

8 DESPERATE NEEDS OF YOUR HUSBAND

Lots of marriages are terrible; many people worldwide are really facing trying times in their marriages. They cry day and night, not knowing what really went wrong in their marriages.

Some people blame ill-luck, some blame Satan while some blame in-laws for their predicament. The truth is, what is missing is not being acknowledged. A bad marriage involves the failure to perform responsibilities. A good marriage is about performing roles and responsibilities, but a great marriage is about meeting needs. Peace, joy, and fulfilment normally reign in every marriage where needs are being met by the people involved.

In most marriages, people know their roles and responsibilities, but they are not aware that there are needs to be met. There are eight desperate needs of your husband that you must meet if you want an over-the-top marriage. To become the darling of your husband, you must know how to meet his major needs. You can't win a man whose needs you don't know let alone meeting them.

This book will open your eyes to your husband's needs and teach you how to meet them.

CHAPTER 1

RESPECT

“Nevertheless, let every one of you in particular so love his wife even as himself; and the wife see that she reverences her husband.” Ephesians 5:33 KJV

"Mummy, I'm tired of this marriage. Dennis has made my life miserable. He is bossy and very difficult. You can't find peace with him; he is such a terrible man. He has changed from the man I married to a total stranger which I don't know." Betty said to her mum as she brought out her handkerchief to wipe her tears.

Betty's Mum, a retired military doctor took her time to listen to her daughter's complaints about her husband without interrupting her. She allowed her to cry for some time before she asked her, "Betty my daughter, I know your husband to be a very gentle and God-fearing fellow. What has come over him? Can you kindly tell me what has been your husband's complains about you?"

Betty began, "Mummy Don't let Dennis fool you, He is not gentle, he is terrible. He is a pretender and he is not God-fearing." This time, she cried loudly to the chagrin of her mother. "You've not told me his complaints about you my baby girl." Betty's mother said. "He has many of them. He said I am stubborn,

uncontrollable, self-willed and disrespectful.

How can he say so? That is the first time anybody will ever use that kind of derogatory words for me. It only gets me mad with him." Betty replied. On hearing this, Betty's mum said, "Good! I like to hear this. My baby, wipe your tears and let us have a mother-child discussion. My question to you is, are you disrespectful?"

"No mummy, how can I? How can he say so? What is in him to respect? Is he my boss? Is he my father? He is only 28 years old and I am 27 plus. We were classmates. I even got better grades than him! I came out of school with a first class. He had 2.2, that is; I am more brilliant than him. I earn a better salary than him. I come from a better family than his. My mother was a Major in the army and my father a retired principal. His parents are just peasant poor farmers, who had nothing in their lifetime. What has he done in his life to deserve my respect? Why is he now complaining about me not respecting him? Mummy, we are in the modern days. We are out of the barbaric years of Africa when husbands used to be lord and emperor." Betty rattled.

Her mother looked at her in amazement, clapped her hands in mockery and said, "My daughter, what has come over you? Definitely, you did not get this from me. You know I respect and honour your father, even when I was the one paying the house rent and school fees. When my salary was forty thousand naira, his salary was nine thousand naira as a teacher. But I still take orders from him. Can you imagine? A military woman, a medical doctor who looks up to a history class teacher Husband for instructions, I was supposed to raise my shoulder, but maybe you will not have the privilege of getting married under the roof of a dad and mum who are still together. You know, we raised you in unity.

You can't be united with a man you don't respect and submit to. Two drivers can't drive a bus; the other has to be a conductor. Even if the conductor can drive better, he has to respect the judgement and leadership of the driver, even if he is the owner of the vehicle. You are the one causing trouble in this marriage because you are breaking the divine rule. My daughter, go and submit to your husband and win him back. You are no more dating; you are now married. You are no more boyfriend and girlfriend to each other, you are now husband and wife!

When you knew you are better than him, you had first class and your parentage is better, you're not supposed to marry him, but since you married him, he is your head, your leader, your emperor and your king. He does not need to deserve your respect, it's what you are going to give him in reverence to God as a Christian woman. If you obey, respect, submit and honour him, then you will not just be his wife but his queen and his lover girl who will be number one influence in his life. Respect is the first need of every man in his marriage and it is commanded by God. There is an ego in every man. Foolish wives are known to bruise their

husbands' egos by disrespecting them. Great wives are known to win their husbands by massaging their egos and respecting their men.

Respecting your husband is not about whether he deserves it or not, it's your service as commanded by God for the peace of your home. If you are waiting for your husband to deserve respect, you may wait for too long because you are close to him, you know his shortcomings, his weaknesses, his downfalls, his nakedness and you know what the world doesn't know about him. He doesn't need to earn your respect; you just need to give it in honour to God Almighty.

In an article, Mark Gungor reminds us that a husband's greatest need is respect. Gungor writes, "Most women are willing to show respect, but they want their men to be worthy of it. If he is not, a woman feels that showing respect is disingenuous and she moves into the I-had-better-correct-the-situation mode. She believes she can respect her man only if she can get him to act respectable. But that is not how it works. Respect is too great a need for a man to have it come and go based on performance. If a woman will learn to risk respecting her man when he is not perfect, he will open his heart to her and will become pliable to change."

Learn to respect your husband more than your father, your boss in the office, your pastor and any other male personality dead or alive. If you cannot respect him, I doubt if you can exist in peace with him.

55 WAYS WIVES DISRESPECT THEIR HUSBANDS

Here let check how wives disrespect their husbands:

1. By asking questions that they really don't want the answer to, but are just pointing out how stupid they think their husbands are, like, "How could you possibly...?"
2. By rolling their eyes
3. By interrupting him
4. By not including him in their decision making
5. By pausing lips and scowling as he contributes his thoughts
6. By comparing him to other men
7. By saying, "and you call yourself a man"
8. By hissing at him
9. By engaging him in conversations half-heartedly.

10. By shouting at him
11. By demeaning him before others
12. By abusing him
13. By demanding for money or gift before sex
14. By threatening to divorce him
15. By disrespecting his mother
16. By fighting his family
17. By challenging him for a fight
18. By talking ill of him in his absence
19. By talking ill of him to your children
20. By arguing without acknowledging his idea.
21. By not asking questions about what he thinks.
22. By starting all questions with “Why did you...?” because that’s a 'challenge' word for men.
23. By withholding compliments instead of looking for opportunities to build him up.
24. By leaving him with a list of things to accomplish while away; and then, criticizing him for not getting all of it done.
25. By correcting him when he’s interacting with the children, especially if it’s his first time doing something. That will stop him from feeling like you think he is a good parent. So, he’ll stop trying.
26. By criticizing their husbands instead of praising them first, especially when they have something constructive to let them know.
27. By expecting husbands to read their minds like their sisters, girlfriends, and mother can.
28. By saying really hurtful things like, “If you don’t know, I’m not going to tell

you.”

29. By answering for him when he’s asked a question.

30. By chasing him and saying “Not tonight”

31. By saying, "You are old enough to..."

32. By abusing him when angry

33. By arguing with him endlessly

34. By praising the qualities of other men in his presence 35. By giving attention to your children only.

36. By not welcoming him like a king when he arrives home 5 | P a g e

37. By sleeping with other men

38. By saying, "Is sex food?"

39. By saying “Is it every day you want sex; don't you know any other thing?"

40. By correcting him in the public

41. By shouting at him

42. By walking out on him

43. By banging the phone on him

44. By raising their voices when in an angry mood

45. By criticizing his outlook

46. By withholding intimacy

47. By using sex as a weapon

48. By keeping malice with him

49. Inability to apologize

50. By saying the children resemble him when they do something bad.

51. By referring to old offences

52. By referring to his old failures
53. By dressing to attract other men
54. By scolding him
55. By competing with him

WAYS TO SHOW RESPECT TO YOUR HUSBAND

1. Attention: Stop what you are doing and look at him when he talks. Be totally involved in the conversation. Your boss in the office cannot be talking to you and you are doing other things. Remember, you must respect him more than your boss.
2. No Interruption: Refrain from interrupting him when he's talking. Let him finish before you comment.
3. Pray for him in his absence
4. Pray with him when he is with you
5. Pray over him when he is going through some tough decisions or stressful situations.
6. Smile at him; don't laugh at his mistakes.
7. Tell him something you admire about him.
8. Be concerned, ask him about his day.
9. Talk positively about him to others. Your friends, children, family etc.
10. Thank him for something he's done. Appreciation is the key.
11. Give him a space of his own in the house. If he wants to be alone for some time, please let him be.
12. Dress in a way that makes him feel he's worth it. No sexy dress and no dress that exposes your breast. You know your breasts belong to him alone. Don't advertise it, it is bought already.
13. Respect his decisions.
14. Ask him, "What can I do for you today?"
15. Let him drive the car, don't struggle with him.
16. If you are going to the store, ask him, "Is there anything I can get for you while I'm at the store?"
17. Grand Welcome: Stop what you are doing and welcome him home with a kiss.
18. Give him a kiss as he walks out of the door in the morning.
19. Get his input on big decisions.
20. Honour his requests. Stop arguing.
21. Let him know you like your life with him.
22. Be involved in his work. Encourage him in his line of work.
23. Speak Right: Avoid the use of sarcasm when speaking to him.
24. Give quality sex, be totally involved in lovemaking.

25. Initiate sex with him, don't wait to be hunted, be the hunter. Men feel fulfilled with this.
26. Show him the way; let him know what you like most in bed.
27. Appreciate him, compliment him often.
28. Be a great chef, make his favourite meal.
29. Avoid nagging, avoid complaining.
30. Express your love, write him a love note.
31. Avoid condemnation, don't criticise him...especially in front of others.
32. Be involved in his thoughts, catch the fire, and respond to his thoughts and advice with enthusiasm.
33. Respect his likes and dislikes.
34. Be careful; refrain from comparing him to other men.
35. Don't be a man in the house, Ask for his help.
36. Avoid endless argument, kindly try to understand his reasons, even when you don't agree.
37. Give him space and time to spend on his hobbies. Be involved in his hobby too.

38. Don't focus on his mistakes; focus on what he's doing right.
39. Make the home filled with joy, be happy and positive when he is home.
40. Speak honourably about him and to him in front of the children.
41. Say sorry willingly, and humbly admit your mistakes.
42. Avoid fighting him. Rather, always seek truces.
43. Don't cast blame. Refrain from placing the blame on him when something goes wrong.
44. Let things that matter to him matter to you.
45. Your outlook matters to him. Work to keep yourself in shape and attractive.
46. Don't be hostile to his friends. Show an interest in his friends.
47. Admire him, speak well of his outlook.
48. Don't criticize him when he drives
49. Laugh at his jokes...or at least smile. No matter how dry they are or the number of times you've heard it before
50. Give him advance notice of family activities, schedules, and events.

51. Show an interest in topics, hobbies, or occupations he enjoys.
52. Carve out time to spend with him apart from the children.
53. Right Timing: Give him time to unwind after work before bombarding him with home life.
54. Touch him with affection.
55. Be A Goal Partner: Talk together about your family's goals and how you can achieve them together.
56. Let him do his 'to-do list' in his own time, even if his timing is not in line with yours.
57. Defend him if others speak about him disrespectfully.
58. Send him an encouraging email or text.
59. Surprise him with a gift of something he's wanted for some time.
60. Meet him at his work for lunch. Date him for dinner.
61. Meet his co-workers and speak kindly of both him and them.
62. Reserve some energy for him to talk and have sex at the end of the day.
63. Help him to lead your family spiritually by providing him with the resources he needs to encourage the family in the Lord.
64. Up Together: Get up when he gets up.
65. Bed Together: Go to bed when he goes to bed.
66. Love His Family: Be kind and thoughtful to his parents, siblings, and relatives.
67. Refrain from belittling his intelligence.
68. Give him the benefit of the doubt.
69. Sit with him while he watches one of his favourite TV shows.
70. Ask for his advice and follow them without saying, "But I think..."

71. Remember that your personal actions reflect on him even when you are apart; don't do anything that would embarrass him.
72. Tell him you respect him often.
73. Be patient with him when he makes mistakes.
74. Thank him for providing for you and your family.
75. Tell him what makes you proud to be with him.
76. Keep your expectations of him reasonable and realistic.
77. Refrain from talking down to him.
78. Clean the house or at least the parts he notices most before he comes home.
79. Wear his favourite outfit from your closet.
80. Fix your hair the way he likes it best.
81. Refrain from saying one of you hate what he did. But rather say, "I would have wanted it this way..." Never 'hate' with him.
82. Find out your husband's primary love language and then find a way to display love to him through that language.
83. Ask him what he'd like to do after supper, tonight, this weekend, whatever the situation, and then, do your best to make sure he has the time to get it done.
84. Thank God for him every time you think of him.
85. Refrain from undermining his authority in front of the children or housemaids.
86. Never tell him lies. Be truthful.
87. Avoid Long Arguments: Respond to potential argumentative conversations with self-control.
88. Celebrate your husband's successes.
89. Answer a perceived insult or accusation from your husband with calmness
90. Ask him positive questions every day or at least as often as possible. What do

you want me to do for you? How may I be of help? What do you want me to do?

91. Wear clothing that flatters your body but does not flaunt it in front of other men.
92. Do something your husband enjoys doing with you.
93. Never reveal his secrets to people.
94. Ask for forgiveness. Say sorry easily
95. Give forgiveness.
96. Take good care of his clothes.
97. Spend his hard-earned money wisely.
98. Cling to God and support your husband during the difficult times.
99. Trust God to provide for your need, never go after men to get money in exchange for sex.
100. Avoid talking back at him
101. Sleep with him before he travels
102. Welcome him with sex and food when he arrives from a journey.
103. Praise him in the public
104. Celebrate his birthday creatively
105. Appreciate him when he drives you,
106. Don't take him for granted.
107. Treat him like a king as the Mr President

When he drives, he is not your Driver, stop correcting him, stop shouting on him for bad driving, you wont do that if it's your boss or other Men that are driving.

CHAPTER 2

LOVE MAKING

“Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency” 1Corinthians 7:5

Another major and desperate need of your husband is sex. In fact, in a report, 70% of married men said the need for sex is very close to the need for food and water. The way a man sees a sexual denial from his wife can be so funny sometimes.

A man and his wife came to my office to see me because of their turbulent marriage. The wife was forthcoming, saying lots of bad things she claimed her husband was doing to her.

She spoke and cried a lot about the bad characters of her husband.

Throughout her discussion with me, the husband did not talk or interrupt. When I told the husband to talk, he said, "I am a man of little words, I don't talk much and I will go straight to the point. This woman you are looking at here is very wicked. Yes, she is a wicked woman; that is the only thing I will say."

I needed to get to the root of the matter. So, I told him to clarify the issue; but he just insisted that all he had to say was that his wife was very wicked. I thought within me, "What could she have been doing wrong to make this man conclude that she is a wicked woman?"

I asked the man, "Is it that she is not taking care of the children?" He answered by saying she did that one right but insisted she was wicked. I asked again, "Is it about food? Maybe she does not cook?" The man answered, "She is a good cook, but she is wicked." I asked him so many other questions, he said the woman was good in those areas. Suddenly it occurred to me that I had not spoken about their bedroom life. Then, I asked, "What about sex? Is she doing it right?" The man rose up from his chair and said, "You are a man of God! This wicked woman has been denying me sex. She won't allow me to sleep with her. I can't sleep in the night because of that. I don't want to sleep with any other woman, but the

wicked wife I married just let me down by sleeping in the children's room. Pastor, is there any other wickedness more than that?"

Lady, I won't deceive you; if you are very bad in bed, to win your husband will be very difficult. You may even lose him to willing ladies out there.

YOUR BED MUST BE GREEN

“Behold, thou art fair, my love; behold, thou art fair; thou hast doves' eyes. Behold, thou art fair, my beloved, yea, pleasant: also our bed is green. The beams

of our house are cedar, and our rafters of fir.” Song of Solomon 1:15- 17

The Bible commanded that your bed must be green; it must not be yellow, brown or red.

Brown Bed: Means sexual immorality, adultery, usage of pornography, masturbation etc Yellow Bed: Yellow bed signifies struggle in the bedroom, constant sexual denial, fighting and bickering about sex in marriage.

Red Bed: This signifies a total sex blackout, that is, when there is no sex in marriage for weeks or months, this is a red bed.

Green Bed: This is a lively bed, a bed with life, pleasure and joy. A bed with willingness, eagerness and creativity.

When your bed is green, the beam and rafter of your house will be made of cedar and fir; which means your home will be strong.

Dear Lady, without sex, your home will be very weak and your husband will be vulnerable to 'kill and go' ladies. Be careful!

IS SEX FOOD? Some women do ask,

No, sex is not food; the Bible compares it with water. To a man its more than food, its water, it touches them physically, mentally, emotionally and socially. To a man sex is a big deal, don't underestimate the place of sex in the life of your husband.

“Drink waters out of thine own cistern, and running waters out of thine own well.” Proverbs 5:15 KJV.

SEX AND FASTING

“Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband. Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband. The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife. Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.” 1 Corinthians 7:2-5 KJV

If you want to fast, discuss with your husband and get his permission.

Please note that 7 days fasting is not equal to seven days without sex; except if

your fasting is marathon fasting, no food for entire seven days, that is, you take water only for seven days.

So, don't avoid sex for 40 days because your church declared 40 days of fasting.

Fasting ends at 6 pm and commenced at 12 midnights. So, sex can take place in between.

LET YOUR BREAST SATISFY YOUR HUSBAND

“Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love.” Proverbs 5:19 KJV

Your husband owns your breasts. Let your breast satisfy him at all times. It is what the Bible commanded. That is why it is unthinkable to get married without breasts.

“We have a little sister, and she hath no breasts: what shall we do for our sister in the day when she shall be spoken for?” Song of Solomon 8:8 KJV

Your breast is not for your baby, decoration or for fashion. It's for your husband. Let him enjoy it.

4 DUTIES OF YOUR BREAST TO YOUR HUSBAND

1. Looking: He is to enjoy looking at them. Dress in his presence, sleep naked, walk around half or fully naked when alone with him, bathe with him, let him enjoy the sight of your two “glories”
2. Touching: He is to enjoy touching your breast; put his hands on them if he is not touching them.
3. Sucking: He is to put his mouth on them and suck them. Allow him enjoy sucking your breasts and let him know you are enjoying him by your reactions while he sucks.
4. Lying: He is to cuddle you and lie between your breasts all night.

“A bundle of myrrh is my well-beloved unto me; he shall lie all night betwixt my breasts.” Song of Solomon 1:13 KJV

Don't allow your husband to look for careless and useless breasts outside. Make yours available for your husband. If you are at home with him now, take action immediately.

WHY YOUR HUSBAND LOVES SEX

1. It Relieves Stress: Sex helps men to be relieved of stress. So, help him destroy stress by sleeping with him.
2. It Makes Him Sleep Easily: Men fall asleep easily after sex.
3. It Is Good For His Health: Sex helps your husband's health; do you want him to live long? Sleep with him, it's a form of exercise for him and it helps his prostate too.
4. It Makes Him Feel Like A Man: Sexual satisfaction and response of their wives makes men feel fulfilled totally as a man.
5. It Makes Him Overcome Temptation: A sexually fulfilled man will not likely sleep around, but a sexually unfulfilled man is a danger going somewhere to happen.

A wife must understand that temptation can get a foothold when her husband's sexual needs (including the need to feel desired by his wife) remains unmet. There are many voices in a man's world tempting him to fulfil his needs through illicit and perverted recreational outlets.

Counterfeit pleasures beckon from every street corner.

6. Sex Is A Major Need To Him: Can you imagine depriving a man food and water? Sex is very close to that in the thinking of some men and your husband can be one of the 70% of men who thinks that the need for sex is very close to the need for food and water.
7. It Boosts His Ego: Erection and sex boost the self-esteem of a man and makes him face the challenges of life.

20 THINGS YOU MUST NOT DO ABOUT SEX IN YOUR MARRIAGE

Avoid doing the following about sex in your marriage: i. Wearing jeans knicker to bed

- ii. Wearing tight to bed
- iii. Putting your baby between you and your husband
- iv. Making your baby sleep on your chest
- v. Dressing like a soldier to bed

- vi. Using sex as a weapon.
- vii. Using sex for trade by barter
- viii. Making a calendar for sex
- ix. Becoming the commander in the bedroom
- x. Lying like a log of wood in the bedroom xi. Not involve foreplay.
- xii. Failure to communicate what you want
- xiii. Insisting that lights must be off
- xiv. Rushing to the bathroom after sex
- xv. Complaining during sex.
- xvi. Keeping quiet during sex
- xvii. Closing your eyes during sex
- xviii. Refusing to undress totally
- xix. Insisting on one sex style only

8 SECRETS OF YOUR HUSBAND'S SEXUAL FULFILLMENT

You need to know what makes men sexually fulfilled. Your husband may be sleeping with you and not be sexually fulfilled. Let me mention some things here that determine a man's sexual fulfilment:

1. Invitation: Your willingness to invite him to sleep with you will make your man's day. So, be creative about it. Use your girlish wisdom to seduce your husband to bed regularly; he will be willing to fall into your temptation.
2. Frequency: Don't make a calendar for sex in your marriage. Increase the frequency, let it happen regularly. The more you do it, the more fulfilled he will be. An average man wants sex two to three times a week. Your husband's demand is not strange, please satisfy him.
3. Creativity: Be creative and don't lie down like a log of wood. Move your body, raise your legs, do different styles, do it in different venues, you are in order.

4. Cooperation: Your cooperation with him in the bedroom is also a key to your husband's fulfilment. Cooperate with him, and be willing.
5. Your Involvement: Be involved in all stages of sex. Be active in foreplay, be active during thrusting, hold him and communicate during ejaculation and orgasm. Hold him after ejaculation, don't just jump into the bathroom, give room for after the show.
6. Activities: During foreplay, touch every part of his body. Scratch his back, suck his nipples, touch his thigh, touch his penis and play with it generously.
7. Surrender: Don't struggle with him about sex, be surrendered totally. Be willing to go extra miles with him
8. Response: Your response during foreplay, thrusting and orgasm is very important. Respond wildly, let him know that he is satisfying you. This makes a man so happy even more than ejaculation. Look at his face, thank him, hold him, whisper to his ear, call him by name, praise him, tell him to dig more. He will feel totally fulfilled.

20 WAYS TO SATISFY YOUR HUSBAND SEXUALLY

For your husband's sexual needs to be met, you need to do more than just lying down and say, "do whatever you want to do and let me sleep". You won't just sleep with your husband, but you will sleep with his imagination. You must capture his five senses; you must let him feel he is getting the best he can get anywhere in the world. This you must do by being joyful, committed, consistent, inviting and creative.

I will be showing you how best to sleep with your husband and win him forever. I will be very practical, down-to-earth and descriptive. Go ahead, implement with my suggestions and see your yellow bed go green and your husband turn to a LOVER BOY.

1. Get Knowledge: Get these three books from wherever you got this one you are reading
 - Secrets Of An Irresistible Wife
 - Secrets Of An Irresistible Husband
 - Sexual Fulfillment In Marriage

Read the first one, let your husband read this second one, both of you should read the third one together

2. Make Up Your Mind To Be Your Husband's Sexy Girl: Lots of times, wives are good cooks, good mothers, good house managers, good support but a very bad sex partner. I've spoken to lots of couples whose marriages are in danger because of this. Please don't join them.

Hear this, you can be a Proverbs 31 Woman and still lose your husband to strange women out there. So, you need to also, be a Songs of Solomon woman and become your husband's sexy girl. The Proverbs 31 woman was good at everything but nothing was mentioned about her romantic life and her ability in the bedroom. Many Godly wives put only this into their heads and allow the devil to strike through carelessness in the bedroom.

Don't just be your husband's wife, mother, cook, launderer, housekeeper etc. You have got to be your husband's mistress, lover girl, concubine, babe, sexy baby and bedroom mate. You are married to a full-blooded man, full of fire in his groin and you've got to quell this fire regularly. Don't say he is spiritual and he can't fall. No girl, God knows about spirituality before he sanctioned sexuality and put sex in marriage.

3. Think Right About Sex: Develop your mind to think this way:

- Sex is a gift from God, I will enjoy it.
- Sex is good
- Sex is Godly
- Sex is for pleasure, not pain
- Sex is for both of us to enjoy
- Sex is the best gift you can give to your husband
- I am the only one who should sleep with my husband and I am going to do a great job.
- I will make my husband fulfilled sexually.
- I will sleep with my husband regularly, joyfully, and creatively.

4. Talk About Sex With Your Husband: Discuss with your husband about sex. Know what he wants and how to satisfy him. Tell him what you want too and how he can satisfy you sexually.

5. Dress For Sex: When it's getting late in the night, let your dresses change. Dress down ready for bed. The more he looks, the more he sees. Your husband will like it.

6. Put Sex In Your To-Do List: When you are writing your to-do list for the day, put sex among them. Your body will be ready for sex, no matter how tired you are in the evening.

7. Make It A Pre-planned Sex: Discuss with your husband about sex in the morning. Promise him an explosive firework in the night, tell him to come home early, he will not disappoint you.

8. Be Involved In Foreplay: Be involved totally in foreplay. Arouse him, touch him, massage him, kiss him, touch his nipples, suck his nipples and let him suck yours too, let him play with your breast, play with his penis and gently touch his testicles. Don't just wait to be touched or tickled, go ahead and do it for him.

9. Have Quickie: Every now and then, have sex just to see how fast he can be satisfied. The benefits? He can just enjoy you totally. And you get to see how powerful you really are.

10. Talk, Do Not Keep Quiet: Don't keep quiet when the action is going on. Talk, gibber, smile, comment, praise and moan. Just show him that you are enjoying it, your husband will love it.

11. Make Sex Fun By All Means: I know you always want to cook tasty meals for your husband and you are happy when he is satisfied. Put this into use too and make sure you make your husband enjoy sex and get very satisfied.

12. Change Venue: Use different places in the house when you are alone. The sitting room, bathroom, visitors' room, children's room, the dining table, on the sofa, sitting down on the chair, on the rug, on a mattress, on the floor. Who said it must be 9 pm in your room?

13. Change Position: In some positions, you'll feel tighter, which will be nice for him. In some, he'll be able to go deeper. In some, he'll be able to feel other parts of you more easily (which he may really like). If for your own pleasure, you need to be in one position to climax, that's okay! Just start in a different position, and then switch later.

Now, here are two particular positions that can really help:

14. Put Your Legs Up Higher: One of the things that feel amazing for your man to be able to thrust in as deeply as possible. In the missionary position, if you put your legs up on his shoulders, this gives him the ability to thrust a lot

more. (Please, get comfortable first! And if this hurts, then DON'T do it.) If he's in more of a kneeling position, you can put your legs up around his waist for a similar effect that may be easier to maintain (keeping your legs up that high for that long can sometimes make him fall asleep).

15. **Climb On Top And Take The Pressure Off:** I'm not talking about taking physical pressure off. I mean taking psychological pressure off. When you're the one on top, you're more in control. In other positions, he's the one doing the moving, and chances are he's thinking about what he needs to do to make you feel good. In this position, you have most of the power, so you can think about satisfying him without him worrying about satisfying you. He can literally lie back and enjoy it! Also, he can use his hands in more interesting ways.

16. **Take It Nice And Slow- Break Up The Pleasure:** But for real pleasure, drag it out. Here's how it works best. Think of your husband as having three stages during lovemaking: getting going, super excited, and then transitioning to almost reaching climax. Learn how to identify each of those three stages. Then, when he's almost at the transitioning stage, stop making love and switch positions or slow things right down.

There are several ways to handle this:

Order him to stop moving. Make him stop, and he might want to cry. Now ask him to tell you what he wants to do. That will be exquisitely frustrating for him. Then, when you think he's had enough, let him move again. Repeat as often as you like!

You keep moving. You can also tell him not to move while you get to move. Work things out to feel great for you, but not necessarily as intense for him. Then you can let him move again a bit.

Switch positions. When he seems super excited, stop, take a breath, and switch positions.

This makes the immediate stimulation go down a bit and drags everything out. When you drag things out, then he finally climaxes, it's even more.

17. **Squeeze Him:** He will LOVE this! Do you know how to do a Kegel exercise? That's where you squeeze your vaginal muscles to learn how to control them. If you're not sure what those muscles are, they're the same ones that you would use to cut off the flow of urine. You can do those exercises periodically, like squeeze 5 times every time you're at a stop sign, for instance.

Anyway, if you can't learn how to use those muscles, then when he starts getting super excited, and close to climax, start squeezing him inside you rhythmically.

It'll put him over the top!

18. **Whisper To His Ear:** To make sex awesome, try to use as many senses as possible. Use hearing! Whisper in his ear (whispering is really sexy). Even, tell him in details what you're enjoying while he's doing it.

And don't forget to use his name! Hearing his own name coming from you, when he's in the midst of incredible pleasure, is even more erotic because it's so personal.

19. **Leave The Lights On:** Give your husband a bit of show. Don't switch off the lights; it's not a work of darkness. Let him see you in full glory. Speaking of senses, don't forget to let him see you! Try starting out by wearing something really lacy and revealing. Or leave the lights on so that he can enjoy watching you while you both make love.

Date Him For Sex: Call him in the office to date him for sex tonight. Get home early, make the house ready, change the bed sheet, get blue light, get nice food, take your bath, put on nice deodorant and let the children go to bed before his arrival. Put a very sexy dress on, put on soft music and wait for him. If you do this regularly, the level of fighting will fall in your marriage. The truth is, men love sex, and your husband does too.

CHAPTER 3

GOOD CHARACTER

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

Philippians 4:8

Your character is your marriage. Nothing gets to a man quickly than a good character from a woman of nobility. Nothing pushes a man off like a terrible woman that lacks decorum and discretion. Hear what the Bible says:

“It is better to dwell in the wilderness, than with a contentious and an angry woman.”

Proverbs 21:19 KJV

A wife who was having a very serious trouble in her marriage went to see a very wise man.

When she arrived, she was not allowed to see the man for a long time. She got angry, fought everybody, abused people, cursed and made serious trouble. She did not know that the old man was observing everything.

When she was allowed to see the wise man, she told him how terrible her husband was. The wise man gave her a powerful stone that will disarm her husband and told her to put it in her mouth anytime her husband was angry with her and not talk back no matter what he did.

After two months, she came back to testify about the power of the stone as her husband had changed to a meek and gentleman. The old man then told her that the stone was an ordinary stone. He said he discovered that her

mouth and character was the problem in her marriage and he came up with an idea of how to keep her in check and her character under control.

CHARACTERS YOU HAVE TO DESTROY

I will mention some characters here that your husband will never love to see in you.

- Anger
- Laziness
- Malice
- Moodiness

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- Nagging
- Partying
- Gossiping
- Stealing
- Talkativeness
- Ingratitude
- Unkindness

- Lack of Self Control
- Carelessness
- Strife
- Wrath
- Gluttony
- Envy
- Oversleeping
- Fearfulness
- Idolatry
- Greediness
- Suspicion
- Hostility
- Sexual infidelity
- Negative thinking
- Negative interpretation
- Impoliteness
- Impatience
- Night crawling
- Selfishness
- Lying
- Hatred
- Extravagancy

- Stinginess
- Dirtiness
- Stubbornness
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- Pride
- Unforgiven
- Abusiveness
- Addiction
- Nudity
- Vengeance
- Carelessness
- Strife
- Wickedness

SIGNS OF GOOD CHARACTER

- Ability to say 'I am sorry' easily
- Ability to forgive easily
- Living a humble life
- Patience in the presence of provocation
- Ability to accept other people's opinion
- Ability to make and keep friends
- Ability to be kind and gentle
- Homeliness and hospitality

HOW TO BUILD GOOD CHARACTER

To be a woman of Godly character, you need to build it consciously. A bad character is like weeds; it can develop naturally. But a good character is like good seeds; you must consciously build it, water it and nurture it to full maturity. Here I will try to expose how to build good character:

1. **Open Yourself To Right Association:** You can't act right if you are with the wrong people and hearing wrong things. If you walk with the wise; you can only be wise. If you walk in the company of bad people, you will bring out bad character.
2. **Open Yourself To Right Information:** Get yourself open to right information. Wrong information breeds wrong thinking and wrong attitudes.
3. **Think Right:** Thinking right will help you. If you are not thinking right, you can't act right.

Don't think too highly of yourself to bow down for your husband; that will make you a very proud and cocky person.

4. **Work On Your Belief System:** What do you believe about men, marriage, your husband, in-laws etc.? If you have a wrong belief, you will have a wrong attitude. Change your belief system about men, sex, marriage, love, in-laws and see the way your character will change.
5. **Be Teachable:** Be ready to learn, be ready to know, and be a student.
6. **Be Hospitable:** Be homely and be ready to welcome visitors into your home.
7. **Be Patient:** Patience is a great key to a better attitude. Patience puts anger in check, makes violence impossible.

CHAPTER 4

CAREER SUPPORT

“And the Lord God said, it is not good that the man should be alone; I will make him an help meet for him.” Genesis 2:18 KJV

One thing every man desires from his woman is career support. It is a major need of every man to have a woman who will stand by him in the marketplace of the world.

In my elementary school days, we were told the story of a village in the thick forest. Anybody that wanted to become rich in the village had to travel to the major city very far from the village and buy things from the city to come and sell in the village. But there was a problem; they had to pass through the 'forest of 1000 demons'. Many men tried it and died in the forest; only a few succeeded and became wealthy.

The wife of Ajala kept on encouraging him to try. For several years, he did not listen to his wife but the wife kept on pestering him. Later, he agreed but said he had to get guns and fortify himself with charms; this he did. but a few days before his departure, he suddenly developed cold feet. He did not want to go again, then his wife told him she will go with him.

A few days later, they set out. He was well fortified with charms, guns and arrows, but his wife carried their personal effects only for the journey.

As they were going, some marauders waylaid them. As they were about to attack the couple, Ajala suddenly developed cold feet. He couldn't use the guns and the charms on him for he was afraid and started shaking.

Suddenly, his wife jumped forward and began to hail her husband saying:

"Ajala, my husband, begin to shake! That's how you shook and you killed one hundred lions, that's how you shook and killed thousands of marauders, that is how you shook and killed thousands of elephants, shake on, shake on, shake and send these ones to their early graves"

When the robbers heard what the wife said, they ran away leaving Ajala and his wife to continue their journey. The woman kept on saying the same thing till they reached the city and later returned to the Village to become very rich.

The truth is, there were no 1000 demons in the forest. It was armed robbers that were robbing people there, and it took a brave and supportive wife to conquer the fear of her husband to overcome them. Will you rise up and support your husband too? Will you defend, protect and stand by him in this 'forest of 100 demons' to conquer his fear and win the battle?

HOW TO SUPPORT YOUR HUSBAND'S CAREER

There are many ways to support your husband's career. I will mention some of them here: 1. Seek To Understand His Job: To really support your husband in his career, you have to understand what his job is all about. You can't support a dream if you don't understand what it is. And it may be wildly different from what you imagined.

2. Tell Him You Believe In Him: Don't wait for the success of your husband before you begin to believe in him, start now, show it and say it. You may be the only one who believes in him and you are enough for now. If thousands of people believe in him it does not really count like yours. You need to believe in him. My wife believed in me when nobody did. Today, the story has changed, she has been vindicated.

3. Pray For His Career: Be a pillar of prayer behind your husband's career. Pray, let him know you are praying for him. Let him hear when you are praying, it is reassuring, it helps his courage.

4. Ask Him What His Vision Is: To really support your husband in his career, you have to understand what his goals and vision are. What does he want to achieve? Where does he see himself in the next five to ten years? You need to know his long-term goals before you can be of help to him.

Most husbands, when pressed, will reveal three underlying goals for their career: to provide for their family financially, to find fulfilment or a sense of purpose, and to make their wives happy.

5. Tell Him How You Feel: Since making you happy is one of his priorities, it's important to express your desires and concerns. Don't think that being supportive just means going along with whatever he is doing!

What I mean is, your husband may be working sun up to sun down, or longer, to achieve more and bring home more money so that you will never want for anything. There's just one problem. You don't want a fancy and expensive life, you just want your husband home sometimes.

In this case, supporting his goal (making you happy) means expressing a different point of view (what actually makes you happy). But it's important to tell him respectfully, kindly, and with love. I've heard from many women who said: "I have told him how I feel but he never listens!" The thing is, there's a difference in expressing your anger and communicating your needs.

"You're always working! I just wish you'd be home once in a while." This is not a respectful way to express that.

"You work so hard, and I appreciate that, but I really want you here more. I miss you." This communicates the same goal with a much more loving tone.

6. Ask Him What His Challenges Are: Seek to know what his challenges are on the job. Be attentive when he talks, show genuine concern and give your support and prayers. Also, celebrate victory over every challenge with him with good meals, good sex, and wine or anyhow you want to make it special.

7. **Ask Him How You Can Be Of Help:** Ask him what you can do to help him. Be willing and ready to help him out, he will not forget.

8. **Be Impressed:** Most boys want to impress their mothers. When they are married, they want to impress their wives. Let him know that you are impressed, show you are taken, show he is your hero, show him he is your champion, say it and show it. Brag about him before your children and friends. He will seek to do more.

9. **Encourage Him:** Encourage him when he is afraid of stepping out, motivate him to do more.

10. **Ease His Fears Practically:** Your husband may have fears related to his career. He may fear to move ahead, apply for a promotion, or change careers. He may fear cutting back on his efforts, thinking it might lead to a lesser income and you would be unhappy. He might be afraid of taking on more responsibility at work, or a longer commute, because he thinks he needs to be home to help you.

There's nothing wrong with any of those fears. Try not to think they are foolish or unwarranted. Instead, show him in real ways that he needn't worry.

If he's afraid of failure, show him how much you love and admire him for who he is, not for what his job is. If he is afraid you won't be happy with less, show him by cutting back on your spending! And do it with a smile. You don't even have to tell him why you're spending less; just prove that you are satisfied with less.

If he thinks you need his help around the house and you don't, then prove it without a word by having things taken care of before he needs to help.

These are perhaps some of the hardest ways to support your husband, but if you think there is something holding him back, and you can remove that obstacle, do it!

11. **If He Succeeds Celebrate Him:** If your husband succeeds, celebrate his success lavishly, blow it up. Thank God for it with the children, during the

family altar, in personal prayers, let him know you feel the way he feels about the success.

12. **Be Ready To Make Sacrifices:** Be ready to make sacrifices for his business and career. It may affect your time with him, your own pleasure, your career, family money, vacation etc.

13. If He Fails, Stand By Him: If he fails, stand by him, respect him the more, tell him you still believe in him, tell him failure is not final, don't discourage him from trying again.

14. Support Financially If Need Be: If he needs money to continue or to start, do support financially. Don't hesitate to do this and put yourself in a special place in his heart.

15. Make The Home-Front Conducive For Him: Let the home be conducive, let him have the desired rest, peace and focus at home. Do not trouble, don't nag and don't be negative.

16. Satisfy Him Sexually: Satisfy him sexually. Men that are satisfied sexually at home do have the boldness to face the world. He will not be distracted by other women and his focus will be on you and his career.

CHAPTER 5

DOMESTIC SUPPORT

“Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her, so that he shall have no need of spoil.”
Proverbs 31:10-11

Domestic support involves the creation of a peaceful and well-managed home environment.

Every man looks forward to getting back home and meeting a well-set home and a beautiful house. For a man to be willing to go back home after a day's work, he expects to get back home and meet the house in order and conducive enough for him to hibernate.

A COMBINATION OF TWO WORLDS

Domestic support involves you wearing two caps perfectly, Wifhood and Motherhood. Being able to do the two in a perfect way makes domestic support very easy. When a woman fails in giving domestic support, it easily shows to the whole world that she is not ready for marriage and family life.

You need to read this carefully and know how to give your husband the domestic support that every man desires and that every dutiful and virtuous woman gives normally.

1. Welcoming Wife: One of the supports every man craves is the presence of a smiling and welcoming wife. Every young man must have watched it in films,

the grand welcome of a husband by a smiling and loving wife. It's in the head of every man getting married to get such a treatment. You will do well to give it to your husband, don't welcome him with a sad countenance. Meet him by the door with a 30 seconds hug and a 'welcome home my king kiss'.

2. Peaceful Home: Domestic support involves the creation of a peaceful and well-managed home environment.

3. Home Management: Family support involves managing the home rightly. It includes cooking meals, washing dishes, washing and ironing clothes, house cleaning and childcare.

4. Family Support: Domestic support also involves accepting, welcoming and loving your in-laws. It will be very wrong to love your family and hate

your husband's family. You can't say you love your husband if you hate his family members. For your information, your husband still loves his mum. You just have to accept this and create a room in your heart to love and stop creating unnecessary tension for yourself. Don't think your in-laws should be perfect, your family members are not perfect too.

5. Hospitable Wife: You have to be hospitable, loving and caring for your husband's visitors with cheerfulness and smiles.

6. Family Income Management: You are the family finance minister, you manage the family income and resources. Learning how to do this will make you a better wife.

7. Clean House: Getting the house cleaned, toilet washed, putting everything in order is very important and key to the success of your home.

8. Good And Timely Food: Have you heard that a hungry man is an angry man? This is very true. Men like food and they want it delicious, timely and hot too. You will do well to be a great cook. Someone said the road to the heart of a man is through the kitchen door. So, open your kitchen to win your man.

9. Child Care: Caring for the children is one domestic support that gladdens the heart of a man if it is well done. You've got to learn how to do this well as a mother if you really want to win your husband.

10. Good Looking Children: Dressing up your children to look nice and adorable is part of childcare. An average father wants to see good-looking children. You will score a huge point if you take good care of your children to look beautiful and well fed.

11. Ready CLOTHES: Making sure clothes are washed and well ironed is a thing every good wife must learn to do well. Whether you do it yourself or get professionals to do this, you need to know how to arrange for your clothes, your husband's and children's clothes to be taken care of and made ready every day.

12. Thoughtful Provision

“She is like the merchants' ships; she bringeth her food from afar.” Proverbs 31:14 KJV

Domestic support also involves the thoughtful provision of family needs. It's not when things are needed that a woman should be running around to get them.

13. Timely Solution: She is always up to date, she knows what to do, she knows where to get every necessary thing, no break in supplies in the family, she is always timely.

“She perceiveth that her merchandise is good: her candle goeth not out by night.” Proverbs 31:18 KJV

14. Care For The Sick: Someone said, "Mothers are nurses created by nature". This is very true. Great wives know how to tend their husbands and children in sickness and nurture them back to health.

15. School Runs: Taking the children to school, bringing them back home, following them up at school and helping with home works and other things is a major part of the domestic support. You need to rise up to do this perfectly. Getting your life organized, planning ahead is the key to do this.

16. Beautifully Dressed Wife: Getting yourself well dressed and looking nice and adorable is also part of the domestic support. Despite the busyness of the Proverbs 31 woman; the Bible still has this to say about her:

“She maketh herself coverings of tapestry; her clothing is silk and purple.” Proverbs 31:22 KJV

Take good care of your husband and children, but never neglect your health and outlook. Be nice to yourself, please dress nicely.

17. Sexual Fulfillment: One of the often neglected domestic supports is sex. Lots of married women score 'A' in other aspects of wifedom and

motherhood but score a very sick 'D' in bedroom affairs.

Sorry girl, if you fail in the bedroom, you may scatter your marriage. The truth

is, most men love sex. The odds are your husband being among 70% of men who say "sex is a very important aspect of life next only to food and water"

On the list of 8 desperate needs of husbands, sex ranks number 2. As you've got to learn to zip down for him and unhook your bra, you can't win your husband with your zip up, button not loosened and bra in a padlock attitude. I will suggest you go back to chapter two of this book and read it over and over again. You also need to get copies of our books;

- Secrets Of An Irresistible Wife
- Secrets Of An Irresistible Husband
- Sexual Fulfillment In Marriage

The first one for you, the second for your husband and the third one for the both of you to read together for a great result.

CHAPTER 6

GOOD LOOK

“She maketh herself coverings of tapestry; her clothing is silk and purple”
Proverbs 31:22

Looking good is a good advertisement, so says a wise man. This is true everywhere, especially in marriage. Your husband wants you to look good and beautiful.

"My husband hates me, he is not touching me, he is not proud of me, can't even have sex with me, please help me intervene in my marriage, am dying inside!" so read her screaming email to me.

I replied to her promptly, telling her to see me for a counselling session.

When she came to my office I discovered I didn't need to see her husband before helping her. Her dressing and outlook were the issues. She looked 10 years older than her age. She wore oversized clothes; a very dirty and wrinkled green blouse over a blue skirt and a yellow headgear. She also wore a pair of brown bathroom slippers, what a color riot.

I asked her, why she was dressed so poorly. She told me it's because she was not happy in her marriage. I told her that; there can never be joy in her marriage if she continued to dress poorly. She later confessed to me that her husband had been complaining about her mode of dressing.

When I eventually spoke to her husband, he confirmed my fear about their marriage, her dressing was the issue. Her husband looked 10 years younger than her, she had grown so fat, you would think she was the mother of her husband. She dressed to look so old you would think she was the husband's grandma. The husband said she did not look sexy or inviting to him and he always lost his erection anytime he saw her naked.

Good look, good outlook is another need of your husband. He can't just afford to see you look shabbily dressed, seeing other women beautifully dressed and their own wives dressing like a very old woman can be killing for Men. Remember Men are moved by what they see.

Many women have lost their husbands due to the carelessness of their dressing so poorly.

You can't keep a King by dressing like a maid; you've got to dress like a queen.

NAOMI SCHOOL OF MARRIAGE

Then Naomi her mother-in-law said unto her, my daughter, shall I not seek rest for thee, that it may be well with thee? And now is not Boaz of our kindred, with whose maidens thou wast? Behold, he winnoweth barley

tonight in the threshing Floor. Wash thyself therefore, and anoint thee, and put thy raiment upon thee, and get thee down to the floor: but make not thyself known unto the man, until he shall have done eating and drinking. And it shall be, when he lieth down, that thou shalt mark the place where he shall lie, and thou shalt go in, and uncover his feet, and lay thee down; and he will tell thee what thou shalt do. And she said unto her, all that thou sayest unto me I will do." Ruth 3:1-5 KJV

Naomi gave Ruth a good training when she was looking for a husband. Every wife should adhere to this to keep her husband.

Ruth was told by Naomi:

"Wash thyself therefore, and anoint thee, and put thy raiment upon thee"

She emphasized that her outlook is very important to a man. Therefore, dress well because you are judged first, by how you dress.

WISDOM OF ESTHER

"Now it came to pass on the third day, that Esther put on her royal apparel, and stood in the inner court of the king's house, over against the king's house: and the

king sat upon his royal throne in the royal house, over against the gate of the house. And it was so, when the king saw Esther the queen standing in the court, that she obtained favour in his sight: and the king held out to Esther the golden scepter that was in his hand. So Esther drew near and touched the top of the scepter. Then said the king unto her, What wilt thou, queen Esther? and what is thy request? it shall be even given thee to the half of the kingdom.” Esther 5:1-3 KJV

Esther had an emergency in her hands, she fasted for three days so as to get the good pleasure of her husband, but when she was going to see her husband she did not just rely on her prayer, she also did things that would capture her husband.

"Now it came to pass on the third day, that Esther put on her royal apparel"

She dressed like a queen to attract a king; she never looked like someone fasting. No wonder she received a royal scepter from the king and all her wishes were granted. Your husband can never be as difficult as Esther's husband. She had to pray, fast, solicit the assistance of thousands of people to intercede on her behalf just because she wanted to see her husband. She had to beg her husband to come and eat with her. She said she had not been invited by her husband for 30 days. Yet, she was able to have her way by praying and dressing very well.

Many women can pray and many more can fast. But please do much more than praying. Dress very well, look nice, look inviting, and look touchable.

1. Dress And Look Modern: Avoid looking like an old 'mama' the way you dress, always dress to look younger.
2. Work On Fatness: Apart from dressing, your outlook and carriage can even affect your marriage. Watch your weight; don't allow it to get out of hands, making you shapeless and without form. Also, learn how to walk. Stop dragging your feet on the floor and stop walking like an overloaded trailer.
3. Work On Your Odour: Failure to smell nice is a danger to your marriage. Body odour and bad breath are anti-good marriage. Nobody will like to stay beside a smelly person. That is why smelly people are resented by their partners.

Take good care of your body. Deal with your body odour and bad breath. Bath regularly, change clothing and underwear daily. Use perfume and body roll-on. Brush and floss your teeth to deal with the odour.

4. Take Good Care Of Your Hair: Take good care of your hair. Experts say men see the hairdo of a woman earlier than her face. Taking care of your hair is very important too.

5. Take Good Care Of Your Underwear: In marriage, your underwear is very important as your husband is the only one that will be seeing them. So, do away with old, worn-out and torn ones and don't ever put on the ones that make you look like a wrestler; that is very wrong.

Your underwear should be part of your sexual build up, it should be sexy and for his eyes only. Also, boxers should be a no-no for a wife. That should be for him only.

6. Your Lips Matter: Your lips must not be dried and cracked, looking like a rock. This is a joy killer for men, don't ever allow it. Always have wet lips close to you, your lips must never crack.

7. Your Legs Is Equally Important: Your legs should look fresh, neat and void of rashes. No cracked feet.

8. Work On Your Posture: Walk straight, walk tall and avoid dragging your feet as if you are too tall. Even during pregnancy, still look beautiful.

9. Take Good Care Of Your Skin: Your skin matters. Don't permit rashes on your body, don't ever allow it. Work on it immediately, deal with eczema.

CHAPTER 7

GOOD FOOD

“She wakes up early in the morning, cooks food for her family, and gives the servants their share.” Proverbs 31:15 ERV

Someone said, "The road to the heart of a man is through the kitchen door."

Another person said, "She that wins the tummy of a man has conquered his mind."

There is a saying in my town, "The woman with the best soup, is the owner of the husband."

I'm sure you must have heard this adage: "A hungry man is an angry man."

All these proverbs and saying are pointing to one fact that men love good food. Wives that desire to keep their homes intact should know how to cook luscious food and finger-licking meals.

A delicious meal is a secret that wise women keep deep inside their hearts. They prepare and win their husbands with them.

This saying is true, reliable and legitimate. In polygamous families and societies, the fight for husband's love and control is often done through soothsayers, charm and blackmail. This causes a lot of commotion and enmity in the family.

Some women forget their virtues and feminine nature in their matrimonial homes. A delicious meal is a love refresher and resuscitator in marriage.

A woman should never lose her cooking abilities, even if she is working. Find time to cook a delicious meal for your husband, no matter your schedule. This will increase your love and will keep him going well.

Some working-class women find it hard to maintain their marriages. Not because of their constant absence, but in some cases, not finding time to cook delicious food for their husbands.

No matter your position, money, or the number of cooks you have, a delicious meal prepared by a wife to her husband is always received with additional love, respect and loving memory.

A woman needs to know her husband's favourite food, clothes, colour, among others. After respect, sex, career support, and understanding, the power of food will let you get your man without raising the sword. The power of your

delicious meal will subjugate him for you without a single strive. The aroma of a delicious meal can capture the strongest of all men. Your power of food can make him not to argue with you. Your power of a delicious meal will always make him come back home when it's time for food even if he doesn't want to. Your power of food can make him not to offend you.

The role of delicious and romantic meals in a peaceful and happy marriage cannot be overemphasized. Most men do feel happy and comfortable eating traditional food at home. It is sad that nowadays, women have virtually lost their methodology in preparing traditional foods. Sometimes the husband has to go out to eat such kinds of food.

Nowadays, women resort to cooking rice, noodles, macaroni, tea, bread and butter, canned food as the constant meal of the house. That is surely a big minus, a negative mark for you. If you understand that your husband values traditional meals, then it will be a plus for you when you learn how to cook it, and then serve him with it. He will appreciate it, he will love you, he will not offend you.

In a nutshell, a woman must know how to cook a delicious meal for her husband.

FAST FOOD, BAD HEALTH

Fast food is not good for your family, it leads to bad health. Somebody said: "Fast food is fast death." Cook your food at home; you will be able to use the right cooking oil, condiments and ingredients.

KIND OF MEALS TO PREPARE

There are many kinds of meal you should prepare for your family; I will mention some of them here:

1. **Healthy Meals:** Prepare healthy meals for your family, not just a balanced diet but a healthy diet. It may be balanced and not healthy. Stop using the wrong cooking oil for your family. Cook right, cook healthy meals and stop bleaching palm oil before cooking, it is very wrong. Vegetables don't need to be parboiled. Table salt is not good for your family, use sea salt or Himalayan salt. Remove red meat from your family diet. Cook fish, chicken and turkey only. Make your family healthy, don't kill them with unhealthy foods.

2. **Timely Food:** Let your food be timely, breakfast is bad at noon. Lunch is not meant for 5

pm, dinner is too late at 11 pm. Virtuous women don't sleep much, they make food available for their families early in the morning, while lazy bones are still sleeping.

3. **Hot Meals:** Make the food hot and steaming, no cold food. Make it ready at the right time for hot food is good for the body. Avoid microwaving his food; it's not good for his health.

4. **Favourite Meal:** Every man has a favourite meal. It may not be what you think, it may not be what you know. Ask him, cook it regularly and watch the smile on his face and love in his heart.

5. **Seasonal Meal:** There are foods that come in seasons, make good use of them, for example, you don't see corn round the year, give him a good meal from corn in its season.

6. **Special Dishes:** Occasionally, spoil your husband a little and give him a treat. Cook a great meal, do a buffet, cook an uncommon meal, let him shout for joy.

7. **Kingly Presentation:** Present his food as you would for a king or president. He is your president and your king, treat him like that on the dining table.

8. **Local Dishes:** Cook uncommon local dishes and local soups you know he will enjoy.

9. Intercontinental Dishes: Cook intercontinental dishes to surprise him, make him feel like an intercontinental man.

10. Mother's Taste: Give him back his mother's taste. If you married him at the age of 30, he must have eaten his mother's food for more than 30,000 times before he met you. 365 multiplied by 30 multiplied by 3 times a day, that is, 32,850. By the time a boy is 10 years old, he must have eaten his mother's meal for more than 10,000

times. You can't make him forget that taste in a night. So, learn how his mother was doing it and give it to him just like that. Let him enjoy that old taste again, he will be very glad.

CHAPTER 8

WORDS OF AFFIRMATION

“As the fining pot for silver, and the furnace for gold; so is a man to his praise.”
Proverbs 27:21 KJV

One of the practical needs of a man is words of affirmation. Every man loves it when his wife affirms him, appreciates, acknowledges and celebrates him.

Don't ever think less of what your husband is doing; don't undervalue or underestimate it. Rather, appreciate your spouse generously. Affirm him constantly. This will affect his self-esteem and he will love to do more for you.

Note that strange women and 'side chicks' use flattery. You must not stay there as they use flattery to take him away. Use affirmation, appreciation and praise.

Think about this scripture:

“As the fining pot for silver, and the furnace for gold; so is a man to his praise.”
Proverbs 27:21 KJV

In marriage most times, husbands don't get affirmation regularly from their wives. Instead, they get more of demand for money from their wives daily.

Majority of wives believe that men don't need affirmation because they seem tough and serious. Meanwhile, strange women captivate a lot of men through the use of words of affirmation. Men love it, it moves them and they desire it secretly.

As a wife, you must captivate your husband and get the best from him always. This is achievable through the use of words of affirmation. Get up to drown out

those voices with the applause of affirmation, words of truth, encouragement and love that your husband needs to hear often.

Here are 103 affirmations to help you get started:

103 PRACTICAL WAYS TO AFFIRM YOUR HUSBAND

1. You provide for our needs. I appreciate your provisions.
2. You are unique.
3. You are the best man. Thank God I married you.
4. You bring out the best in me.
5. You are my number one fan.
6. Thanks for being faithful to me in our marriage
7. You are a God-fearing man
8. Your presence in my life has earned me a lot of honour in the society.
9. I would have regretted a lot if I had married someone else 10. I am happy that my children have you as their daddy 11. You are the best gift among mankind
12. I am secure in your hands. Thank you for being my protector 13. I am always happy when you listen to me.
14. Your words of encouragement made me who I am today 15. Thanks for making my dreams come true.
16. You are a gift to me
17. I am happy being your best friend
18. You are a man of wisdom
19. I appreciate your kind gestures daily
20. Your friendly look always turns me on
21. It's my desire that our son takes after you in all things 22. Your homeliness makes me feel secure.

23. Your life is a prayer answer to me
24. I will always support you
25. You are so caring.
26. I will not divulge your secrets
27. With me, you are 100% safe
28. You are such an understanding husband
29. I'm yours forever
30. I have no scare of HIV since I married you
31. Thank you for making me a mother
32. I count it a privilege to be your wife
33. Thank you for being patient with me
34. This world would have been a better place if countries have leaders like you.
35. The moments shared together are a lifetime treasure for me.
36. Thank you for spending quality time with me.
37. Your counsels are always on point.
38. I 'm always thankful to God that you are not a night crawler.
39. Your truthfulness gives me rest.
40. I'm happy for not being overburdened with domestic chores
41. That you attend Church with me makes me fulfilled
42. In thick and thin, you have proved your love to me.
43. Your parents raised you well.
44. You've never been a burden to me.

45. You are selfless
46. You give me reasons to thank God.
47. You are the real description of handsomeness
48. If there is a marriage in heaven, I will still marry you.
49. I'm having my best moments with you
50. Our Children are blessed to have you as their father
51. I can't imagine life without you.
52. You are my lover-boy
53. Your kisses are unforgettable in my life
54. You are so thoughtful
55. Thank you for not engaging in extra-marital sex
56. You are so concerned about my feelings
57. My heart safely trusts you
58. You've never threatened me with divorce
59. That you honour me makes me feel great.
60. I have never seen a man like you
61. No matter the challenge on your way, I will always stand with you
62. You can count on me at all times
63. I will not cease to pray for you
64. After a hard labour, I find my rest in your arms
65. You inspire me to noble deeds
66. You always fight a just course
67. I admire your sense of focus

68. You are committed to your visions in life
69. In life, you stand out
70. You are diligent.
71. You're an enigma in your field
72. Your stature is what really suits me
73. I appreciate you for not moving with ungodly friends
74. Thank you for not smoking
75. I am glad that you are not taking alcohol
76. You are the best man God has ever created
77. I will respect you daily
78. Thank you for accepting my parents and siblings
79. That you teach me to pray is a big plus for me
80. Despite your busy schedule, you still take me out on a weekly basis
81. When I'm wrong, you correct me in love
82. You have never kept malice with me.
83. I'm happy that you have not raised your hands to beat me
84. In the journey of my life, you matter most
85. My heart can only accommodate one man. And that man is you
86. I will never deny you my body
87. My body is all yours.
88. Don't hunt for sex out of wedlock; I'm available for you always
89. Ask me for whatever you need

90. How do you want me to demonstrate love to you?
91. How do you want me to demonstrate respect for you?
92. What is your major prayer point?
93. I am always at your service
94. You are my only bedroom assistant.
95. Living with you is like living in paradise
96. I praise God always for giving me a man of integrity
97. I never have cause to regret marrying you.
98. I cherish being by your side
99. I always have sleepless nights whenever you travel
100. I am happy you make me your number one after God
101. Thank you for not putting your job/ministry before your family
102. I want to be with you till your last breath in old age.
103. How do you want me to satisfy you sexually?

PRAYER POINTS

MY HUSBAND ARISE TO BE THE SPIRITUAL HEAD

1. Father, I thank you for my husband and for whom you have made him to be in Jesus name.
2. Father, every power and leadership abilities you have put in my husband let them surface in Jesus name
3. Oh Lord my Father, all my husband needs to function effectively as my spiritual head, release unto him now in Jesus name
4. Oh Lord my Father, all my husband needs to function effectively as our children's spiritual head, release unto him now in Jesus name
5. Oh Lord my Father, all my husband needs to function effectively as our

family's spiritual head, release unto him now in Jesus name

6. Grace to function as the spiritual head everywhere my husband finds himself, release unto him now in Jesus name.

7. Powers militating against the authority given to my husband, receive the judgment of God now in Jesus name

8. My husband (put his name) rise to be the spiritual head now in Jesus name.

9. Father, give my husband the spiritual enabling to function as the spiritual head of our home, his place of work and everywhere he finds himself in Jesus name.

10. Lord Jesus, make serving you a thing of joy for my husband in Jesus name.

11. Oh Lord my Father, let total obedience to your will be my husband's delight and let what pleases you please him

12. Father, give my husband a tongue that no man can resist so that as he takes on the work of a spiritual head, he will function well.

13. Father, let my husband delight in pleasing and doing your will in Jesus name
14. Lord, let the leadership and headship abilities of my husband manifest now in Jesus name
15. Empower my husband with unusual ability to function as the priest of our home and everywhere he finds himself in Jesus name

16. Father, let my husband be always ready to do your work

I DESTROY EVIL ADDICTION AND CHARACTER

1. You spirit of addiction to anything aside godliness, be destroyed in my husband's life in Jesus name

2. My husband (mention his name) be addicted to the things of God in Jesus Name
3. Every negative character in my husband waiting to destroy him, be consumed by the fire of the Holy Ghost in Jesus name.

4. Bad characters that disgrace people in glorious places, you will not have any place in my husband's life in Jesus name

5. My husband, get addicted to loving and taking care of me in Jesus name

6. My husband, let the love and fear of God consume you now in Jesus name

7. I frustrate any power that wants to get my husband addicted to alcohol, night crawling, infidelity and any habit that will not please God in Jesus name.

8. I destroy every evil and demonic addiction in the life of my husband in Jesus name
9. Anything aside godliness that has taken its root in my husband's life, I flush you out now by the Blood of Jesus

10. Zeal for God, passion for righteousness and willingness to always please God, fall upon my husband now in Jesus name.

11. I destroy every bad character waiting to put my husband to shame in Jesus name
12. Any bad character and habit in my husband that will prevent his helpers from locating him, be consumed by fire in Jesus name

13. Characters and habits that place people with Kings and influential people, dwell unhindered in my husband now in Jesus name.

14. My husband (mention his name), be consumed by the fire of my love and let your heart always yearn for me in Jesus name

15. I destroy any addiction to strange women, strange gods, strange habits, strange characters and strange behaviours in Jesus name

MY HUSBAND'S HEALTH, COME ALIVE

1. Father, I want to sincerely appreciate you for my husband's health and his life
2. Thank you Lord, because you have not allowed deadly and terminal diseases to hijack my husband from me

3. Thank you Lord, for my husband's sound health and for him living in peace and tranquillity
4. I decree and declare into the life of my husband; no ailment will find its root in your body in Jesus name

5. My husband (mention his name), because you are a child of the covenant, diseases that have killed the high and mighty in your family, will not have their way in your life in Jesus name

6. Seasonal ailments that your lineage is known for, you and your descendants are free from them in Jesus name

7. My husband (mention his name), you are only permitted to live in good health and prosper because you are a child of the covenant in Jesus name
8. Father, please preserve my husband for me and help him to make the right food choices each day in Jesus name

9. Father, please change the cravings of my husband and let him crave things that support sound health and protect every cell in his body to function effectively in

Jesus name

10. Father, I declare that my husband's spiritual health will be made whole and he will always seek to please you in Jesus name

11. Father, please keep my husband's body in perfect harmony and let his body system continue to function optimally

12. Father, by your mercy, let my husband enjoy good health and nothing evil will tamper with his sound mind in Jesus name

13. Confess Exodus 23:25-26 loudly and clearly upon your husband

14. Every root of infirmity in my husband's life; be consumed by fire in Jesus name

15. Every evil arrow of infirmity fired at my husband, I decree miss your target and go back to your sender in Jesus name

16. Every sickness transferred into my husband's body through the dream, his body is not your abode, come out now in Jesus name.

17. My husband's (mention his name), health come alive in Jesus name 18. Let the stripe of Jesus heal my husband and let him enjoy sound health daily in Jesus name.

19. My husband, your health is secured by the blood of Jesus and you shall live in health all the days of your life.

WAR OVER THE SPIRIT OF ERROR

1. Thank you Lord, because my husband is created in your image to show forth your glory and no spirit of error can overcome him in Jesus name.

2. Lord Jesus, I destroy every power introducing mistakes and errors in my husband's daily endeavours.

3. Every spirit of error that wants my husband to lose his seat of glory, I destroy you now in Jesus name

4. Every spirit of error that wants my husband to misbehave to his helpers of destiny, my husband's life is not your abode, jump out now in Jesus name

5. Every spirit of error that is eyeing my husband for shame, reproach, and disgrace, what are you waiting for, I say destroy yourself now in Jesus name

6. Father, I decree and declare that you will contend with everyone contending with my husband in Jesus name
7. My husband (put his name), receive the spirit of accuracy, perfection, precision and good judgment in all you do in Jesus name
8. My husband, in all your steps in life, receive the spirit of God to always take right and precise decisions in Jesus name
9. I bind the spirit of error at the edge of a breakthrough and successful completion of great projects of my husband in Jesus name
10. Blood of Jesus, Fire of the Holy Ghost and Word of God, destroy the foundation of error in my husband's life in Jesus name
11. My husband, receive permanent victory from the spirit of error and mistake in Jesus name
12. My husband, receive the mind of Christ to take the right decisions that are devoid of any negative interference in Jesus name
13. Oh ye ground, I command you to swallow everyone programming error and mistakes into my husband's endeavour in Jesus name.
14. Let every person seeking my husband's downfall meet with the thunder fire of God be completely destroyed without repair in Jesus name
15. Father, error-proof my husband now and make him free from every spirit of error fired into his life
16. My husband, receive soundness of mind now in Jesus name
17. Evil demonic power programming errors and mistakes into the life, effort, work and ways of my husband I wage war against you now in Jesus name

MAKE MY HUSBAND A BETTER MAN

1. Thank you Jesus, for the opportunity to have a man I can call my husband
2. Father, let the mind of God be in my husband and let his love for the things of God grow in Jesus name
3. I decree and declare that my husband will love God so that loving me will be easy for him in Jesus name
4. Father, I pray that my husband will be a better and correct husband in Jesus name

5. Every bad influence in form of a friend in my husband's life that will want to make my husband bad, I separate them now in Jesus name
6. Father, please continually guide my husband into all truth that will always make him a better husband and father in Jesus name
7. Father, please make my husband courageous and let his desire always be towards me
8. I destroy every power and influence of strange women that want to turn my husband's heart against me in Jesus name.
9. Father, please give my husband a pure heart for you that will always seek to please you through his attitude to the family
10. Father, give my husband a sense of fulfilment in me and only me in Jesus name
11. Lord, please place great friends in the life of my husband that will influence him to be better in Jesus name
12. Let everything my husband will do daily advance him to loving me more and doing things that will make our marriage glorious and blissful
13. Father, please make my husband a better man, husband, father, manager and priest of our home in Jesus name
14. I pray all the virtues of a godly man into the life of my husband and he will be a better person effortlessly in Jesus name
15. Father, dwell afresh in my husband's life, make him fully yours, take charge of his thoughts and ways in Jesus name.

SPIRIT OF SUCCESS ENVELOPE MY HUSBAND

1. Father, I appreciate your Holy Name because your plans for my husband are good for him to have a fulfilled end
2. Spirit of God that makes succeeding in one's life endeavour prosper, envelope my husband and his work now in Jesus name
3. Father, please baptize my husband with the power and ability to get wealth that will put a permanent end to suffering in our lives and generations after us in Jesus name

4. My husband (insert his name), you are not permitted to fail, you are not permitted to lose, you are only permitted to profit in all you lay your ends to do in Jesus name.

5. Father, please reveal the secrets of breakthrough and financial success to my husband so that an end will come to his toiling in Jesus name

6. Father, give my husband a sense of fulfilment in his job and cause him to succeed in Jesus name

7. Let everything my husband will do daily advance him to succeed in life in Jesus name

8. Father, please baptize my husband with the spirit of success so that he will never taste failure again in life

9. All my husband is permitted to see and enjoy in his career, business and life is the goodness of God in Jesus name

10. Spirit of success for my husband to be an all-around success, envelope him in Jesus name

11. Father, please by mercy, let my husband enjoy all-around financial breakthrough without measure in Jesus mighty name

12. Father please be a pillar of support for my husband and satisfy our mouth with good things in Jesus name

13. As my husband goes out daily seeking what we will feed on as a family, he will not encounter death in Jesus name

14. Spirit of success, spirit to profit, spirit of greatness and good things envelope my husband in Jesus name

15. Oh Lord, deliver my husband from profitless ventures and confused activities putting a leaking hole in his pocket and finances in Jesus name.

16. Satan will not receive the backing of heaven to wipe out my financial resources with evil erosion in Jesus name.

Make my husband a real man

1. Thank you Jesus for making my husband a real man

2. Father, please make my husband a real man
3. Father, the grace to make my husband a real man let it fall upon him now in Jesus name
4. Every power that wants to make my husband an ordinary man, die by fire in Jesus name
5. Every seed of an ordinary man in my husband, die in Jesus name
6. I give you the seed of a real man from the throne of grace in Jesus name
7. Every weapon to make my husband an ordinary, I send you back to your sender now
8. Every spirit of ordinary reigning in the lives of men making them ordinary, you will not have your place in my husband's life in Jesus name
9. My husband, receive the power to be known amidst great men in the city in Jesus name
10. My husband, for the rest of your life you shall always stand before kings and give authority
11. You are a man of authority, I decree that nothing will take that power and ability away from you in Jesus name
12. My husband you shall not be a lone ranger in life in Jesus name
13. Father, the spirit that makes a man real, let it fall on my husband now in Jesus name
14. I give you the mind of Christ for a renewed mind that will enthrone you as a real man in Jesus name
15. Thank you Lord because from this moment onward my husband will receive boldness to function as a real man in Jesus name.

I receive wisdom to handle my husband

1. Father, thank you for the great man that you have given to me as a husband
2. Thank you father because you will give me the wisdom to handle my husband

3. Father, release an unusual strength on me to be able to handle my husband and nurture him to life

4. Father, please equip me with wisdom to handle my own kind of husband in Jesus name.

5. Father help my expectations from my husband and make them wholesome expectations in Jesus name

6. Father give me a discerning spirit to always discern when things are happening so that I can speak life to my husband in Jesus name.

7. Father, make us strong in marriage and do not allow anything to break our bound in Jesus name

8. I receive unusual wisdom to handle my husband in Jesus name

9. Wisdom to help in building my husband to God's kind of man, I receive it now in Jesus name

10. Father, please give me wisdom for right response to my husband at all times

11. Oh Lord my Father, please give me the wisdom to manage my husband's emotions

12. Jesus the son of God, please endow me with wisdom to understand my husband at all times without argument

13. Omnipotent Lord, please bestow on me the wisdom to help my husband fulfill his purpose and visions in life

14. Father, please give me the grace to be able to accept my husband as he is, without complaining in Jesus name

15. Father, please give me the wisdom to build my home and not use foolishness through bad influence to pull it down in Jesus name.

Divine intervention for my husband

1. Thank you Lord because you will divinely intervene in the affairs of my husband

2. Father thank you because my husband will not miss it in life and he will live to fulfill his glorious purpose in Jesus name.

3. Thank you Jesus for the shed blood on the cross of Calvary to make my husband who you want him to be in Jesus name
 4. My husband receive God's direction and guidance in Jesus name
 5. Oh Lord, deliver me (my husband, my children etc) from the slavery of evil appetite/habit that are killing our health and destiny in Jesus name.
 6. Father please divinely intervene in the business and job of my husband
 7. Father, please divinely intervene in the decisions of my husband in Jesus name.
 8. Father, I need you to always lead my husband and guide him in all his ways in Jesus name
 9. Father, please divinely order the steps of my husband to glorious places
 10. Father, let our heaven of divine intervention be opened in Jesus name
 11. I decree and declare that my husband will receive timely help that will take him from where he is to where he is supposed to be in Jesus name
 12. Father, please move my husband forward by divine force in Jesus name
 13. Please Lord divinely intervene in the affairs of my husband and our family and let our life reflect your glory in Jesus name.
 14. God we put our trust in you, please send divine timely and prophetic helpers to my family so that we can achieve your purpose for our lives without stress
 15. Thank you Jesus because it is a new dawn for my husband to the glory of your name Long life for my husband
1. Thank you Lord because you will grant my husband long life in good health
 2. Father, please protect my husband from any imminent danger seeking to take his sound health in Jesus name
 3. Father, please protect my husband from any imminent danger seeking to take his life in Jesus name
 4. According to the order of the promises of God for long life, I declare that you, my husband will live to fulfill God's purpose with sound mind in Jesus name
 5. Grace that will make my husband live long and live well, Father please let it

be released unto him in Jesus name

6. Sickness in your father's house (insert his name) that makes them die at a young age will not find its root in your life in Jesus name

7. Because you are of the lineage of grace, my husband (mention his name), your destiny shall not be cut short in Jesus name.

8. My husband, as the Lord lives, you will live to your full potentials and do exploit in Jesus name

9. I decree Isaiah 54:17 upon you in Jesus name. You are secured by the blood of Jesus and enemies will not cut your life short in Jesus name.

10. Every embargo placed upon your lineage that makes them die at a particular age and no one has ever exceeded that age, concerning you my husband, it will not prosper as I dip my mouth in the blood of Jesus and nullify it now in Jesus name

11. My husband, long life is your covenant right in Christ, begin to enjoy this right and privilege as a child of God in Jesus name

12. I decree and declare that the Lord almighty will guide and order your steps daily and you shall not fall into trouble in Jesus name.

13. Anything be it sickness, accident or curse that is planning to suck life out of you, the Lord destroy their plans by the fire of the holy ghost

14. Read Psalm 91 and decree it into your husband's life as many times as possible

15. Death is an enemy of vision and fulfillment of destiny; I pray for you my husband that you shall not die but live to declare the goodness of God all through the earth

16. Going forward, I declare that you will enjoy the presence of the Lord all the days of your life and you become untouchable for any blood sucking demon in Jesus name.

I break the stronghold of strange women

1. Thank you Jesus for my husband because you will take charge of his thought and actions

2. Every stronghold of strange women militating against the destinies of

purposeful men, I destroy your hold in the life of my husband now

3. Let confusion be the lot of every strange woman militating against my marriage in Jesus name

4. Father, let irreparable division come between my husband and any strange woman presently in his life or trying to seek his attention in his place of work now in Jesus name

5. I decree and declare that every strange woman and person militating against my marriage will receive the judgment of God in Jesus name

6. Father, give my husband a sense of fulfillment in me and only me in Jesus name

7. No other woman except me will appeal to the fancy of my husband in Jesus name

8. I shoot a fresh arrow of my love into the heart of my husband, he will not be comfortable with any strange woman in Jesus name

9. Father, let my breast and only the glorious endowments you have given unto me satisfy my husband

10. Let all hindrances to the manifestation of the restoration to my rightful home depart from me and my marriage in Jesus name

11. Lion of Judah, consume every fake lion of strange woman roaring against my marriage in the name of Jesus name

12. Thunder fire of God, begin to scatter to pieces every stronghold of the strange woman in the heart of my husband in Jesus name

13. Powers energizing the relationship between my husband and any strange woman, be rendered impotent and be roasted by the holy ghost fire in Jesus name

14. Angels of the living God, brush off the love of any strange woman completely from the heart of my husband and let him be always drawn to me

15. I blindfold my husband to any strange woman advertising danger outside in Jesus name

16. I decree that the lust of the

flesh and lust of the eyes will not overpower my husband but his spiritual antenna

will always be strong

17. I decree that my husband will be faithful to me in marriage in Jesus name I receive grace to submit to my husband

1. Thank you Jesus because it is your command that I submit to my husband
2. Father please by your mercy make submission easy for me in Jesus name
3. I receive the grace to submit to my husband in Jesus name
4. I receive the grace to reverence and respect my husband in Jesus name
5. Father please let your grace be sufficient for me to be able to obey your will through perfect submission to my husband
6. Father please give me the grace to see the blessing of submission so that it will be easy for me to do

7. I destroy every stony heart in me and I replace with a heart of flesh in Jesus name

8. I destroy every form of stubbornness in me and I receive the spirit of God to submit in Jesus name

9. I come against every spirit of competition in me and I receive the spirit to complement my husband in Jesus name

10. Grace to submit in reverence and obedience to God, Father give unto me in Jesus name

11. I shall not be my own problem in my marriage in Jesus name

12. I receive fresh instruction for easy submission Jesus name

13. The help I need from above to submit to my husband, father release unto me in Jesus name

14. Father, please make submission my habit and help me build godly characters that will make my marriage prosper

15. Thank you Lord because from today submission becomes my habit I break generational curses.

1. Father thank you because no evil is permitted to prosper in my husband's life in Jesus name.

2. I break and release myself from all curses of rejection, poverty, barrenness, debt and lack in Jesus name

3. Every curse from the foundation of my husband militating against his life, be destroyed in Jesus name
4. Every generational curse from my father's house causing me pains, catch fire now in Jesus name
5. You wicked forces of the evil ones calling my name and that of my family for evil, preventing my husband from having time for us, your time is up, catch fire now in Jesus name.
6. Every generational curse from my mother's house causing me pains, catch fire now in Jesus name
7. Every embargo placed upon my advancement from the coven of the wicked ones, catch fire now in Jesus name
8. Every generational curse from my lineage operating in my life and causing me pains, catch fire now in Jesus name
9. Any man or woman who have sworn that I will not amount to anything in life, as I shout fire now, let an end come to your operation in my life
10. In the name and by the blood of Jesus Christ, I break the power and hold of every curse that has come to me through ritual in Jesus name.
11. By the fire of the holy ghost, I break the power and hold of every curse that has come to me through transfer by another human being in Jesus name.
12. By the blood of Jesus Christ, I break the power and hold of every curse that has come to me through words spoken by the occultic powers in Jesus name.
13. By the thunder fire of God, I break the power and hold of every curse that has come to me through occult practices in Jesus name.
14. Every pattern of evil rearing its head in my husband's life, be destroyed now in Jesus name
15. I break any generational curse affecting my husband and preventing him from succeeding in all his endeavours in Jesus name.

Spirit of unity envelope our marriage

1. Thank you Lord for my marriage because you are the king that rules in our home

2. Let the spirit of God envelope my marriage in Jesus name
3. Let the spirit of wisdom, understanding and knowledge envelope my marriage in Jesus name
4. Let the spirit of grace to do great things envelope my marriage in Jesus name
5. Let the spirit of grace to make difference envelope my marriage in Jesus name
6. Let the spirit of unity envelope my marriage in Jesus name
7. I reject powers that want to come between my husband and I to cause trouble in our marriage
8. My marriage shall not be manipulated by any evil work in Jesus name
9. It is written that two are better than one, Father please as we live in unity help us to have a good reward in Jesus name
10. Father, by mercy strengthen the bond of unity and harmony in our marriage in Jesus name
11. Father, please take away the spirit of selfishness from me and my husband as we seek to walk in humility in Jesus name
12. Father please give us unity of purpose in our marriage so that our prayers can be honoured with speedy answers in Jesus name.
13. Lord Jesus, please envelope my husband and I with an unusual love for you so that it will reflect in our love for one another
14. Father, I decree and declare that my husband and I will not walk alone in the journey of life but your mercy, grace and favour will work with us in Jesus name.
15. Thank you Lord for doing a new thing in our marriage and family in Jesus name.

Divine helper arise for my husband

1. Thank you Lord because you are the helper of the helpless and you are set to work in the favour of my husband in Jesus name.
2. Jesus Christ, the helper of the helpless, please divinely help my husband in all his ways
3. Oh Lord my Father, please connect my husband to his divine helpers

4. Timely helper and prophetic helpers, locate my husband now and let him never wander in his journey to the top in Jesus name.

5. Divine favour that brings divine helpers the way of a man, speedily locate my husband now in Jesus name

6. I decree and declare that the divine announcers, advertisers, approvals and endorsers my husband need to get to the top, locate him now in Jesus name.

7. Compelling helpers please compel everyone that has been placed in positions of power to help my husband so that that can willingly help him

8. Tireless helpers who work, morning, noon and night, arise now in the favour of my husband and work for him where he has no one

9. I pray for my husband now that you will receive the grace to attract divine helpers where you least expect and they will work to favour you in Jesus name.

10. I pray for my husband now that you will receive the grace to attract destiny helpers where you least expect and they will work to favour you in Jesus name.

11. Father, please deliver my husband from every in-born attitude that repel helpers in Jesus name

12. In the name of Jesus, I break the curse of desolation and desertion in the life of my husband

13. I perfume (use your hand to demonstrate it) my husband with favour as I wear him a new garment that attracts helpers in Jesus name

14. Any power from anywhere that is planning to render my husband desolate and helpless, receive the thunder fire of God in Jesus name

I barricade my husband's life with divine helpers now, let them locate him from all the four walls of the world.