



## CHAPTER 14

### Affirmation

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## It's Your CHOICE - Affirmation

### AFFIRMATION

Think of the times when you received meaningful praise, timely encouragement or affirmation as you were growing up. I'll just bet that you can remember the names of the people who said it, the place where it was said, and the words that were said. Beyond a doubt such encouragement and such praise not only helped you at the time, and made you feel good, but it also caused you to feel more fondly toward the person who gave that encouragement and praise. That is simply the way we are wired.

Back to the Scriptural command that a husband must love his wife as his own body. What do we do with our bodies? Most certainly we make choices toward physical pleasure and away from physical pain. We take time and spend money to improve our appearance. We do not try to make ourselves less attractive. We have significant desires for things that make us feel good, and we have significant aversion toward those things that make us feel anxious, depressed or sad.

If I am to love my wife as I love my own body, I must affirmatively plan and pray for insight as to how I can best build up my wife, **affirm** her worth, and encourage and assist her to reach her full potential. Here are the questions that husbands should be consciously asking. How will this affect my wife? What can I do today that will make my wife happy and bring her pleasure? What can I do or say today to make my wife feel secure, at peace and safe? What can I do to encourage my wife to realize and sense her own worth and to let her know that I realize and appreciate her worth? What would be fun for my wife? How can I assist my wife to grow spiritually? How can I encourage my wife in her ministries? What can I do today that would be really nice or special for my wife? What can I do or say today to display afresh to my wife that I really treasure her? Wives should ask the same regarding their mate.

Admit it. You like to receive compliments. Most certainly your spouse enjoys receiving sincere compliments as well. Compliments, affirmation, and encouragements are not matters that are given once, and then somehow remain vital thereafter. I may eat a very large meal today and be stuffed. Yet tomorrow I will be hungry. Yesterday's food does not satisfy me today. So it is with affirmation.

It does not cost anything to affirm, praise, compliment, and encourage your spouse. Yet it will not happen unless you **CHOOSE** to do so. Consciously and deliberately plan for and pray about how you can be a very real encouragement to your spouse, how you can affirm your spouse, and how you can make him or her know that to you he/she is the most wonderful, cherished and special person on the whole planet.