

# live:kind



## *Kindness ideas for couples*

1. Pray for your spouse and your marriage. Study the life of Jesus for rich lessons in kindness and sacrificial love.
2. Learn how to give your spouse a soothing hand or back massage. Offer them a massage when they are feeling tired and stressed.
3. Buy your husband or wife a gift voucher for their favourite shop. Give it to them for no special occasion – just because you love them.
4. Frame a beautiful photo of the two of you and put it on your desk.
5. Wrap up some of their favourite treats and hide them in their bags, drawers, pockets and car. Or hide your own vouchers that they can exchange for kisses, treats, dinner out, or a home-movie night.
6. Send them several text messages a day to let them know how much you care.
7. Make a playlist for them of their favourite songs or praise music.
8. Try out a free mini marriage seminar like the Toucan Together App for couples at [www.toucantogether.com](http://www.toucantogether.com).
9. Surprise your spouse by doing one of their most hated chores. Or do it together and make it more fun.
10. Top up their car with fuel and put it through a car wash at the same time.
11. Plan a special day together, doing things that they enjoy, and eating their favourite food, rather than yours
12. Read a marriage book together like 'Created for Connection' by Sue Johnson and Kenneth Sanderfer, or 'I Do' by Dr. Gabor Mihalec.
13. Write a list of twenty things you appreciate about your spouse. Put in a place where they will discover it and be surprised.
14. Try to go to bed at the same time for at least a week!
15. Think twice. Stop yourself doing something that really annoys your spouse.

16. Cook your spouse's favourite meal, take them out for dinner, or bring home their favourite take-away.
17. Create an award or certificate for your spouse, celebrating something they do well, or an achievement in their life.
18. Write a short prayer for your spouse and tuck it into their Bible, work bag or nightclothes.
19. Warm up their towel on a radiator or in the tumble dryer and have it ready when they step out of the shower.
20. Make your spouse's favourite hot drink or create a smoothie from their favourite fruits.
21. Buy a book that your spouse would really enjoy, and then give them a couple of peaceful hours to start reading it.
22. Help your spouse to tidy up a messy space that has been bothering them for a while.
23. Buy one of your spouse's favourite magazines and slip it into their bag with a note.
24. Turn up at your spouse's work place and have lunch together – eat out or pack their favourite picnic and walk in the park.
25. Tell your husband or wife how glad you are that you are married to them.
26. Start a regular date night together. You can find lots of date ideas at [www.thedatingdivas.com](http://www.thedatingdivas.com)
27. If your spouse likes breakfast in bed, make them a surprise breakfast at the weekend
28. Pay for your husband or wife to go on a short course to learn a new skill they have always wanted to try.
29. Write them a love letter. If you're not sure what to write you can do an internet search for some ideas. Start off by letting them know it is a love letter, to put them at ease! Write about a romantic memory, tell them what you appreciate about them, express the difference they have made to your life, and how your love for them is deepening.
30. Listen well to your spouse. When they talk give them your focused attention. Sum up what they have said so that they know you are listening. Listen with your heart, not just your mind. Care for their feelings in the story they are sharing. Listen for any relational needs they are expressing (affection, comfort, attention, acceptance, appreciation, respect, security, encouragement, the need to feel special and valued, etc.) Think of a way you could meet at least one of their needs. Ask what you can do to help, and then do it as soon as you can, to the best of your ability.
31. Do one of the things on your home 'to do' list that you know will delight your spouse.
32. Do whatever is good for your marriage, and don't do the things that hurt the other person. Make your relationship more important than your ego.
33. Speak well of your spouse to others, especially when your spouse is listening too.