

A VALENTINE'S DAY CHALLENGE FOR HUSBANDS

St Valentine's Day is an opportunity for husbands to take stock of their marriages and examine how well they have loved their wives, and how they can better unite themselves to their wives in Christ.

WAYS TO BETTER LOVE YOUR WIFE

- 1 **Actively listen when she is talking**, even if the topic is not of immediate interest
- 2 Cook her favourite meal
- 3 Get her flowers, chocolate, or jewelry on days that are not celebratory occasions
- 4 **Tell her you love her and that she's beautiful** often
- 5 Take opportunities to hold her hand or put your arm around her more often
- 6 Organise a regular babysitter(s) so you can **take her on regular dates**.
- 7 Lighten her load by helping out with daily tasks
- 8 Show physical affection that doesn't have to lead to sexual intimacy
- 9 **Write her a love letter that expresses how much she means to you**
- 10 **Pray together each day**, as prayer is the deepest form of verbal communication.



KEY QUESTIONS.....

- 1 Have you asked your wife how well you are loving her and how you can love her better?
- 2 Have you read and reflected on Ephesians 5: 22-33, and how you live out the Christian vision of marriage?

PRAYER

Lord Jesus Christ, Bridegroom and Love personified

Help me to see that through Your life here on earth

You have given witness to how I am called to love my wife

Forgive me for the times that I have fallen short of my vocation to love

And help me to give myself to my wife as a total gift of self

In Your Name, Jesus, I pray

Amen

St Valentine, pray for us

