

the Spouse Beach Diet

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

February 2013 _ wives

[from the pastoral team of 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 wives to consider and 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 husband and others as He has loved you.
2. Pray. Ask Jesus to help you love first - to take the initiative to be respectful and thoughtful of your husband regardless of how he is or is not loving you. Ask for wisdom. Beg Him for more and more selflessness, putting your husband's interests above your own. 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 husband? Are you hiding something from him? 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 begin your healing as you give love and respect over these 28 days and beyond.
4. Write your husband a note and leave it for him where you know he will find it. Simply tell him that you were thinking about how grateful you that you married him. List out several expressions of gratefulness.
5. What is his favorite dessert? Make it and surprise him with it at a moment when you and he can really savor it together. Ask him what his favorite breakfast, lunch, suppers, and snacks are, even if you think you already know.

6. Like any "diet," frustration and discouragement can set in early. Maybe something happened these last few days that has you frustrated with your husband. When the frustration bug creeps in, squash it by stopping and praying fervently for your spouse 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!!!
7. Surprise your husband with a back rub, back scratch, or massage of some sort. Focus on him, his body, but mostly his fragile heart. Second to Christ's love, your touch and your respect build the muscle of his heart unlike anything else.
8. Make your husband one of those breakfasts, lunches, suppers, or snacks and send him off to work with it or deliver it to him in a creative way or share it with him at home.
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 (and night). Get him a gift, but also surprise him with something for yourself that is really to his benefit (if you know what I mean!!!). ;)
11. These next four days, including today, "be mine" sentiment is in effect!!! In his "suggestions," he is being asked to plan Valentine's Night. Send him an email today that simply encourages him in some specific way.
12. If you are able to work it out, have delivered some treat / snack to where your husband works some time this afternoon. If you can't work out delivery, give him something to take to work or a small gift card to get a treat that day.
13. Text your husband today twice. One time in the morning telling him a few specific ways you are praying for him right now. One time in the afternoon, encouraging him by thanking him in some way for his efforts and focus at work.
14. Flirt text or flirt phone call with your husband several times today. Go as far toward the edge of sexting as you feel comfortable with. But claim sexting for married couples and be proud of it today. :-) Go out tonight (or whatever night you are able for Valentine's) with the goal of not talking about your hurts right now in your relationships, but rather your hopes and your gratefulness.
15. Send him to work with a note thanking him for a special Valentine's.
16. Plan a walk together (with the kids is fine) at one of the local nature preserves. Make it a point of focus to ask him what his dreams and goals are, his current frustrations regarding those dreams and goals, and anything you could do to help him with those. Listen with grace and determination to help. Also, stop for a moment at an especially pretty spot on the trail and pray for him regarding those dreams and goals.
17. Let your husband know that you want him to plan a night out with the guys this week. You will take care of everything at home. Tell him to go out after work for a meal and some guy 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 ends up being.
18. Make your husband one of those breakfasts, lunches, suppers, or snacks and send him off to work with it or deliver it to him in a creative way or share it with him at home.

19. Help your husband out a little this last week of the month. Share three things that you really appreciate that maybe he has not done in a while. Write them down and leave them in an envelope with a lipstick kiss from you. He is being given suggestions with what to do next...
20. Surprise your husband when you lay down for bed tonight. Be thoughtful. Something that will give him sweet dreams.
21. In an inconspicuous way, while you are together somewhere and something else is going on, put your hand on your husbands leg under the table or lean up against up while standing somewhere or play footsies or whatever else affectionate you can think of that surprises him with a loving, secure touch.
22. This one may take some psyching yourself up, it may not. Totally ambush and shock your husband with a "quickie" in an out-of-the-ordinary time and place (not in the bedroom for example or mid-afternoon for example). The memory will be forever etched in his mind and on his heart, especially if you whisper to him afterward, "You are my man."
23. Plan a surprise "man and woman day together." In his suggestions, he is planning the side of it that is "woman" to surprise you. You plan the "man" side. Think of what he likes. Plan to go do it with him. Look for the opportunities to tell him how thankful you are that he is your man. 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. Throw the football or play video games or shoot basketball or go for a drive / ride or whatever your husband enjoys as recoup time. Do it with him. Pray asking The Lord to help you build sabbath into your marriage rhythms.
25. Give your husband a "safe zone" opportunity. Sit down with him, kids in bed if you have kids, and ask him, "Is there anything that I have said or done that has wounded you but you didn't think you should tell me because you assumed it would be selfish to do so? Please tell me. No repercussions. No kickback. No my-turn-to-tell-you-what-you-did-to-me." Listen well. Listen lovingly. Be contrite. Appreciate his vulnerability.
26. At some point today, lean in close to your husband and whisper sweet nothing's in his ear.
27. What is something your husband likes to do - like download a new song, go to the movie, grab wings with the guys, work in the yard, enjoy technology, etc.? Don't do something or get something you might do or get regularly and use that money to get him a gift card for what he likes to do. Don't tell him that you sacrificed. Just do it. Expect nothing in return.
28. Write your husband a note letting him know that this "diet" isn't gonna end. No matter what, you want to nourish and respect and give of yourself to him. He is your man. Commit to give grace first as you both, being imperfect, are becoming more and more like Jesus together.