Pizza, cleaning help, help with dishes, etc.

But I am talking about building them up.

Men are built up from what they do at their job, occupation, or hobby.

I often wondered where moms find encouragement?? Especially those who have chosen to stay at home and pour their life into their children.

One of my favorite things to do at conferences is have kids stand up and bless their mom based on Proverbs 31.

She opens her mouth with wisdom,
and the teaching of kindness is on her tongue.
She looks well to the ways of her household
and does not eat the bread of idleness.
Her children rise up and call her blessed; (Proverbs 31:26-28)

One day I came home and found Sandi crying in our bedroom. It had been a rough day. I was also a part of the problem.

We gathered in the living room, made a circle of chairs, and had an impromptu honoring service.

Joseph, "Blessed" as he passed her in the hallway. Ongoing habit of honoring mom by thanking and blessing her.

Back to Proverbs 31

Her husband also, and he praises her:

"Many women have done excellently, but you surpass them all."

Charm is deceitful, and beauty is vain,

but a woman who fears the LORD is to be praised.

Give her of the fruit of her hands,

and let her works praise her in the gates." (Proverbs 31:29-31)

Dad is responsible for setting the tone. The whole family benefits as the mom is encouraged and built up while the children inherit a far reaching and powerful promise.

"Honor your father and mother" (this is the first commandment with a promise), "that it may go well with you and that you may live long in the land." (Ephesians 6:2-3)

When men meet, what do you do? We ask what do you do and where are you from, like Jonah.

"They said to one another, 'Come, let us cast lots, that we may know on whose account this evil has come upon us.' So they cast lots, and the lot fell on Jonah. Then they said to him, 'Tell us on whose account this evil has come upon us. What is your occupation? And where do you come from? What is your country? And of what people are you?'" (Jonah 1:7–8)

Instead of treating your wife like a man, honor her for who she is. Make a list of her "Character Qualities."