

## 5 Basic Needs of a Husband

Wives must understand the needs of a husband, as they are somewhat different than her own needs.

### 1. Admiration / Respect (moves a man!)

He needs his wife to be proud of him. He lives for her respect and admiration. He lives for her praise and her prizing of him. He lives for her appreciation and gratitude. He lives for her adoration. He longs in the deepest parts of his soul to please her and make her happy. Women need to know this. In their hearts, men want nothing more than to please their wives. And your husband needs to know that he's doing it. Notice him and admire him. And be careful not to disrespect him. Ex: male ego, my story in pilates

### 2. Sexual Fulfillment

He can't do without it - it's chemical. And God made him that way.

Sexuality

Sex is created by God and good within the confines of marriage. Sex is not just for reproduction and replenishing the earth. It is also for pleasure. And it should not be one-sided pleasure. Just as the wife wants to please her husband, the husband should also want to please his wife. But passionate love-making is not only about pleasing your partner. It is also about getting pleasure for yourself. We are created to appease the 'sex drive' in us. And your husband needs to see that you are enjoying sex with him and that you actually *want* to have sex with him. God has made and designed us to be sexual. In fact, he has made *both* the male and female to be sexual. And they *should* be. Some have incorrectly assumed that it's normal for a man to be driven with hormones, and that women are not as much interested in sex. That is not true. While it is probably true that men are more quickly stimulated by outward appearance alone and a woman's sexuality depends frequently upon her emotions and feelings, the truth is that women are also moved some by outward appearance and men's feelings are extremely important in his sexuality. Christopher Johnson, in *The Power That Women Have*, writes, "One of the factors which often has profound negative impact upon the sexual relationship in marriage is the failure of the woman (or man) to embrace her own sexuality. By embracing one's own sexuality, I mean to accept, to be comfortable with, to understand her own body; to want to share it; to enjoy it; and to allow it to be enjoyed. If a woman does not embrace her own sexuality first, she can never embrace her husband's sexuality fully."

### 3. Recreational Companionship

He needs her to be his playmate. Men actually desire to spend quality, fun, and exciting time with their wives.

One evidence of a healthy relationship is that both partners desire to spend time with one another. Of course, the amount of time together varies among couples. But the *desire* should always be strong. Married couples should work to find some common interests and hobbies. And they should be willing to compromise if their 'favorite' interests have no attraction to their spouse. The compromise could be in amount of time spent, or maybe even entirely. But the goal is to cultivate a life together in all areas, including companionship and recreation. A good way to judge yourself on how well you are doing is this: Do you get more excited when you think about doing something with other friends, or with your spouse? Probably one reason that men spend too much time playing with 'the guys' is that they get more pleasure out of it than being with their wife. The same is true with women and 'the girls'. And someone will need to change. One spouse needs to get more interesting, and the other needs to put more effort into companionship with their mate.

### 4. An Attractive Spouse

He needs his wife to look her best. Not better than every other woman, nor equal to any particular category of women. But just look as best as she can. Of course, there may be the exception case where a man doesn't at all care about his wife's appearance. But we are discussing men in general and *not* the exception case. Most men are attracted to their wife partly, if not firstly, because of their looks. And we are aware that many would have a first reaction to this truth with a statement like, "Men

shouldn't be so shallow, but should love a woman only for who she is; not how she looks." This is true, and men do have other reasons for being attracted to their spouse. But they absolutely desire and expect to also have an attractive spouse. The sooner you accept this truth, the easier it will be to fulfill this emotional need of his.

Wives, remember the effort you once made to look nice for your boyfriend as you were courting or dating? You inherently knew that your appearance was important to **gain his attention**. And now he has become your husband. How do you expect to **keep his attention** without continuing the same, or at least similar, effort? Examples: the lipstick, the hair, the clothes, the night clothes, the nail polish, the perfume, the makeup, and *the smile*. [Husbands, in the same light, you expended great effort in attracting your girlfriend with kindness, goodness, nice gestures, flowers, opening the door for her, **and also looking nice yourself**, etc. And now she has become your wife. Are you doing the same things to keep her interested and attracted to you? Give her something to smile *about!*] Wives find out what your husband likes and do your best to honor it. He will be ecstatic and will most likely desire to return the gesture in some form of meeting your own emotional needs. **Husbands, do not be unreasonable nor abusive in your requests of your wife.** (Mention world's obsession with body worship.)

Both partners should keep good personal hygiene, good eating habits, and good exercise habits to keep a healthy body and to keep a good self-image up. A good *self-image* translates into treating your spouse well. But avoid all tendency to be vain and unreasonable. **The extra weight, the wrinkles, and all the other things that may affect your body as it ages should *not* affect the spiritual person's attraction to their spouse.** So, do not expect it to. Do not allow your mind to think like the world does in all of its lust of the flesh and of the eyes. Your spouse should stay attracted to you if you just keep yourself looking your best with what you have. Just do what is right to stay healthy both spiritually and physically. If overeating is a problem for you, fix it. Overindulging is unhealthy for the body, and it is also a sin. And lack of exercise sometimes gives evidence of laziness.

### **5. Domestic Support**

He needs a safe, quiet dwelling place. He needs a place to come home to – a retreat. And he needs a powerful, dedicated, determined domestic wife! Now, to some this may seem as the typical misconception of a 'barefoot & pregnant, tired and bedraggled house wife who lives only in the shadow of her husband.' But it is not. The bible gives the benchmark for success as a woman of God. She is called the PROVERBS 31 WOMAN. Read Proverbs 31, NOW. You'll see what an excellent wife is all about. And you'll notice that a bible wife, a godly wife, actually has a *life!*

## 5 Basic Needs of a Wife

Husbands must understand the needs of a wife, as they are somewhat different than his own needs.

### 1. Affection (moves a woman!)

He meets her need for affection with plenty of hugs and kisses and loving looks at every opportunity. He tells her how much he cares for her with a steady flow of words, cards, flowers, gifts, and common courtesies. And not just words, but also acts of love and kindness. For the most part, he should continue the attention he once gave to attract her in the first place.

### 2. Conversation / Communication

He meets her need for intimate conversation by talking with her at the feeling level. He listens to her attitudes about the events of her day and life with sensitivity, interest, and concern. All of his conversations with her convey a desire to understand her, but not to change her. And for some reason, women do not always want their husbands to give a solution to their problem. Just listen. Men will have to resist that desire because one aspect of man's nature is to solve all problems when they arise. Just be patient first and listen to her. She needs that.

And don't forget to share your own heart. The world says that men can't share their feelings like women can. But that isn't true. The spiritual man is humble enough and understands love enough to be able to open his heart without losing his manliness.

### 3. Trust & Honesty

Explain plans and actions and details clearly because you regard yourself as accountable to her. She needs to trust you and be secure. Be open and honest with her and willingly divulge both important and also insignificant information to her. In marriage, there is no 'my life' and 'your life'. It is *one life* that is to be lived together. (this helps a woman submit.)

### 4. Security / Financial Support

He meets her need for financial support by firmly shouldering the responsibility to house, feed, and clothe his family. If his income is insufficient to support his wife adequately, he does not feel sorry for himself; instead he looks for concrete ways to increase his earnings by upgrading his skills or he sits down with his wife to determine how to make better use of what income they have, how to lower their standard of living if necessary. If it happens that the wife brings in more income than the husband, it will be important to keep some things in order. Because the husband will no longer be, nor feel, like he is the primary financial provider for the family, both spouses must take precaution. The wife must make an effort to keep utmost respect for her husband as the leader and provider for the family. He needs to *feel* that. His self-worth as a man is being challenged, and he will need to resist all thoughts of inadequacy as a husband. The thoughts will come, but both must realize that providing for the family is not a competition; it is a partnership.

### 5. Family commitment

He meets her need for family commitment by giving his family rightful place. He makes his wife his primary ministry. She is number one (on the earth); the children are number two. He commits his time and energy to the moral and intellectual development of the children. For example, he reads to them, he plays with them, he gives them adequate attention. Though he is disciplined and committed to success in business, he never allows his work to take precedent before his family. Of course, the family also needs to understand the husband's responsibility as a provider. The proper order for the husband is 1) God (incl the Body of Christ) , 2) Wife, 3) Children, 4) Church ministry, 5) Job.