

**Do you spend regular time with her in the Word (i.e., at least once a week)?**

**Do you encourage her (mostly by your example) to give careful attention to the teaching of the Word?**

**What attitude do you set in your home about Sundays and the church? How do you articulate this attitude? Do you lead your family in serving your church? Do you regularly participate? Do you arrive early?**

**Do you know what areas your wife desires to change the most? Are they biblical desires? If so, how are you helping her to search the Word for God's answers?**

**Do you make sure that your wife has relationships with godly women that provide wise and meaningful accountability in her life?**

**Do you frequently speak to her about the joys of meditating on the Lord and His Word?**

— 5:28 —  
— As His Own Body —

**\*\*\*\*6. What second standard for loving their wives are husbands given in 5:28? See 5:23.** Just as Christ loves the church, which is His body, so too a husband is to love his wife as he does his own body.

**Are you sympathetic to her when she is not feeling well or are you indifferent or impatient?**

**Does she take better care of you when you are sick than you do of her when she is sick?**

**Do you encourage your wife when she experiences setbacks and discouragements?**

**Do you save some energy for her every day (emotional, for getting things done, etc.?)**

**Does she get a sense that her concerns and what she has to say is important to you because it is important to her?**

**Do you treat your wife as well in private as you treat your boss, neighbor, friends, etc. in public?**

**When you talk about her to others, is it always in a positive light?**

— 5:29-30 —

**\*\*\*\*What words are used in 5:29-30 to describe how a husband should relate to his wife? A man should nourish and cherish his wife just as Christ does the church.**

**7. What does it mean for a husband to nourish his wife (5:29)?** From *ektripho* which fundamentally means to feed. Of course a husband should provide food for his wife, but more than that he is to nourish her emotionally, psychologically, spiritually, mentally and in every other way. Guys, you can't be detached from your wives. You have to be involved, you have to engage, you have to think about this. This is your God given job.

**Example:** A man cares for his body constantly, not sporadically. A man's relationship with his body is on-going; he cares for his body in one way or another every minute of every day. So too the husband is to love and care for his wife as his own body. He is to pay attention to her (Wilson, *Federal Husband*, p. 23). Wake up! Tune in! Don't be a dope!

**Philippians 4:19** states, “God will supply every need of yours according to his riches in glory in Christ Jesus.” Husbands are to do the same for their wives: supply every need.

**8. What does it mean for a man to cherish his wife (5:29)?** See *Colossians 3:19* and *1 Peter 3:7*. To cherish means to hold dear, to show love for, to cultivate with care and affection. It is from *thalpo* which literally means to keep warm; from this came the idea of fostering with tender care. It is translated as “taking care of” in *1 Thessalonians 2:7*.

ESV **1 Thessalonians 2:7** . . . we were gentle among you, like a nursing mother taking care of her own children.

**Do you know more about sports teams, hobbies, computers, etc., than you know about your wife? What pleases your wife? What annoys your wife? What are your wife’s strengths and weaknesses? What are your wife’s burdens and concerns?**

ESV **Colossians 3:19** Husbands, love your wives, and do not be harsh with them.

ESV **1 Peter 3:7** . . . husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel . . .

**Understanding Weaker:** Men simply cannot remain blockheads as it relates to their wives. Men are called upon to study and understand their wives. This weakness is not a flaw; it is the way God designed women; it is inherent in the design differences between men and women. The competitiveness in a man will tempt him to exploit a weakness in another man. You are not in competition with your wife!

**9. Men, how have you honored your wife lately (1Pe 3:7)? If we asked her right now, today, would she say that she feels honored by you?**

**Joke:** You know, I can’t figure my wife out; she starts every conversation with, “Were you even listening to what I just said?” **Are you attentive to her when she talks to you (e.g., you stop what you are doing, turn to her, look her in the eyes, and listen intently)?**

**Do you frequently talk for her and interrupt her or do you listen carefully so as to understand her?**

**Are you warm and gracious to her family and friends? Is your commitment to her obvious to them?**

**Do you contradict her in front of others or compare her unfavorably with other women?**

**Do you seek to always believe the best of her in any given circumstance?**

**Do you avoid using sarcasm with her (e.g., mocking, ridiculing, mean-spirited joking, etc.)?**

**Is your speech to her condescending (talking to her as if she were unintelligent, a child, or inferior)?**

**Do you gather (and value) input from your wife when a decision affects her?**

**Do you train your children to joyfully honor their mother, even when she behaves sinfully?**

**Do you honor appointments with your wife the same way you would honor an appointment with your company CEO?**

**Summary:** Christ nourishes and cherishes each of us because we are members of his body: the church (5:30). Just as each person takes care of his own body, and just as Christ takes care of the church, so too husbands are to take care of their wives.

**Example:** It has been all too rightly said that the difference between men and boys is the price of their toys. Some husbands have never learned to deny themselves: if they want a boat, they buy it (or a new rifle or fancy car or pickup truck or a motorcycle or to take an expensive hunting trip, etc.) while their wives have to struggle to dress themselves or set the table and their homes are falling down around them. This is not of Christ. If it is important to your wife, it should be important to you (the condition of the furniture, if he house needs painting, travel, visiting relatives, etc.).

ESV *1 Timothy 5:8* . . . if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.

**Application:** A single man who is not able to provide a wife with food and shelter is not qualified to get married. In a time when more women are qualified to take a wife than men are, it is no wonder than gender confusion is rampant (Wilson, *Federal Husband*, p. 32). The idea of “Mr. Mom”, where the man stays home with the kids and the wife works, is not biblical.

— 5:31 —

**10. In what sense should a man leave his father and mother when he takes a wife (5:31)?**

This speaks of priority. Marriage is to be the primary relationship in a person’s life. When a couple marries, a new household is started. New loyalties are made. The new wife is to have priority over the man’s mother or father. Some men are mama’s boys; after marriage it is time for the umbilical cord to be cut! Parental love is to be surpassed by marital love (yet parents are still to be honored).

**Do you put her first over the children, your parents, your friends, job, men’s Bible study, etc.?**

**11. In what way are a husband and wife one flesh (5:31)?** Physically it refers to the man and woman coming together after getting married. Socially, the husband and wife are in the same boat. They are to identify with each other. When a woman marries a man she takes on his last name, because they are one. Spiritually, there is a mystical oneness (bond). Commentator John Eadie observed that this is “the only bliss of Paradise that has survived the fall” (Eadie, p. 431).



— 5:32 —

\*\*\*\***What profound mystery is revealed in 5:32?** The mystery is that God created husband and wife to be one flesh in anticipation of the union that would one day exist between Christ and his bride, the church. There is nothing cultural about these instructions for man and wife; they date from creation and are reflective of the relationship between Christ and the church.

Marriage was invented by God. If we decide to run it our way, instead of God's way, we are courting disaster.

**12. How does marriage picture the relationship between Christ and the church?** The parallel is in loving servant headship and trusting respectful submission.

— 5:33 —

\*\*\*\***13. What concluding remarks did Paul have for marriage (5:33)?** Men are to love their wives as themselves and wives are to respect their husbands. Each command is appropriate to the gender. Women need love and men need respect.

**Love Languages:** People express and feel love in different ways. Some show love by spending time with a person, some by touch (such as hugging), some by giving things to the loved one, some by servicing (doing things) for the other person and some by affirming words. The husband's job is to love the wife. It is important for the wife to *feel* loved. If she speaks one love language but her husband speaks a different one, she may not *feel* loved. The husband must know his wife well enough to know her love language and speak to her in her own language.

**Do you seek to love your wife as you love yourself?**

**Do you give preference to her desires when possible? Do you spend time with her doing what she likes to do, even if it means sacrificing something you otherwise enjoy doing?**

**Do you respect her requests even if they don't seem important to you?**

**Is your wife overburdened in her activities? If so, is it because she is doing your job as the leader in the home? What changes can you help her make? Are there some things you can take on in her place?**

**So What?**

**14. What standards did Paul set before husbands as to how they should love their wives?**

**Perspective:** It does not matter how badly your wife has sinned against you. Your wife's past sins do you hurt you nearly as much as your own sins hurt Jesus. Yet Jesus forgave your sins. So too husbands are to love their wives, regardless of past hurts.

ESV **Romans 5:8** . . . God shows his love for us in that while we were still sinners, Christ died for us.

ESV **Romans 5:10** . . . while we were enemies we were reconciled to God by the death of his Son

\*\*\*\* = ask this question before reading the text aloud. This is put people's minds in gear and them something to look for as the text is read. It causes focus.

**Teacher's note:** These lessons are based on the ESV and are designed for 45 minute sessions. If you can hand out or email out each lesson's questions a week in advance it will encourage people to think about the passage during the week. Coving each question in class will give importance to the questions and give incentive for the class to spend time preparing for the discussion.

• You can hear a recording of this actual lesson being taught at [www.SermonAudio.Com/NTRF](http://www.SermonAudio.Com/NTRF)

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### 100 Ways to Show Love to Your Wife (author unknown).

1. Start and/or end each day by holding hands and praying together with your wife.
2. Pray for her every day and make it a point to pray with her when she is troubled.
3. Communicate with her instead of talking at her. Do not lecture her!
4. Talk to her respectfully without demeaning her or hurting her feelings.
5. Compliment her for the giftedness you see in her. Be specific.
6. Show interest in her friends and give her time to be with them.
7. Do something active together to lift her spirit — even taking a walk hand-in-hand.
8. Express to her that you need and value her.
9. Show enthusiasm for the things that she's excited about — let your actions show it.
10. Find something that makes you laugh together.
11. Put your arms around her when she needs comfort, holding her silently.
12. Surprise her by doing something you think she would want done before she asks.
13. Try not to make sudden changes without discussing them with her first.
14. Show interest in that which she values as important in her life.

15. Allow your wife to teach you things without being defensive.
16. When you feel you must correct her, be gentle —speak the truth in LOVE.
17. Spend special time with her and with the children.
18. Show her that she matters more to you than any one you could be with, that threatens her security in your marriage.
19. Be a good listener. Show her you value what she says.
20. Plan a mini-honeymoon, where the two of you can spend quality time together.
21. Go shopping with her and don't sigh or look at what time it is even once.
22. Take her out to breakfast or make her breakfast (cleaning up afterward).
23. Make the time to set specific goals with her to achieve together for each year.
24. Give her grace when she offends you and forgive (even as you want to be forgiven).
25. Find ways to help her know you are her partner in all areas life.
26. Be polite, courteous, and mannerly with her—not taking her for granted.
27. Exhibit humility, admit your mistakes, and ask for forgiveness. She'll appreciate that!
28. Defend her to others—especially to your family.
29. Don't belittle her intelligence.
30. Scratch her back, rub her feet, or her rub her neck—whatever she'd prefer.
31. Get up in the middle of the night (let her stay in bed) to take care of your upset child.
32. Be especially helpful when she is not feeling well.
33. When she asks how your day went, don't just say "fine" —actually give her details.
34. Thank God for her by name when the two of you are praying together.
35. Try not to argue over money. Peacefully discuss future expenditures instead.
36. Don't embarrass her by arguing with her in front of others.
37. Lead your family in their spiritual relationship with God. This is important to her.
38. Make eye contact when she is talking to you and when you are talking with her.
39. Show her that you prefer her to others—give her your attention whenever possible.
40. Relate what happened at work or whatever you did apart from her.
41. Specifically tell her what you appreciate about what she does for you and the family.
42. Be helpful, both before and during the time you have visitors in your home. (If you're not sure of what to do, ask your wife "What can I do that would help the most?")
43. Brag about her to others, both in front of her and when she is not with you.
44. Surprise her from time-to-time with a card and flowers or a little gift.
45. Remember to tell her or call her as soon as you know you are going to be late.
46. Give her your undivided attention when she wants to talk.
47. Guard your tongue from saying "unwholesome words" or down-grading her.
48. Refuse to compare her unfavorably with others.
49. Encourage her to relax in some way while you clean up after dinner.
50. Be an involved partner in helping with the children and spending time together.
51. Maintain good grooming habits so you look and smell good. It shows you care.
52. Be supportive. Help her to finish her education and goals that are important to her.
53. View and treat her as if God put a sign over her that said, "Make me feel special."
54. Run errands without complaining.
55. Give her the love gift of being thoughtful and considerate to her relatives.
56. Don't negatively compare her relatives with yours.
57. Sit close to her —even when you are just watching television.
58. Be verbally supportive and honor her in front of the children.

59. Show her you are her marital partner by not making plans without her knowing and agreeing with them (unless it's a surprise for her).
60. Pro-actively do things that makes her feel cherished as a woman and as a wife.
61. Make sure you treat her as a woman of intelligence.
62. Ask for a list of 3 things she'd like done in the home and then do them.
63. Ask her and then listen to what makes her fearful and insecure (without judging).
64. Pray about and act upon what you can do to alleviate those fears.
65. Find out what her sexual needs are (and then try to fulfill them).
66. Surprise her with a 15 second kiss (with no expectations to go any further).
67. Put effort in to keep yourself in good shape so she's especially proud to be with you.
68. Make it a point to write a mission statement together for your marriage and family.
69. Take the time to touch every day—even if it's only for a minute or two.
70. Be polite and kind. (Often we're kinder to strangers than we are to our spouse.)
71. Be sensitive enough to ask her if you offend or hurt her sexually in any way.
72. Go out of your way to help her feel valued over everyone else.
73. Consider her as your marital partner in how you spend money.
74. Continue to court her. You dated your wife before marriage, and fell in love. Date her now to STAY in love.
75. Choose your words carefully, especially when angry.
76. Show affection for her in front of friends.
77. Make sure your children speak to her and treat her in respectful ways.
78. Make a point of honoring anniversaries, birthdays, and other special occasions.
79. Make sure she has money to spend any way she would choose.
80. Hold her close and verbally express your love when she is hurt or discouraged.
81. Surprise her by giving her a special gift from time to time.
82. Share the responsibilities around the house (without looking for special recognition).
83. Don't tease and belittle her, saying "I was just joking" when she doesn't find it funny.
84. Allow her to express herself freely, without fear of being called illogical or dumb.
85. Don't forget to hold her hand in public like you used to when you dated her.
86. Don't criticize her in front of others—keeping her dignity intact.
87. Don't focus on the physical features of another woman (It dishonors your wife).
88. Be sensitive to her needs—looking for ways to bless her.
89. Let her know you want to spend special time with her and the children.
90. Fix dinner for her sometimes.
91. Be sympathetic when she's sick—and help her however you can.
92. Let her sleep in sometimes and you get the children ready for the day.
93. Honor her by not disagreeing with her in front of the children.
94. Don't ignore the small things that bother her and let them build into bigger issues.
95. Surprise her by doing some things around the house that she's wanted done.
96. Tell her (and show her) you love her often.
97. Call, email or text her when you're apart so she knows you are thinking of her.
98. Surprise her by suggesting a marriage seminar or weekend retreat you can attend together.
99. Express your love and appreciation for her in a love note which you give to her.
100. Show her affection without sexual intentions.

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