

# the Spouse Beach Diet

*28 Days of Suggested Nutritional Choices for the Diet of Your Marriage*

February 2013 \_ husbands

[ from the pastoral team of [westpointchurch.org](http://westpointchurch.org) ]

These suggestions are merely that - choices for your consideration to nourish and cherish your spouse this month. Rearrange them as you see appropriate, for example if you are going out for Valentine's night on a night other than the 14th for whatever reason. But consider going on the Spouse Beach Diet this month and see what becomes of your marriage. It will take energy. Sometimes discipline. Sometimes even swallowing your pride. But, it might just take the "wait" off in some areas where you have been hopeful for love and grace and growth.

Good luck!!! Praying for oneness. Remember, that is what you must fight for - **oneness**.

Now, get to it...together.

## **one a day for the husbands to consider & live out**

(if they so choose)

1. Pray. Thank Jesus for loving you like He does, unconditionally, full of grace, taking initiative to forgive before sorry is even spoken. Ask Him to help you live fully secure in this love, filled up and overflowing, so that you can love your wife and other people as He has loved you.
2. Pray. Ask Jesus to help you love first - to take the initiative to be loving and thoughtful of your wife regardless of how she is or is not respecting you. Ask for wisdom on how to love her. Beg Jesus to help you not to bring only leftovers home from work. Ask Him to help you give the same if not more creativity and strategy into your marriage and family as you do your work / career. She has to be on the job both day and night. You should be sharing this. Make this a prayer everyday of this journey, considering it as a daily prayer for life together.
3. Pray. Are you harboring a grudge or lack of forgiveness or anger toward your wife? Are you hiding something from her? Ask Jesus to help you have the courage to graciously converse about it at some point soon down the road. For now, thank Jesus for not harboring a grudge toward you asking Him to help you move from stubborn selfishness to sacrificial selflessness as you give love over these 28 days and beyond.
4. Plan three dates this month, one of them to celebrate Valentine's. YOU secure the babysitting. No excuses. Take turns with another couple for kids care if the babysitting money isn't there. But plan three dates making Valentine's especially romantic and meaningful for your wife. Write a note that simply says something like: "Three dates this month. Three words - I love you." Leave it for your wife on her pillow with some chocolates.

5. Surprise your wife with a foot massage or back rub. Focus on her, her responding to what feels good. Ask her about anything hovering over her that is burdensome. Listen. Don't fix it. Then ask what you might do to help it not be such a burden.
6. What chores do you typically avoid? Do them. Without being asked. Serve your wife. Expect nothing in return.
7. Like any "diet," frustration and discouragement can set in early. Maybe something happened these last few days that has you frustrated with your wife. When the frustration bug creeps in, squash it by stopping and praying fervently for your wife as well as for your heart to choose to give love. Get out of your me-perspective and back into team mode. Remember, you don't "fall in love." Rather, we tend to fall into selfishness. Deny yourself and keep on this diet!!!
8. Be a studier of your wife. Explore her heart like a mysterious adventure. Get into her world instead of expecting her to get into yours. Sit down with some coffee or hot chocolate tonight and find out three hopes, three worries, and three right now's. Listen well. Take notes. Think of ways to love her first in those areas. Beg God for wisdom on how to nourish her and cherish her in those ways.
9. Serve together. Do Good Farm. Matthew's Hope. A neighbor. Whatever. And then thank God for the mission and purpose He brings to your marriage.
10. Go shopping for Valentine's Day. Get her a gift that is thoughtful and completely about her heart and likes and hopes.
11. These next four days, including today, "be mine" sentiment is in effect!!! Send her an email today that simply encourages her in some specific way.
12. Have some flowers delivered. It is cheaper not on the 14th anyway.
13. Text your wife today twice. One time in the morning telling her a few specific ways you are praying for her right now. One time in the afternoon, encouraging her by thanking her in some way for her efforts and focus at work / home.
14. Flirt text or flirt phone call with your wife several times today. Go out tonight (or whatever night you are able for Valentine's) with the goal of oneness and making her feel treasured and cherished. Give her a card with her gift that expresses your gratefulness for her.
15. Put a note on her mirror or in her closet that thanks her for a special Valentine's.
16. Go on a walk together (with the kids is fine) at one of the local nature preserves. In your wife suggestions, she has been encouraged to plan this. Share dreams and goals with her, making sure to be thoughtful of including her desires in those, as well. Thank her for a specific way she has supported you in your goals and dreams in the past.
17. Let your wife know that you want her to plan a night out with the girls this week. You will take care of everything at home. Tell her to go out after work or when you get home from work for a meal and some girl conversation and activity. Whenever that night is, welcome it and make sure your tone and expressions show support of it, no matter how hard the day has been.
18. Pop some popcorn. Rent a movie she would want to watch. Snuggle with her while you watch it together. Expect nothing else. This affection is likely as meaningful to her as intercourse is to you. Make it the end of the night for her to go to bed and rest unless she initiates otherwise. But don't expect it. Did I mention don't expect it?

19. Your wife may try to figure out your expectations in all areas of your relationship. Not all guys communicate expectations very well even though they still hold them over their wives. She loves you and wants to know ways to please you. Ask her if she would appreciate you communicating more clearly about some of the unspoken expectations or desires you may have. If she does, kindly share them with her. If she doesn't, surrender them asking Jesus to help you look for ways to meet her expectations and desires. Ask Him to also give you wisdom to lead well toward compromise in areas that are unrealistic expectations from both of you. ALSO, in her suggestions, she has been asked to share three things she appreciates from you that maybe you haven't done in a while. Receive the list with a grateful heart for this chance to love her, then look for ways to do these in the coming days / weeks.
20. Send a text or leave a note for your wife that encourages her in several very specific ways.
21. In an inconspicuous way, while you are together somewhere and something else is going on, put your hand in the small of your wife's back, lean in close, and whisper to her something like: "I will try to love you in such a way that your trust is strengthened in me so that you can feel assured that you are safe with me."
22. Give your wife a "safe zone" opportunity. Sit down with her, kids in bed if you have kids, and ask her, "Is there anything that I have said or done that has wounded you but you have not shared it with me. Please tell me. No repercussions. No kickback. No my-turn-to-tell-you-what-you-did-to-me." Listen well. Listen lovingly. Be contrite. Take notes if you need to. Articulate it back to her asking her if you heard her clearly. Humble yourself. Ask for forgiveness. Pray together.
23. Plan a surprise "man and woman day together. In her suggestions, she is planning the side of it that is "man" to surprise you. You plan the "woman" side. Think of what she likes. What would pamper her? Plan to go do all of this together. Look for the opportunities to tell her how thankful you are that she is your girl. If part of it requires you watching the kids so she can do something, watch them gladly. If you are able, secure babysitting or take turns on kids care with another couple.
24. Surprise your wife when you lay down for bed tonight. With massage lotion, gently but firmly massage her shoulder and back and legs. Be as nonsexual as possible. Expect nothing in return. Play soft music while you massage her, let her lax, and let her drift on to sleep when you are done. At least 20 minutes if not more.
25. Deliver flowers. No apparent reason. Say something on the card very simply, concise, but heartfelt.
26. What is something your wife likes to do - like download a new song, go to the movie, shop, cook, work in the garden, etc.? Don't do something or get something you might do or get regularly and use that money to get her a gift card for what she likes to do. Don't tell her that you sacrificed. Just do it. Expect nothing in return.
27. How does your wife refresh? Proactively plan to make the time for her to do so, covering everything else so she will feel free to take a few hours to do it. Spa? Reading? Going out with the girls? Coffee with a mentor? Make space in the margin for her to be able to refresh in an ongoing way. Converse with her about it tonight.
28. Write your wife a note letting her know that this "diet" isn't gonna end. No matter what, you will nourish and cherish and love her, forever. Commit to give grace first as you both, being imperfect, are becoming more and more like Jesus together.