

100 Ways to Tell Her You Love Her

(By author & speaker Gary Smalley)

As you begin to study and reflect on Gary Smalley's list of x100 ways to love your wife, pray a simple prayer, asking God to open your mind to hear His Godly-inspired words and suggestions. Highlight or circle key items that you can begin doing to honor God, by better loving your wife.

- 1) Communicate with her; never close her out.
- 2) Regard her as important.
- 3) Do everything you can to understand her feelings.
- 4) Be interested in her hobbies and interests.
- 5) Ask her opinion frequently.
- 6) Value what she says.
- 7) Let her feel your approval and affection.
- 8) Protect her on a daily basis.
- 9) Be gentle and tender with her.
- 10) Develop a sense of humor.
- 11) Avoid sudden major changes without discussing them first with her, (give her time to adjust).
- 12) Learn to respond openly and verbally when she wants to communicate.
- 13) Comfort her when she is down emotionally. (Put your arms around her and silently hold her for a few seconds without lectures or put-downs).
- 14) Be interested in what she feels is important in life.
- 15) Correct her gently and tenderly.
- 16) Allow her to teach you without putting up your defenses.
- 17) Make special time available to her and your children.
- 18) Be trustworthy. (Do what you say you are going to do!)
- 19) Complement her often.
- 20) Be creative when you express your love, either in words or actions.
- 21) Have specific family goals for each year.
- 22) Let her buy things she considers necessary.
- 23) Be forgiving when she offends you.
- 24) Show her you need her.
- 25) Accept her the way she is; discover her uniqueness as special.
- 26) Admit your mistakes; don't be afraid to be humble.
- 27) Lead your family in their spiritual relationship with God.
- 28) Allow your wife to fail; discuss what went wrong, after you have comforted her.
- 29) Rub her feet or neck after a long hard day.
- 30) Take time for the two of you to sit and talk calmly, (Set a goal of 20 min. per day).
- 31) Go on romantic outings.
- 32) Write her a letter occasionally, telling her how much you love her
- 33) Surprise her with a card or flowers.
- 34) Express how much you appreciate her.
- 35) Tell her how proud you are of her.

Talking Points

- 36) Give her advice in a loving way when she asks for it.
- 37) Defend her over others.
- 38) Prefer her over others.
- 39) Do not expect her to do activities beyond her emotional or physical capabilities.
- 40) Pray for her to enjoy God's best in life.
- 41) Take time to notice what she has done for you and the family.
- 42) Brag about her to other people behind her back.
- 43) Share your thoughts and feelings with her.
- 44) Tell her about your job if she is interested.
- 45) Take time to see how she spends her day, at work or at home.
- 46) Learn to enjoy what she enjoys.
- 47) Take care of the kids before dinner.
- 48) Help straighten up the house before she asks you to.
- 49) Let her take a bubble bath while you do the dishes or take care of the kids.
- 50) Understand her physical limitation if you have several kids.
- 51) Discipline the children in love, not anger.
- 52) Help her finish her goals, hobbies or education.
- 53) Treat her as if God had stamped on her forehead, *"Handle with care!"*
- 54) Get rid of habits that annoy her.
- 55) Be gentle and thoughtful to her relatives.
- 56) Do not compare her relatives with yours in a negative way.
- 57) Thank her for the things she has done without expecting anything in return.
- 58) Do not expect the band to play whenever you help with the housecleaning.
- 59) Make sure she understands everything you are planning to do.
- 60) Do little things for her — (an unexpected kiss, coffee in bed).
- 61) Treat her as an intellectual equal.
- 62) Find out if she wants to be treated as physically weaker.
- 63) Discover her fears in life.
- 64) See what you can do to eliminate her fears.
- 65) Discover her sexual needs.
- 66) Ask if she wants to discuss how you can meet her sexual needs.
- 67) Find out what makes her insecure.
- 68) Plan your future together.
- 69) Do not quarrel over words, but try to communicate clearly.
- 70) Practice common courtesies; (holding the door open for her, pouring her coffee.)
- 71) Ask her if you offend her sexually in any way.
- 72) Ask if she is jealous of anyone, or how you spend your time with others.
- 73) See if she is uncomfortable about the way money is spent.
- 74) Take her out on dates now and again.
- 75) Hold her hand in public.
- 76) Put your arm around her in front of friends.
- 77) Tell her you love her often.
- 78) Remember anniversaries, birthdays, and special occasions.

Talking Points

- 79) Learn to enjoy shopping with your wife.
- 80) Teach her some of your hobbies or interests you enjoy doing, (golf, tennis etc.)
- 81) Give her a special gift from time to time.
- 82) Share the responsibilities around the house.
- 83) Do not belittle her feminine characteristics.
- 84) Let her express herself freely, without fear of being called stupid or illogical.
- 85) Carefully choose your words, especially when angry.
- 86) Do not criticize her in front of others — (gently correct in private).
- 87) Do not let her see you excited about the physical features of another women.
- 88) Be sensitive and gentle with other people.
- 89) Let your family know you want to spend special time with them.
- 90) Fix dinner for the family or your wife from time to time.
- 91) Be sympathetic when she is sick.
- 92) Call her when you are going to be late.
- 93) Do not disagree with her in front of the children.
- 94) Take her out to dinner and plan weekend getaways.
- 95) Do little things she needs from time to time.
- 96) Give her special time to be alone away from the kids or with her friends.
- 97) Buy her what she considers an intimate gift.
- 98) Read a book she recommends to you.
- 99) Give her an engraved plaque assuring her of your lasting love.
- 100) Write her a poem about how special she is.

Let's see what Ephesians 5: 25-30 (NIV) has to say about how a man is to love his wife.

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church — for we are members of his body.

Questions to ponder:

- 1) List some key items which stood out from the list above, which you feel you need to improve on.

Explain. _____

- 2) Share what items you can begin to implement with your wife this week or in the near future with God's help.

