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## Introduction

Years ago I wanted to learn how to juggle. I found it pretty cool watching professionals juggle many objects of various shapes and sizes. Juggling a bowling ball, chain saw, and a knife was not only pretty amazing but also dangerous. These guys were not only great jugglers but they also knew how to work a crowd. They were true entertainers.

My desire to learn how to juggle led me to purchase Juggling for the Complete Klutz.

We've all seen these klutz books. They're everywhere. There's Magic for the Complete Klutz, Animation for the Complete Klutz, and even Big Bubbles for the Complete Klutz.

In my case, I was looking for a simple, easy to read book that would teach a complete klutz like me how to juggle. By taking the book's instruction, someone who's never picked up a juggling ball can learn the basics quickly and in no time at all find themselves juggling.

Did I learn how to juggle? You bet I did. The easy to read instructions and attached bean bags had me juggling in no time at all. The technique is simple and starts with learning how to juggle two bean bags using the proper juggling technique. Once you've mastered two bean bags then a third one is added and wahla....you're juggling.

At first it was hard. After all, I'd never juggled before. Learning something new was uncomfortable and a bit painful. I felt like a complete klutz, but the more I practiced the better I became. Eventually juggling became second nature and was very easy. I no longer was a complete klutz!

Many men I talk to tell me they feel like a complete klutz when it comes to loving their wives. They might not use those exact words but the sentiment is the same. Most men really love their wives but don't really know what that looks like. Before marriage they did a great job romancing that special lady, but now the years have set in and that spark, that excitement, that passion they once felt has gone. Often times their wife feels unloved and uncared for.

Sometimes men had poor role models. Perhaps your dad wasn't very good at modeling what a loving husband looks like. Sure, he provided for his family. He worked full time to take care of all the material needs and was probably real handy around the house doing home repairs. These are all fine and dandy and important, but maybe he was unable to provide for the emotional needs of his family.

Well, I got good news for you! You no longer have to feel like a klutz when it comes to being that loving husband your wife craves and desires. Together, we're going to work on returning that love, passion, and excitement you and your wife felt early on in your relationship.

The simple instructions in [Juggling for the Complete Klutz](#) taught a klutz like me to juggle. So, too, will the simple instructions in this ebook teach you how to love your wife in practical every day ways. The result will be a more fulfilling, loving relationship for both you and your wife.

## **It's All about the Fundamentals**

The legendary Green Bay Packer coach, Vince Lombardi, was once asked the key to his team's success after winning Superbowls I and II. Expecting to hear a complicated explanation of X's and O's, the audience was surprised to hear something entirely different. To paraphrase, Lombardi said, "Winning football games is about executing the fundamentals better than your opponent. When you're able to block, tackle, kick, run, and throw better than your opponent you will win the football game."

Lombardi didn't talk about executing the perfect West Coast Offense or how to run a 3-4 or nickel defense. He didn't talk about how to execute the perfect run or pass play. He found that if his team simply executed the fundamentals better than the other team he would have success. And guess what? It worked. The Packers won two Superbowls!

What does all this football talk have to do with this ebook? Think of the principles you're about to read as the fundamentals that need to be executed. When executed correctly the result will be marital bliss. Executing these fundamentals will help you restore love in your marriage.

## **You Take the Lead**

You may or may not realize this but you've been called to love and lead your wife. Wait, I thought we entered this marriage as equals. I thought it was a 50 – 50 proposition? It is but the responsibility of initiating love begins with the man. You are called to be the ***Initiator*** of love in your marriage while your wife is called to be the ***Responder***. In other words, you are to love your wife in such a way that she can't help but respond to

your love. Pretty amazing! So, man up! It's time to start initiating love in your marriage. Don't wait for her. You take the lead! Trust me if you "Just Do It" like Nike says, she will respond beyond your wildest imagination.

### **Help Is On the Way**

Like some of you I've encountered a bit of marital strife over the years. Years ago it got so bad it seemed like divorce was inevitable. I won't bore you with all the details but will say that we had a lot invested in our marriage. We had 15 years under our belt, two wonderful kids, and a home in the suburbs. We didn't want to just throw it all away. Besides, we were both Christians and felt we should try some counseling before throwing in the towel. After all, couldn't God bring new life to our marriage?

During this time I began to learn a different way to love my wife. A good friend directed me to a particular verse in the bible that was geared specifically towards husbands. It's found in the 5<sup>th</sup> chapter of Ephesians in verses 25-28. It says: *Husbands, go all out in your love for your wives, exactly as Christ did for the church—a love marked by giving, not getting. Christ's love makes the church whole. His words evoke her beauty. Everything he does and says is designed to bring the best out of her, dressing her in dazzling white silk, radiant with holiness. And that is how husbands ought to love their wives. They're really doing themselves a favor—since they're already "one" in marriage* – *The Message Bible.*

I don't know the state of your marriage. It may be thriving and filled with love, passion, and romance. If so, that's great! I'm happy for you. On the other hand your marriage

may be in turmoil and on the verge of divorce. Each day is a struggle. You may find yourself simply going through the motions and wonder if there's any hope for your marriage.

Well, I got good news for you! There is hope. You can have that dream marriage. Take Ephesians 5:25-28 to heart. Trust me. Amazing things will happen in your marriage.

### **A Love Marked By Giving, Not Getting**

Let's take a moment and look at Ephesians 5:25-28 more closely. There's some really cool stuff I want you to see.

In verse 25 it says we're to go all out, "*in our love for our wives, just the way Christ did for the church.*" What kind of love was this? It was a love marked by giving, not getting. What I want you to see is this: Christ is our model of love. As he loved the church, we're to love our wives. It's that simple. His love for us was unconditional without any strings attached. Just think about all His miracles and all the people He healed. Think about His sacrificial death on the cross. All of it was done freely without expecting anything in return.

So, how do you apply this in your marriage? What are ways you can freely give love without expecting anything in return?

Here's an example. The next time you're at a drug store pick up one of those romantic cards. It doesn't need to be one of those gushy ones. Simply pick a card that expresses your love. Maybe you even want to write a little note on the inside. Now,

mail it to her at work. Imagine how blown away she'll be when she opens it in front of her peers. Finally, here's the hard part. The natural response is to expect something in return. Maybe she'll call to thank you and she may even say what a sweet gesture that was. If she does that's great. But I want you to remember not to expect anything in return. The important point is this: you want your love to be marked by giving, not getting. You're learning to freely love your wife without expecting anything in return.

What are other ways that you can demonstrate this kind of love in your marriage?

Maybe it's doing the dinner dishes, giving her a night out with her friends while you take care of the kids, or bringing home roses for no special occasion.

Keep in mind you're working on fundamentals here. As you learn to love unconditionally with no strings attached your wife will begin to respond to your love in very tangible ways.

### **Bringing Out the Best in Your Wife**

Most of us, if we're honest, will admit that sometimes it's easier to speak loving, encouraging words to friends, acquaintances, and strangers than it is to our closest loved ones.

Why is that? Think about an individual you recently had an interaction with. Often times, we come across more interested in what they have to say than we do when we're with a close loved one. Our speech can be kinder and more encouraging. We even come across more accepting. This shouldn't be.

Guys, take a look at another principle found in Ephesians 5:25-28.

Here's the cool jewel I want you to see, "*Christ's love makes the church whole. His words evoke her beauty. Everything he does and says is designed to bring the best out of her.*"

Remember learning about how we're to love our wives the same way Christ loves the church (a sacrificial love characterized by giving and not getting)? Notice it says that Christ's love makes the church whole. As we love our wives in the same way with a sacrificial love marked by giving and not getting then the implication is that our love will make our wives whole.

Now, pay close attention. Is everything that you do and say designed to bring the best out of your wife? Read that again. In other words, are your actions and words having a positive impact on your wife? Is she a better person now than she was when you both first tied the knot?

You may be thinking, "I'm a good provider. I love my wife. We go out on a "date-night" once a month. We don't fight or argue. We enjoy spending time together."

That's all great, but the question remains. Are your daily actions and words having a positive impact on your wife?

So, what does this look like? Listen closely to what I'm going to say. You must become an apprentice of your wife. You must make it a priority to understand who she is. What does she value? What makes her tick? What does love look like to her. Each woman

is different.

Here's a good example. Early in our marriage I made the mistake of not helping out enough around the house. We both worked full time and rather than helping out with laundry, house cleaning, shopping, or cooking, I left it all to my wife. I figured my 9-5 job was over so it was time to relax and kick back. Well, you can imagine the tension in my house. My wife would come home from work just like me and then spend considerable time doing housework, cooking, shopping, and laundry. It burned her out. Her energy was drained. She had nothing left for me or our marriage. She was exhausted! She became bitter, angry, and resentful.

As a result, I changed my actions. I started helping out more around the house. I learned how to do the laundry. I started cooking more. I learned how to do house cleaning. The result was my wife didn't have to shoulder the whole burden. She started to feel loved and cared for. She started to have more energy at the end of the day and that resulted in huge dividends for me! She began to open up. She became more loving and warm.

Changing my *actions* had a positive impact on my wife. Are your actions having a positive impact on your wife?

We just looked at how your actions can have a positive impact. Now let's look at how your words can have a positive impact as well.

Here's a good example. My wife has a blue sweater that she looks remarkable in. She looks fantastic in it and I make it a habit of always letting her know. That blue sweater

also shows off her blue eyes and blonde hair.

I usually say something like, “Honey, you look fantastic! Whenever you wear that sweater I’m always reminded of what a beautiful, sexy woman you are!”

She smiles and blushes and I can tell my words have had a positive impact on her. My compliment has helped make her day. She feels loved and built up.

As you converse with your wife, remember that the words you choose can have a tremendous impact on her life. It doesn’t take a rocket scientist to know that the words we choose can be used to encourage and build up or they can be used to judge and tear down. The tone behind your words can also have a positive or negative impact.

Kind, gentle words combined with a critical tone will serve no one.

Keep in mind this important concept when dealing with your wife. Be a man of few words but when you do speak use your words wisely. Use words that will build up and encourage your wife. Use words that are loving and sincere. Use words that affirm your love for your wife.

Try this simple test. Each day think of one positive thing you can tell your wife that will have a positive impact. At first it may be difficult but over time will become much easier.

For example, get your wife’s attention and in a gentle kind tone say, “Honey, I don’t always verbalize my love for you. I don’t know why I don’t. But I want you to know how much I appreciate you and how much I love you.”

Here’s another example. “Babe, I know you’ve had an exhausting week at work. You

deserve to take it easy to tomorrow. I'll do the laundry. You go do something fun."

Remember the fundamental principle we're working on here. You want to use words that express love to encourage and build up your wife. You also want to put your love in action in ways that spell love to your wife. Both will help to bring out the best in your wife.

### **Keep the Bank Full**

Here's a fundamental principle that if you execute correctly will result in a touchdown every time.

We are familiar with what it takes to make money. Let's say I have a \$1,000 dollars to invest and I go down to the neighborhood bank and open up a simple savings account that pays an interest of 5%. I leave that money in the account for a whole year. By the end of the year I've made \$1,050.

Now, let's say I open up a second saving account with a \$1,000 that pays the same interest. Each month I decide to deposit \$50 so by the end of the year I've made 12 deposits. So, now my grand total that I've deposited is \$1,600. By the end of the year I've made \$1,680.

The interest on a \$1,000 deposit is \$50 where the interest on \$1,600 is \$80. From which account did I make more money? The second one. Why? I knew to make more money I had to invest more money by making more deposits. The more I deposited the more my investment grew.

What does this have to do with this ebook? Well, your wife has a love bank just as you do and you make deposits or withdrawals whenever you interact with her. Pleasurable interactions result in deposits into her love bank where painful interactions result in withdrawals.

Here's an interesting point I want you to remember. When you first got married chances were pretty good that your wife's love bank was full but as life goes on her love bank fluctuates. Sometimes you make deposits and other times you make withdrawals. The key is to make more deposits than withdrawals!

I've been married 34 years and in the first half of our marriage I made many more withdrawals than deposits. Just think of all the withdrawals I made each time I left her to do all the laundry, house work, and cooking. It's a wonder my marriage didn't go bankrupt.

Let's talk about these deposits and withdrawals that are made each time you interact with your wife.

Remember our definition of deposits and withdrawals. Pleasurable interactions result in deposits where painful interactions result in withdrawals.

Here's a few examples.

You both work and she calls to let you know that she'll be an hour late getting home and asks you to get dinner going. She arrives home and finds you in front of the television watching Monday Night Football and you're already working on your second beer.

There is no evidence that dinner has been started. The result is a withdrawal (painful

interaction) has occurred.

Check this one out. Your wife has repeatedly asked you to pick up your clothes but instead you leave them laying all over the place. She has asked you repeatedly to hang them up or take them down to the dirty laundry hamper. She is tired of picking up after you. Your failure to pick up after yourself has resulted in a withdrawal (painful interaction) for your wife.

You and your wife both work. She calls to tell you she'll be an hour late getting home and will take care of dinner when she gets home. You happen to know spaghetti is one of her favorite dishes so you decide to cook dinner and have it ready when she arrives home. You also light a few candles and have dinner music playing in the background. She comes home exhausted but doesn't have to worry about preparing dinner. You've got that covered. The result is a deposit (pleasurable interaction) has been added to her love bank.

Here's another example. Your wife has been having problems with a co-worker who has been saying things behind her back that aren't true. She comes home upset and wants to talk. She is very hurt and angry. You listen without judgment but with empathy and relatedness to what she's feeling. You don't offer up solutions but simply just listen. She comes away feeling heard and understood. Congratulations! You've just made another deposit.

Keep in mind that over time the emotional love bank is going to fluctuate. There will be times when you'll make deposits and there will be times that you will make withdrawals.

The key is to make more deposits than withdrawals.

How do I do that you ask?

The key to making many more deposits than withdrawals lies in knowing and understanding your wife. Become an apprentice of your wife. Pay attention to her and learn from her. Who is she? What does she like? What does she dislike? What makes her tick? Knowing your wife will help you make deposits into her love bank.

Deposits into your wife's love bank can be anything but the key is that they must be pleasurable interactions. If you know your wife likes getting little love notes from you than write her lots of little love notes. If she likes a monthly date night than take her out on monthly date nights. If she likes breakfast in bed, give her breakfast in bed. If she likes to hold hands while you go for a walk in the park, then hold hands.

Keep her love bank full! It will pay huge dividends for you. Be strategic in creating deposits (pleasurable interactions) into your wife's love bank. Keeping the love bank full is all about becoming aware of your wife's needs and learning to meet those needs.

### **Good Communication is the Key**

In Williard Harley's book, His Needs, Her Needs, there are listed 6 primary love needs of both men and women. Each woman and each man are obviously different but in general terms each gender has 6 primary love needs. The woman's primary love needs are caring, understanding, respect, devotion, validation, and reassurance. Each of these love needs is best met through good communication.

Your wife needs to know you care. What can you do? When you show interest in her feelings and heartfelt concern for her well-being, she will feel loved and cared for.

Your wife needs to feel heard and understood. What can you do? Learn to listen without judgment but with empathy and relatedness when she expresses her feelings. When you do this she will feel heard and understood.

Your wife needs respect. What can you do? When you respond in ways that acknowledge and prioritize your wife's rights, wishes, and needs, she will feel respected. When your behavior takes into consideration her thoughts and feelings, she is sure to feel respected.

Your wife needs to know you're devoted to her. What can you do? Give priority to her needs and proudly commit yourself to supporting and fulfilling her. Your wife will thrive when she feels adored and special. A man fulfills her need to be loved in this way when he makes her feelings and needs more important than his other interests - like work, study, and recreation.

Your wife needs validation. What can you do? Do not object to or argue with your wife's feelings and wants but instead accept and confirm their validity. Your validating attitude confirms her right to feel the way she does.

Your wife needs reassurance. What can you do? Repeatedly show that you care, understand, respect, validate, and are devoted to your wife. A reassuring attitude tells your wife that she is continually loved.

## **Go Now and Just Do It!**

American author, William Lederer, once said the following: *Love is not the cause of good relationships, it's the consequence of good relationships... Love is seldom spontaneous, instant, or dynamic. It usually takes considerable time to create. It results from work, from thinking, from promoting equality, from being able to cope and adapt.*

As we come to the end of this ebook think once again about what Vince Lombardi said. He said, "Winning football games is about executing the fundamentals better than your opponent. When you're able to block, tackle, kick, run, and throw better than your opponent you will win the football game."

Achieving marital bliss and becoming a great husband is no different. You may be newly married and have very little experience or you may be a seasoned veteran. It doesn't matter. Developing a loving relationship takes time to create. It doesn't just happen. You need to work at it!

In summary, you have everything you need to be successful! The fundamentals are within this ebook. Take these principles to heart! Practice them! Think about them! Remember as the man you are called to initiate love in your marriage. Love begins with you! So, start initiating that love! Be proactive! Your wife will find you irresistible as you successfully exercise these fundamentals.

Now, just do it!