

# 31

## WAYS TO SAY I LOVE YOU

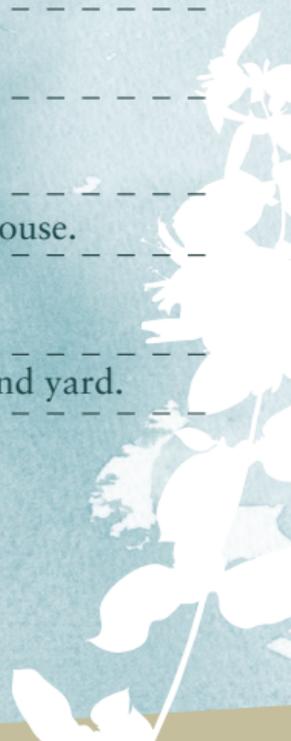
*to your spouse*

- 1** Express love in words or notes.
- 2** Look at your spouse with an adoring expression.
- 3** Be lovingly honest—not withholding truth that will hinder your relationship or future trust.
- 4** Be eager to share a fun story or some other interesting information you have learned.
- 5** Have music and candlelight at dinner.
- 6** Be willing and available to fulfill the desires of each other wherever and whenever it is proper and possible.
- 7** Give lingering kisses.
- 8** Talk favorably about each other when you are not in their earshot.
- 9** Ask for forgiveness often and say, “I was wrong and will try to change.”
- 10** Make plans prayerfully and carefully.
- 11** Be willing to see things from your spouse’s point of view.
- 12** Do a Bible study or ministry project together.
- 13** Keep yourself attractive and clean.
- 14** Refuse to be overly dependent on your parents or friends.
- 15** Begin each day with cheerfulness and tangible expressions of affections.



# 31 WAYS TO SAY I LOVE YOU *to your spouse*

- 16 Give undivided attention when your mate is talking to you.
- 17 Run errands gladly.
- 18 Give back rubs or foot massages.
- 19 Greet one another at the door with a smile, a hug, a kiss, and an “I am glad to see you.”
- 20 Buy a small gift and present it in a surprising way.
- 21 Seek to please one another intimately.
- 22 Make a habit of praying with one another on a regular basis.
- 23 Let your spouse know often you appreciate them.
- 24 Go for walks holding hands.
- 25 Stay within the family budget.
- 26 Refuse to disagree with your mate in the presence of others.
- 27 Be silly and unconventional in your intimate moments.
- 28 Wear a favorite fragrance for your spouse.
- 29 Plan a mini-honeymoon or get-away without advance notice.
- 30 Help with chores around the house and yard.
- 31 Maintain your own spiritual life through prayer, Bible study, worship, and fellowship with other believers.

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