

A Godly Husband

DAILY PRACTICES

- Pray for your wife (specifically and by name) — (1 Peter 3:7)
- Pray with your wife
- Say “I love you” and show intentional affection — (Eph. 5:25)
- Give one sincere encouragement or compliment — (Prov. 31:28)
- Ask how she is really doing and listen fully
- Do one act of service that lightens her load — (Eph. 5:25)
- Guard your thoughts and eyes in purity — (Prov. 5:15–23)
- Make at least one moment of undistracted connection

WEEKLY PRACTICES

- Read Scripture together — (1 John 1:3)
- Have a meaningful conversation about your marriage, not just logistics
- Plan and protect intentional time together (date or shared activity)
- Review the week together: joys, burdens, needs
- Ask: “How can I serve you better this week?”
- Engage in corporate worship together — (Eph. 5:31)

MONTHLY PRACTICES

- Plan a date night (or intentional shared experience)
- Pray through her needs, fears, and spiritual growth in depth — (Mal. 2:14)
- Evaluate your communication and conflict patterns (gentleness, patience) — (Col. 3:19)
- Speak encouragement over her identity and calling in Christ
- Ask: “Where do you feel most loved—and least loved right now?”
- Review family rhythms and burdens together

QUARTERLY PRACTICES

- Have a deeper spiritual check-in on her walk with Christ — (Eph. 5:26)
- Revisit shared goals (spiritual, family, financial, ministry)
- Take intentional time away together (rest, retreat, or getaway)
- Evaluate leadership: am I serving or self-protecting? — (Matt. 20:25–27)
- Repent where needed; ask for forgiveness quickly and specifically
- Celebrate evidences of God’s grace in your marriage

YEARLY PRACTICES

- Recommit your marriage to Christ in prayer — (Eph. 5:25–27)
- Reflect on how you have loved her sacrificially and spiritually
- Set intentional spiritual, relational, and family priorities for the year
- Bless her publicly and privately for her role in your life — (Prov. 31:28)
- Assess: is our marriage more Christlike, stable, and joyful than last year? — (Jer. 6:16)

OVERARCHING AIM

- Love your wife as Christ loves the church — (Ephesians 5:25–29)