



DO SOMETHING FOR YOUR SPOUSE JUST BECAUSE YOU LOVE THEM!

Kitchen cupboards are largely unnecessary.

My wife doesn't tend to agree. I believe the process of cleaning dishes is simple, and should go as follows: load dirty dishes into the dishwasher, run the dishwasher, use them as you need them, put dirty dishes into the sink until the dishwasher is ready to be loaded again, run the dishwasher, and so the cycle continues.

In contrast, my wife believes sinks should not have a bottom. Nothing stays in the sink when left up to her. Further, any dishes left in the dishwasher once cleaned are in risk of self-destruction if not put back in the cupboard, asap. With our polar opposite perspectives, you can imagine the "fun" we had our first couple years of marriage.

Therefore, when I decide to empty the dishwasher, it's not because I think it's important, or because it's expected to get done. It's not even because she would be upset with me if I don't do it (she gave up on that years ago). If I choose to empty the dishwasher, it's simply because I love her. I empty the dishwasher because I know it's important to her, and I want her to feel loved.

After unloading the dishwasher now more times than I care to count, this act of service can easily be overlooked as another to-do crossed off the list. Over time, my wife's response turned from, "Awe, you are so thoughtful!" to "Oh good, that's done." For this reason, I find it important to rekindle the meaning behind such seemingly small acts of service, not for myself, but for my wife. I want this act to still be a reminder of how much I love her. That after all these years of unloading that darn dishwasher, I still do so with the intent to love her.

And so enters... the "Because I Love You" card. When my wife goes to unload the dishwasher only to find it already emptied with the "Because I Love You" card sitting front and center, she is reminded that the only reason I emptied the dishwasher was because I love her and I did it just for her.

The "Because I Love You" card helps emphasize the big and little things we do for our spouse. For most couples, there are a host of things we do out of love for our spouse. However, over time, it's easy for these actions to go unnoticed or even become expected. The "Because I Love You" card helps to remind both partners the real motivation behind your actions.

Occasionally couples struggle to identify what they can do for each other in order to use the card. Playing "Hot Potato" with the card encourages couples to think of creative ways to pass the card to their spouse. This alone can increase the passion in your marriage.

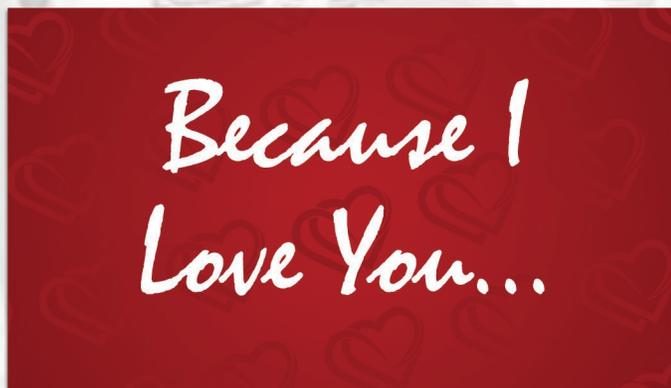
Common ideas include:

- ♥ Attach the card to a bouquet of flowers
- ♥ Sneak their favorite snack and the card into their work bag
- ♥ Thoroughly clean their car and leave the card behind
- ♥ Buy a pair of shoes, tie, or a negligee and leave it where they will find it and the card
- ♥ Have their favorite meal prepared when they arrive home with the card on their plate



Share an idea.

How have you used the card? Go to our website and let us know. You'll find ideas there you might want to try also.



Do something for you spouse just because you love them...

- ♥ Do a task, give a gift, do anything considerate and thoughtful. Include this card with the act.
- ♥ Pass this card back and forth between you. **Don't be the person who keeps it the longest.**

Visit our website at IntimateMarriage.org/bily
for detailed instruction and more ideas.