

CHARACTER IN MARRIAGE SERIES:
A character-based counseling resource for couples.

◆
THE
KIND
HUSBAND
◆

*Choosing Your Wife.
One Act of Kindness at a Time.*



LOVE **CAN** LAST
RESOURCES

What Is a Kind Husband?

Most people think kindness simply means being nice or polite. Those things matter, but kindness in marriage is much more than pleasant words.

A kind husband intentionally communicates to his wife: *You matter to me.*

Kindness notices what matters to her.

Kindness pursues opportunities to bless her.

Kindness serves with a willing heart.

Kindness delights in making another person's life better.



THE BIG IDEA

*Kindness is love
that intentionally
communicates
value.*



He Notices.

He pays attention to her needs and what matters to her.



He Encourages.

He uses words that build her up and remind her that she matters.



He Gives.

He gives his time, energy, and resources to bless and serve her.



REFLECT

When it comes to kindness, what does my wife consistently experience from me?

What Is Behind My Unkindness?



Kindness disappears when my attention turns inward.
Instead of asking, *How can I bless her?*
I begin asking, *What about me?*

When my own needs, schedule, or comfort
become my focus, my wife is left feeling overlooked
instead of valued.

The kind husband is looking
for opportunities to bless his wife.

The self-focused husband makes
it all about him.

THE KIND HUSBAND ASKS...	THE SELF-FOCUSED HUSBAND THINKS...
 How can I encourage her?	 She doesn't appreciate me.
 What would help her today?	 Why doesn't she help me more?
 How can I lighten her load?	 She doesn't do enough.
 What makes her feel loved?	 She's too needy.
 How can I communicate she matters?	 She should be doing this for me.



REFLECT

What opportunities to be kind do I most often overlook?

The Six Choices of a Kind Husband

Kindness is not one action.
It is six choices that reflect love.



THE BIG IDEA

*Every expression
of kindness asks,
“How can I help my
wife know she
matters today?”*



1

He Notices.

I pay attention to her needs and the little things that matter to her.



2

He Encourages.

I use words that build her up and remind her of her worth.



3

He Appreciates.

I express gratitude for who she is and what she does.



4

He Serves.

I gladly help carry her burdens and make her life easier.



5

He Pursues.

I intentionally invest time and energy in our relationship.



6

He Blesses.

I look for opportunities to bring her joy and make her day better.



REFLECT

*Which expression of kindness
comes most naturally to me?*

*Which expression of kindness
needs the most growth in my life?*

Kindness Is Practiced

Kindness isn't something I feel.
It is something I choose.

Every day I have opportunities to show kindness to my wife. In those moments, I can choose myself or *I can choose her.*



THE BIG IDEA

Kindness is not always convenient, but it always communicates value.

EVERYDAY OPPORTUNITY	I CAN CHOOSE...	OR I CAN CHOOSE...
 She asks for help.	 Choose myself. I stay focused on what I want to do.	 Choose my wife. I gladly help without complaint.
 She wants to talk.	 Choose myself. I keep my phone, or half listen.	 Choose my wife. I give her my full attention.
 She has a success.	 Choose myself. I say nothing or change the subject.	 Choose my wife. I celebrate and cheer her on.
 We have free time together.	 Choose myself. I drift into my own interests.	 Choose my wife. I pursue time that connects us.



REFLECT

In what areas of my life do I most often choose myself over my wife?

Where can I practice choosing kindness this week?

Know Your Wife

Kindness is most powerful when it is personal.
The more I understand my wife, the better
I can love her in ways that truly matter to her.



THE BIG IDEA

*The better I know my wife,
the better I can show her
she matters.*

◆ TO LOVE MY WIFE WITH KINDNESS, I MUST KNOW HER. ◆



What makes her feel most loved?

What kinds of words, actions, or gestures make her feel treasured?



How does she best receive encouragement?

What words or approaches build her up the most?



What makes her feel appreciated?

What can I acknowledge that she wishes I would?



What brings her joy?

What small things brighten her day or make her feel seen?



REFLECT

What is one thing I can learn about my wife this week that will help me love her with more kindness?



THE BETTER I KNOW MY WIFE, THE BETTER I CAN LOVE HER.

Begin the Practice

Everything comes down to one decision.
Will I intentionally bless my wife today?



MY VISION

What kind of husband do I want my wife to experience because of my kindness?



**CHOOSE
YOUR WIFE.**



**ONE ACT OF
KINDNESS AT
A TIME.**



MY PRACTICE

*Which expression of kindness will I focus on this week?
 (Choose one.)*

- ☐  **Notices** – I pay attention to what matters.
- ☐  **Encourages** – I build her up with my words.
- ☐  **Appreciates** – I express gratitude.
- ☐  **Serves** – I gladly help and lighten her load.
- ☐  **Pursues** – I invest in our relationship.
- ☐  **Blesses** – I look for ways to bring joy.



MY REMINDER

When life gets busy and I forget what matters most, I want to remember...



Choose Your Wife.
One Act of Kindness at a Time.

A treasured marriage isn't built through occasional grand gestures. It is built through small, intentional acts of kindness every day.