

A Valentine's Day

CHALLENGE FOR WIVES

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

Ways to better love our husbands

- 1 Show physical affection often
- 2 Take an interest in his work and hobbies
- 3 Cook his favourite meal
- 4 Get him a thoughtful gift; perhaps something he's been saying he needs
- 5 Tell him why you're proud of him regularly
- 6 Go on a spontaneous bush or beach walk together
- 7 Dress up for him when you go out on dates; maybe wear jewelry he has gifted you
- 8 Send him affirming text messages while he's at work
- 9 Write him a love letter which tells him how much he means to you
- 10 **Pray together each day**, as prayer is the deepest form of verbal communication

Key questions

1

Have you asked your husband how well you are loving him and how you can love him 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 know that I am Your beloved

Give me the grace to experience Your love in the person of my husband

Forgive me for the times that I have fallen short of Your plan for marriage

And help me to be receptive to the graces You grant me through the gift of my husband

Help me to give myself to my husband as a total gift of self

In Your Name, Jesus, we pray

Amen

St Valentine, pray for us

