

# YADA IN ACTION: GUYS



## The Challenge

Song of Solomon alludes to catching foxes in the “vineyards” of a couple’s love life, who are stealing their grapes (2:15). To put it more plainly, all of us know a lot of stuff can rob us of a robust love life.

You’ve heard great sex begins in the kitchen, right? So this week, yada your wife by taking something that takes from her - but without expecting anything (including sex) in return.

Maybe she can’t shut off her to-do list. Or maybe you’ve got young kids, and she’s scraping herself off the floor just to have something to give.

## Here are a few ideas:

- If you’ve got kids, take them for a night so she can do whatever she wants.
- Encourage her to have an evening out with friends.
- Ask her what’s on her to-do list for tonight. Take as many tasks as you’re able so she can take a load off, take a bath, read a book, or whatever she’d prefer. Bring her a snack or something to drink.
- Every morning this week, ask her, “Is there anything I can do to lighten your load today?”