



## 15 PRACTICAL WAYS A HUSBAND CAN HELP NURTURE HIS WIFE

- Serve her. Often wives and mothers serve people all day with meals, laundry, cleaning, driving, shopping, baths... If your wife is sitting down to relax for a few minutes, offer to get her something—a beverage, snack, lotion, a book... It's wonderful!
- Hold her hand (if she likes it) when you're sitting on the couch together, or out somewhere together. It's like you're girlfriend/boyfriend again.
- Give her a foot rub with lotion. This needs no explanation! 😊 It's amazing.
- Put your arm around her in church, or whenever you're sitting together at an event, and snuggle a little.
- Touch base with her at least once during the day, by text, phone or email; whatever is possible with your job, to let her know she's on your mind.
- Make the coffee for her (especially if you get up first). It's one less thing she has to do, and what a treat for her to wake up to hot brewed coffee! 😊
- Surprise her with her favorite dessert.
- Help her with her coat, and open doors for her; it makes her feel like a special lady.
- After dinner, clear the table, load the dishwasher, or if you have littles, entertain the kids for her while she does the job. Ask her what she prefers.
- Give her your full attention when she talks to you. I know there are lots of distractions, but it really means so much.
- When company is coming, help her prepare with cleaning or cooking. It's a lot of work!
- Fill her gas tank for her, and in the winter, clear off her car. It's the little things...
- Take the initiative to schedule a date night once in a while, with babysitting.
- Find out her love language, and use it.
- Pray for her, and for you both as a couple.
- The Bible instructs husbands to love their wives, and I think many men would be thrilled to see how their wives may blossom under their caring actions.

