

## A Godly Wife

### DAILY PRACTICES

- Pray for your husband by name — (James 5:16)
- Speak encouragement or appreciation to him — (Prov. 31:12)
- Show intentional affection and respect in words and tone — (Eph. 5:33)
- Ask how he is really doing and listen with care
- Honor him in speech (no tearing down, sarcasm, or public criticism) — (Eph. 4:29)
- Look for one way to support or serve him today — (Titus 2:4–5)
- Guard your heart from resentment or bitterness — (Col. 3:18)

### WEEKLY PRACTICES

- Pray together with your husband if possible — (Matt. 18:20)
- Share meaningful conversation beyond logistics (heart-level connection)
- Encourage his leadership instead of competing with it — (Eph. 5:22–24)
- Ask: “How can I support you this week?”
- Express gratitude for specific things he provides or carries
- Prioritize unity over being “right” in small disagreements

### MONTHLY PRACTICES

- Speak life over his calling, work, and leadership
- Plan intentional time together (date or shared experience)
- Ask: “Where do you feel most respected—and least respected right now?”
- Pray through his burdens, decisions, and spiritual responsibilities — (1 Peter 3:1–2)
- Reflect on patterns in communication (gentleness, tone, responsiveness)
- Encourage his spiritual leadership in the home

### QUARTERLY PRACTICES

- Have a deeper spiritual conversation about his walk with Christ
- Revisit shared family vision, priorities, and rhythms — (Prov. 14:1)
- Evaluate emotional tone in the home (peace, tension, safety)
- Ask forgiveness where words, tone, or attitudes have wounded
- Take intentional time away together to reconnect
- Celebrate evidences of God’s grace in his leadership and growth

### YEARLY PRACTICES

- Recommit your marriage to Christ in prayer — (Eccl. 4:12)
- Reflect on how you have honored and strengthened your husband
- Express gratitude for his faithfulness, provision, and leadership
- Set spiritual and relational goals together for the coming year
- Ask: “Is our marriage more unified, peaceful, and Christ-centered than last year?” — (Col. 3:14)

### OVERARCHING AIM

- Honor your husband as part of honoring Christ — (Ephesians 5:33)
- Build a home marked by peace, respect, and shared devotion to the Lord — (1 Peter 3:1–2)