

How to make your spouse feel appreciated

Headline: Most husbands love their wives, but does your wife know it? Does she *feel* loved and appreciated by you? There can be a difference between loving someone and communicating that love in a way they can recognize and receive. A husband can not assume his wife knows how he feels; that never works. You must make the effort to notice her, listen to her, thank her, encourage her, and express your love through both words and actions.

Objective: After your relationship with God, nothing should come close to your relationship with your spouse. You are a team, and when you are building a family there needs to be trust, affection, appreciation, and love between you. Men typically don't think the same as a woman, so how can a husband show his wife he loves and appreciates her? First of all, husbands must pay attention to his wife's needs, and following through on what matters to her. If it seems you can't get it right, communicate with your spouse; explain that you are trying to help and show appreciation, but you need feedback on what works and what doesn't work for her. Finally, a husband should express his affection through his words and actions; encourage her, serve her, and make it clear that he does not take her or her efforts for granted and that she is never alone in carrying the responsibilities of their life together.

Song Suggestion: I have loved you (with an everlasting love)

Bible and Catechism Readings:

Ephesians 5:25-30

Husbands, love your wives, even as Christ loved the church and handed himself over for her to sanctify her, cleansing her by the bath of water with the word, that he might present to himself the church in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. So [also] husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one hates his own flesh but rather nourishes and cherishes it, even as Christ does the church, because we are members of his body.

Phillippians 2:3-4

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.

Catechism 1661

The Sacrament of Matrimony signifies the union of Christ and [His Bride] the Church. It gives spouses the grace to love each other with the love with which Christ has loved His Church; the grace of the Sacrament thus perfects the human love of the spouses, strengthens their indissoluble unity, and sanctifies them on the way to eternal life

Saint:

St. Joseph is an extraordinary model for husbands.

The Gospels do not record a single spoken word from Joseph, yet his actions speak powerfully. He listened to God. He protected Mary. He protected Jesus. He accepted responsibility. He worked faithfully. He sacrificed his own plans for the good of his family.

Joseph's love was expressed through presence and action. He did not need to be the center of attention. He was willing to serve.

For husbands today, St. Joseph offers an important lesson: love is often demonstrated in the quiet things we do repeatedly and faithfully. A husband may not always know exactly what to say. But he can notice. He can listen. He can serve. He can protect. He can be present.

Vignette:

Tom loved his wife, Sarah, and he would say that without hesitation. He worked hard, paid the bills, took care of repairs around the house, coached the kids, and tried to be a good father. In his mind, he was doing his part.

One evening, Sarah seemed unusually quiet. Tom asked, “What’s wrong?” and Sarah said “nothing.” Tom knew that “nothing” usually meant something and after a few moments, Sarah finally said, “Sometimes I don’t think you notice me.” Tom was stunned.

Eventually Sarah explained that she often felt as though the things she did every day had simply become invisible. Preparing meals, managing the children’s schedules, remembering birthdays, checking on aging parents, keeping track of family commitments, and supporting Tom when he was stressed.

She wasn’t asking for applause, she just wanted to know that he saw her. Tom realized that he had been measuring his love by what he *did*, while Sarah was experiencing his love—or the lack of it—through how connected and appreciated she *felt*.

The next morning, Tom decided to start paying attention. He thanked her for the things he normally took for granted, asked about her day and actually listened, and noticed when she was tired. He started making time for the two of them instead of assuming that whatever time remained after everything else was good enough.

One evening, Sarah said something that Tom would never forget: “I feel like you’re seeing me again.” Tom realized that his marriage had not needed a dramatic rescue, it needed his attention. He had always loved his wife and now he was learning how to **show her**.

Questions for Large and Small Group Discussion:

1. **Does your wife know that you appreciate her?**
What are three specific things your wife does—large or small—that you may have stopped noticing or thanking her for?
2. **When was the last time you intentionally asked your wife, “What makes you feel most loved and appreciated by me?”**
What might you learn if you listened to her answer without becoming defensive or explaining yourself?
3. **What is one habit you could begin this week that would help your wife feel more seen and appreciated?**
What is one habit you could stop because it may unintentionally communicate indifference or taking her for granted?

Resources:

1. Small but powerful ways to make your wife feel loved <https://www.crosswalk.com/family/marriage/-little-ways-to-show-your-spouse-youre-thankful-for-them.html>
2. Five ways to make your wife feel valued <https://www.allprodad.com/5-ways-to-make-your-wife-feel-valued/>
3. 25 (Specifically) Catholic Marriage Tips <https://fathersofmercy.com/25-specifically-catholic-marriage-tips/>
4. The 5 Love languages: The Secret to Love that Lasts by Gary Chapman <https://5lovelanguages.com/>

Action Plan: The 7-Day Appreciation Challenge. For the next seven days, commit to making your wife feel intentionally appreciated.

1. Day 1 — Say Thank You
Thank her specifically for something she regularly does that you may have taken for granted.
2. Day 2 — Give a Genuine Compliment
Tell her something you admire about her—not just her appearance, but her character, strength, faith, or the way she loves others.
3. Day 3 — Listen
Ask her about something that is important to her. Listen without interrupting, correcting, or immediately trying to solve the problem.
4. Day 4 — Take Something Off Her Plate
Notice a task that needs to be done and take responsibility for it without waiting to be asked.
5. Day 5 — Remember
Bring up a happy memory from your marriage. Tell her why that moment remains meaningful to you.
6. Day 6 — Be Present
Put down your phone. Turn off the television. Give her your undivided attention for at least 20 minutes.
7. Day 7 — Ask
Ask your wife: **“What is one thing I could do more consistently that would help you feel loved and appreciated by me?”**
Listen carefully. Do not defend yourself. Do not explain why you already do it. Simply listen and thank her for telling you. Then choose one thing she identifies and make it a lasting habit.

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