



Affirming the Feminine

I hope you had a chance to begin the process I suggested last week of going to Jesus and asking Him to show you how He sees your wife, or the women in your life, if you are single, and actually writing out a list of the things you love, appreciate, and are so thankful about them. Last week we suggested doing these 3 things:

1. List out the things you love, appreciate and are so thankful for about your wife if you are married. If you are single do so with your mother, or sister or a close female friend. *(Be very specific and keep this list between you and Jesus)*
2. Do that list in this way: Pray this prayer: *“Jesus show me the glory and the beauty of my wife’s life (or mother’s or sister’s life). Give me eyes to see her the way You do.”*
3. Then write down what Jesus shows you, and what you see, and continue to add to it every couple of days. I suggest doing this in your iPhone *(in the notes section)* and read over what Jesus brings to light, and add to it each time you read it over.

If you have not done that yet, then try it. Do it several times and then put it on your iPhone, iPad or in your computer, where you can see it and review it.

Keep looking it over and then begin speaking those things to your wife that Jesus showed you about her.

Three or four of the things could be: *She is very kind. She has such a tender heart. She is so loyal and so supportive of me and our children. She is so beautiful.*

So here is the suggestion: speak several of those things to your wife or the women in your life. Don't tell her why, or that this is a new program, or that you got this from the follow-ups via Adventures of the Heart. Just ask Jesus to give you the courage to affirm your wife, or the women in your life, for what Jesus has shown you about them. Look her in the eyes, and speak the very things Jesus showed you about your wife, mother or sister when you asked Him.

You get the idea. This is not difficult, but it is risky and takes courage- and you have to be intentional. It's taking the time to look for glory, beauty, heart, and femininity in your wife's life (or the women in your life) and speak to them those words that affirm what Jesus has shown you about them.

If you will do this, you will be amazed. Obviously, start small and maybe focus on one or two, not an entire list, or she will think it's not authentic and probably think “what's up with this?” From zero to 90mph on the verbal affirmation scale could seem a little weird. If you will continue to do this, however, I can promise you that you will be amazed. This process is called love, honor, and pursuing the beauty. And the fact is, you, as a man, get to live with the product of how you love your wife for good or for bad. You will do yourself a great favor by excelling here and giving this your focused attention. If you are single, your mother or sister would be blown away at your encouragement spoken to them.

In His Adventure with you,

Reese