

## **Ideas for Expressing Love to Each Other**

*The following are suggestions and are taken from biblical principles. We encourage you to add to the list things that are specific to your marriage and what your spouse would appreciate.*

*Please remember the principle that “Good marriages don’t just happen. They are made to happen.” In other words, good marriages take work, and we pray that you find these suggestions a blessing to your relationship.*

You may express love to your spouse by—

1. Functioning as the loving leader of your home (husbands).
2. Frequently saying, “I love you.”
3. Having family devotions regularly.
4. Smiling and being cheerful when you come home from work.
5. Going out for dinner or doing something fun with each other at least once a week.
6. Texting each other throughout the day to say, “I love you,” and to see how each other is doing; letting each other know how much you miss them.
7. Greeting each other when one comes home with a smile, a hug, a kiss, and an “Am I glad to see you. I really missed you today.”
8. Being willing to talk to each other about your concerns and not belittle each other for having those concerns.
9. Sitting close to each other (like you used to do when you were dating).
10. Rubbing each other’s back or...
11. Being mindful of personal hygiene (this includes shaving, taking a bath, or brushing your teeth before being intimate physically).
12. Wearing your spouse’s favorite aftershave lotion/perfume.
13. Writing love notes or letters to each other.
14. Letting your spouse know you appreciate him or her and what you appreciate about each other. Do this often and for things that are sometimes taken for granted.
15. Doing the dishes while your spouse relaxes.
16. Sharing hobbies and recreational preferences enthusiastically not just tolerating them and definitely not harassing each other because of them.
17. Seeking to set a good example before your children.
18. Talking about your spouse favorably to your children when your spouse can hear you and when he or she cannot.
19. Maintaining your own spiritual life through Bible study, prayer, regular church attendance and fellowship with God's people.
20. Handling your affairs decently and in order; structuring your time and using it wisely.
21. Making plans together prayerfully and carefully.
22. Asking advice of one another when you have problems or decisions to make.

23. Focusing your full attention on your spouse when he or she is talking.
24. Being disciplined and purposeful with the use of your screen time so you are investing in relationship with one another.
25. Following one another's advice unless to do so would violate biblical principles.
26. Fulfilling your biblical responsibilities.
27. Being sober, but not somber, about life.
28. Having a realistic, biblical, positive attitude toward life.
29. Discussing plans with each other before making decisions, and when the plans are made sharing them fully with your spouse. Husband should not default to making all decisions nor should the wife. You're a team.
30. Thanking your spouse in creative ways for your spouse's attempts to please you.
31. Asking forgiveness often and saying, "I was wrong and will try to change."
32. Actually changing where and when you should.
33. Sharing your insights, reading, and good experiences with each other.
34. Planning for a mini-honeymoon, where the two of you can do whatever you want to do.
35. Giving expressions of admiration when your wife wears a new outfit or your favorite negligee or... (husbands).
36. Gently brushing your spouse's leg under the table.
37. Flirting with your spouse.
38. Relating what happened at work or whatever you did apart from your spouse that day.
39. Reminiscing about the early days of your marriage.
40. Expressing appreciation for your spouse's parents and relatives.
41. Fixing breakfast for each other.
42. Buying gifts for each other, not just on special occasions.
43. Asking, "What would it take for communication to be so safe in our relationship that we could talk about any topic?"
44. Refusing to disagree with each other in the presence of others.
45. Asking your spouse to pray with you about something.
46. Knowing Scripture tells wives to respect their husbands, looking for ways to show your husband respect.
47. Knowing Scripture tells husbands to sacrificially love their wives, looking for ways to show your wife sacrificial love.
48. Working hard together to establish goals for raising your children and what family rules should be.
49. Refusing to make fun of each other in front of others.
50. Sharing with each other the difficult things you may be going through.