

# 44 Ways to Encourage Your Husband

From *10 Things a Husband Needs From His Wife* by Erin Smalley

- 1) Focus on what your husband does well (Philippians 4:8).
- 2) Speak well of your husband. Don't belittle him to your girlfriends or make him feel unnecessary or incapable (counteract the cultural message that men are buffoons).
- 3) Support him in front of the kids. This includes not dishonoring him in front of the kids-even if you don't 100 percent agree with him. If you need to, step into the other room so you can come to agreement and present a united front in your parenting.
- 4) Notice how he leads your family.
- 5) Don't overwhelm him with words.
- 6) Don't approach him in a harsh, critical manner.
- 7) Give him opportunities to problem solve and fix stuff (ask for advice).
- 8) Give him time to unwind after work- even if you're exhausted too. Even if you are ready to unload about your day at work, the kids' needs, or some crisis, pay attention to your husband's personality. He may need more time to chill after finishing up his work than you usually do. Learn what works best for both of you.
- 9) Brag about him in front of the kids, extended family, and friends.
- 10) Give him opportunity to be physically strong (i.e. open doors, carry heavy things, fix something broken).
- 11) Take an interest in what he's passionate about (i.e. football, fishing, hiking, hobby, etc).
- 12) Take care of yourself (physically, emotionally, mentally, spiritually).
- 13) Remember that he doesn't multitask like you can-focus on one thing at a time.
- 14) Don't check your phone when you're together (give him your 'first fruits').

- 15) Encourage him daily (speak courage into him at the beginning of the day).
- 16) Tell him that you like him-that you want to be with him (be his friend).
- 17) Tell him that you're still attracted to him.
- 18) Don't make him feel stupid or incompetent.
- 19) Realize that men hate sarcasm from their wives.
- 20) Understand how difficult it is to hear criticism- it's like toxic poison to a man's system.
- 21) Stop asking how he feels and ask, "What was the high and low of your day?"
- 22) Live within your financial budget.
- 23) Prioritize fun, laughter, and playfulness.
- 24) Trust his judgment.
- 25) Accept his influence.
- 26) Don't act like his mother (don't mother him).
- 27) Always have his back.
- 28) Ask how you can help.
- 29) Use a gentle tone when confronting him.
- 30) Don't personalize mistakes that he makes.
- 31) Don't correct something that you've asked him to do (i.e. getting your daughter ready for school, loading the dishwasher, cleaning something, etc.)
- 32) Listen without interrupting and let him finish his sentence or thought.
- 33) Be patient when he says that he's thinking about "nothing" or feeling "fine" (don't personalize these statements).
- 34) Don't get frustrated when he can't express or poorly expresses his feelings.
- 35) Don't bring up serious issues when he is tired or hungry.

- 36) Don't expect him to be able to communicate at a deep, emotional level as fast as you can.
- 37) Don't launch into a conversation without asking if it is a good time (don't "draft" him into a conversation).
- 38) Pray for him.
- 39) Don't put him on the spot.
- 40) Develop your own spiritual relationship with God.
- 41) Greet him with enthusiasm when he comes home (act like you're glad to see him).
- 42) Don't openly or aggressively challenge his thinking or decisions in front of others.
- 43) Extend God's grace to him and be forgiving when he offends you.
- 44). Ask him to complete this statement, "I feel loved when you..."

*The wife must respect her husband.*

Ephesians 5:33 NJV

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