

A romantic couple is shown in profile, embracing and kissing on a rocky coastline. The scene is bathed in the warm, golden light of a sunset or sunrise, with the sun low on the horizon behind them. The man is wearing a light-colored long-sleeved shirt and dark pants, while the woman is wearing a long, flowing pink dress. The background features dark, jagged rock formations and the gentle waves of the ocean.

# 20 WAYS TO SHOW LOVE TO YOUR SPOUSE

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## ***ACKNOWLEDGEMENTS***

*20 Ways to Show Love to Your Spouse*

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# 20 WAYS TO SHOW LOVE TO YOUR SPOUSE

For many of us, dating was easy. The emotional rush fueled our inspiration to express our love in creative ways and it's the most amazing feeling in the world. When we were dating, Meygan decided to spoil Casey for Valentine's day and give him a little gift or act of service for the 14 days leading up to the holiday. Day 1 was his favorite Starbucks drink, day 2 was doing his laundry, day 3 was a romantic walk at the beach, day 4 were hand written love notes all over his dorm room, and so on and so on. This went on for 2 weeks and Casey felt more love than he knew what to do with and Meygan was happy to give show her love.





Then we got married. The motivation wasn't quite there anymore to pull off another 14 Days of Valentines. The routines of life drained us of all innovation and drive. The truth is we were both silently waiting for the emotional inspiration to strike us again, but it never did. Only coming back from the brink of divorce did we come to discover that love inside marriage is a choice.

### *#ICHOOSELOVE*

Faith, hope, love, but the greatest is love. Why? Love is faith and hope--- in action. There is nothing about what or how you feel in the definition of love. We as a culture have defined love as a feeling, an emotion that fills all 5 senses. The fact is that choosing love will often require you to act in direct opposition to what you may be feeling in that moment. This is risky- you don't know how the other person is going to respond. It will require discipline and you have to be consistent at this. Remember that love is a not a sprint, but a marathon. It will require you to be intentional- you have to plan for this in your marriage.



*IF YOU WERE ANYTHING LIKE US, WE NEEDED HELP IDENTIFYING PRACTICAL WAYS FOR US TO SHOW OUR LOVE TO EACH OTHER.*

Here are some ideas to put your love into action....

## **1. THE 60 SECOND BLESSING**

This is one of the greatest habits you can use in your marriage. You begin by speaking 60 seconds of love, encouragement, and appreciation to your spouse. Then it's your partner's turn. Do this in person, over the phone, or on a text. It's simple, quick and so meaningful.

## **2. PLAN A DATE NIGHT**

Every detail from the babysitter, dinner reservations, and carving out time on your calendars. Date nights do not include a movie or watching TV! A meaningful date night is quality time talking, laughing and engaging with one another. And if you have no babysitters, do an in-home date night once the kids go to bed.

### **3. WALKIE TALKIES**

We started this years ago and it's one of our favorite things to do to connect. We walk hand in hand around our neighborhood and just talk about our day. Sometimes we vent, sometimes we dream together, sometimes we don't say much and sometimes we pray. The key is to walk and talk....together.

### **4. PICK UP THEIR FAVORITE STARBUCKS DRINK**

Have the barista write a short love note saying "I love you" or "Greatest wife/husband". A simple beverage surprise can brighten your spouse's mood instantly.



## **5. PLAN A 30 SECOND HUG**

Plan a time when you can embrace your spouse (non sexual) and enjoy being physically close. This is not a soft hug with a gentle pat on the back. This is a bear hug lasting at least 30 seconds.

## **6. GIVE THEM A DAY OFF**

Because we are all adults with busy lives, we have so many responsibilities that suck our time. Give your spouse a day off and let them do what they want to do with or without you. This means no chores, no cooking or being with the kids and allow them to spend their time how they want to spend it.

## **7. FLIRT OFTEN**

There are dozens of ways to flirt with your spouse. Play footsies, send sexy texts, write love notes, grab their butt as they walk by, leave little love notes all around the house, kiss often, call them during the day just to say I love you, tickle each other, ....to name a few.



## 8. SEND THEM THOUGHTFUL TEXT MESSAGES

Texting is a great way to flirt and stay connected throughout the day.

Here are 5 of our favorite text messages.

- *MEET ME TONIGHT. 8PM. OUR BEDROOM.*
- *YOU'RE MY BEST FRIEND*
- *YOU + ME + LAST NIGHT = MAKING ME BLUSH*
- *HOW DID I GET SO LUCKY TO MARRY YOU?*
- *I WANT ALL OF YOU...FOREVER*

## 9. BE QUICK TO SAY YES

If your spouse asks you to take out the trash, don't hesitate or argue and just do it. If they ask you to help them with dinner, be quick to say, "Yes dear." And do so with a good attitude.



## 10. AFFIRM THEM PUBLICALLY

We love seeing all of our readers do this with their spouse. Post pictures on Facebook and Instagram, declaring your love and thankfulness for your spouse. Hashtag #ichooselove and #iloveyou. Public affirmation is beyond flattering!

## 11. WRITE A LOVE NOTE AND HIDE IT

Hand written love notes will never go out of style and are always appreciated. Write the love note, fold it up and place it somewhere in the house, their briefcase, or in their car for them to find.

## 12. GIVE A 5 MINUTE BACK RUB

Physical touch is a great way to show love and after a long day, a nice back or foot rub can sooth away the stress.



### **13. DO A CHORE THEY NORMALLY DO**

Without telling them or even asking them, do a chore that your spouse normally does.

### **14. CLEAR THE DECK**

Once a week, we ask each other, “Babe, is there anything I need to apologize for?” We call this clearing the deck because sometimes we say or do something that we’re unaware of and it hurt our spouse. This is a great way to keep the atmosphere healthy in your marriage and it shows your spouse you care about their feelings.

### **15. PUT ON MUSIC AND ASK THEM TO DANCE**

Whether it’s Pitbull’s Fireball or Sinatra’s Come Fly With Me, a dance in the living room with your spouse can draw you closer. There’s something about holding each other close and having fun that’s just magical.



## **16. DESCRIBE A MEMORABLE TIME WHEN YOU FELT LOVED BY YOUR SPOUSE**

Sit down over dinner and share a time in your relationship where you felt really loved by your spouse. Tell them the story, the details, and thank them for that special moment.

## **17. MAKE THEIR FAVORITE DESSERT/MEAL**

Casey often says that the 6th Love Language that Gary Chapman forgot to put in his book is FOOD. Making your spouse's favorite meal or dessert is an excellent and inexpensive way to show them your love.

## **18. LET THEM SLEEP IN**

Sleep is a precious gift to all of us and it's often one many of us take for granted. Allow your spouse to sleep in on a Sunday morning. Let them know the night before not to set their alarm. To take it a step further, serve them breakfast in bed.

## **19. CLEAN THE HOUSE**

Mop the floors, scrub the shower, clean the baseboards, dust, vacuum, and get those toilets sparkling white. Do it because you want to show your spouse that you care about where you share a life together.

## **20. ASK OPEN ENDED QUESTIONS**

This might be the hardest one but it's the most rewarding on the list because as you ask open ended questions, you have the opportunity to learn more about your spouse's dreams, fears, desires, and belief system.





We'd love to hear from you. Please email us your thoughts, to **casey@marriage365.org**

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