

100
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OF
Affirmation
YOUR
WIFE
NEEDS TO HEAR

MATT JACOBSON

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Introduction

She wants to know what you think, but she especially wants to know what you think of her.

Do you value her? Care how she feels? Respect her? Honor her? Feel close to her? Need her?

As husbands, we can think and feel all these things deeply and still never say them, never tell her how we feel *about her*.

And there are the other voices that will never be silent—the voice inside your wife’s head, the voice speaking from every clothing ad, the voice calling from every corner of society, telling her, “You’re not good enough.” “You don’t measure up.” “You’re too much this.” “You’re not enough that.”

They’re convincing voices that tear her down and diminish her.

But your voice is powerful too and far more important to your wife’s heart than anything this world has to say. That’s why it’s important for you to use your power

to speak affirming words into your wife's heart today, tomorrow, and every day God gives you together.

Maybe it's difficult for you to find the words. In this simple, powerful book are one hundred words to help you get started affirming your wife's great importance and value to you and the people she loves.

Do this and you will discover what every happy, fulfilled husband has learned: the husband who sincerely and consistently fills his wife's heart with affirming words of love soon discovers that she returns to him far more than he ever poured into her soul.

You give *a lot*, and I deeply appreciate how much you give.

Virtually every wife and mother feels like she is constantly meeting the needs of others. *Your wife* feels like she is constantly meeting the needs of others because she is, especially if there are young kids in the house. And she's always there for you too . . . giving.

Genuinely showing appreciation for her through sincere words is a powerful way a wise husband ensures that as she is pouring out, she doesn't begin to feel empty. Gratitude is so powerful, but it's only meaningful when it's expressed. By themselves, your deep feelings of gratitude for your wife do not mean all that much. Don't let this day pass before you let her know.

You are *beautiful.*

The message the world constantly offers up to your wife is exactly the opposite: “You’re not beautiful.” “You’re not very smart.” “You don’t accomplish much.” “You don’t have much value.”

And it’s hard for her not to believe those relentless messages. That’s why she needs to hear from you regularly on the topic—and not with some flippant, offhand, throw-away comment, but a message that comes straight from your heart.

Take your wife in your arms. Look directly into her eyes for a moment, and then tell her how beautiful she is to you.

You make me
want to be
a **BETTER MAN.**

Every honest husband knows that without his wife, he wouldn't be the man he is. But does your wife know this is how *you* feel? Sometimes we treat our wives like they are mind readers, but your wife can't read your mind and she can't know what's in your heart unless you communicate these things to her.

Remember this verse from Luke 6: "A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks" (v. 45 NKJV).

Tell your wife what is in your heart. Let her know the powerful and pivotal role she plays in the man you've become and the man you desire to be because of her.

I want to *thank you*
for your *faithfulness*
to our family.

Being a wife and mother is a day-in and day-out, 24/7, 365-day job. And yet there she is—providing a safe and peaceful place, putting her heart into her home, being faithful when no one is looking (or patting her on the back or giving her a raise) . . . for years.

Tell her you are genuinely grateful for her steady faithfulness to the home and life you are building together.

Yes, I *fantasize* all the time . . . about you!

She knows you are tempted. She knows you get “offers” of various kinds. She is all too aware of this sex-soaked, filth-saturated world you both inhabit. And she wonders, *What is he feeling? What is he thinking? What is his thought life like? Does he fantasize about sex?*

First of all, there is no room—absolutely no room—for anything but total faithfulness to your wife. Anything less than total faithfulness is unfaithfulness. For those who might wonder whether a given activity (with the body or the mind) is being unfaithful, just ask yourself, *If my wife discovered me doing this by chance, would I feel ashamed? Would she feel honored?* Got your answer?

So, no worries. Let your imagination go, because there’s nothing wrong with thinking about sex . . . *with your wife*. Tell her (1) she is the only focus of your sexual interest . . . you think about her all the time and (2) she is the only outlet for your sexual passion.

Give your wife the beautiful peace of knowing you are faithful, even in the secret places of your thought life.

I've learned a lot from you.

It takes a humble man to admit that he has a lot to learn. It also takes a smart man to recognize—and acknowledge—that he has learned a lot from his wife, this most amazing gift God gave you to complete you and make you better in every way. Let's be real—her wise advice has kept you out of a whole lot of trouble, hasn't it? (At least the times you listened to her!)

And, finally, it takes a good man to make sure he has communicated to his wife how much he has learned and continues to learn from her. Being honest with your wife in this way is a deep blessing to her.

I've seen you *grow* so much.

Your wife desires to grow as a person, to become more mature, stronger, deeper, better, and more in tune with God's design and desire. She's grown a great deal since you've been married, but the everydayness of life can obscure that fact, especially for her.

Sometimes we don't see the things that are directly in front of us. Sometimes we're too close to notice significant change. It's not unlike relatives who visit once a year. "Wow, Johnny!" they might say. "You sure have grown!" Johnny's growth was so incremental that his immediate family hardly took notice. We can be like that with our wives. So find a moment. Take stock of the tremendous, beautiful growth and maturity you've observed in your wife and celebrate by letting her know you see these things in her.