

His Needs, Her Needs

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I. This outline is based largely on Willard Harley's book *His Needs, Her Needs*.

1. In order to have a successful and happy marriage, a husband and wife must meet each others needs.
2. The importance of recognizing each other's needs in marriage cannot be overemphasized.

II. The Love Bank

1. Harley uses the term *Love Bank* to refer to an emotional "bank account" that husbands and wives have with each other.
2. When we do an act of love, we deposit currency in our spouse's Love Bank.
3. When we neglect to do an act of love, or we do a hurtful act, we debit currency from our spouse's Love Bank.
4. This study will teach you how to make and maintain deposits in your husband's or wife's Love Bank.

III. Men and women each have different emotional and physical needs in marriage.

1. These needs are very real, which are why they are called *needs* not *desires*.
2. Women's primary needs are:
 - A. Affection
 - B. Conversation
 - C. Honesty and openness
 - D. Financial support
 - E. Family commitment
3. Men's primary needs are:
 - A. Sexual fulfillment
 - B. Recreational companionship
 - C. An attractive wife
 - D. Domestic support
 - E. Admiration
4. When any of these needs are not being met by one's husband or a wife, he or she is susceptible to becoming attracted to another man or woman who is meeting those needs and adultery can be the outcome.
5. It takes two to tango -- adultery rarely, if ever, happens to someone who is meeting all of their spouse's needs for love.

IV. Women's primary needs

1. Affection
 - A. The Bible teaches that men are supposed to show affection to their wives.
 - i. Men are to *love* their wives, which includes showing them great affection (**Eph 5:25, 28**).

- a. Love v. - 1. a. *trans.* With personal obj. or one capable of personification: To bear love to; *to entertain a great affection or regard for*; to hold dear.
 - b. Affection n. - 6. a. Good disposition towards, goodwill, kind feeling, love, fondness, loving attachment.
 - ii. Men are to *cherish* their wives (**Eph 5:29**).
 - a. Cherish v. - 1. *trans.* To hold dear, *treat with tenderness and affection*; to make much of. b. To make too much of, pamper, pet. c. *To caress, fondle; to hug; to stroke or pat endearingly.*
 - b. Caress v. - 1. *trans.* *To treat affectionately* or blandishingly, *to touch, stroke, or pat endearingly*; to fondle.
- B. Affection is essential for women.
- i. "To most women affection symbolizes security, protection, comfort, and approval, vitally important commodities in their eyes. When a husband shows his wife affection, he sends the following messages:
 - I'll take care of you and protect you. You are important to me, and I don't want anything to happen to you.
 - I'm concerned about the problems you face, and I am with you.
 - I think you've done a good job, and I'm so proud of you.

A hug can say any and all of the above. Men need to understand how strongly women need these affirmations. *For the typical wife, there can hardly be enough of them.*" (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 32-33)
 - ii. Ways to show your wife affection:
 - a. Hugs
 - b. Holding hands
 - c. Cards and notes
 - d. Flowers
 - e. Taking her out for dinner
 - f. Opening doors (car, house, restaurant)
 - g. Walks
 - h. Back rubs
 - i. Phone calls
 - j. Conversations with thoughtful and loving expressions
 - iii. "From a woman's point of view, affection is the essential cement of her relationship with a man. Without it, a woman probably feels alienated from her mate. With it she becomes tightly bonded to him while he adds units to his Love Bank account." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 33)
- C. For women, affection has little to nothing to do with sex.
- i. "Men must get through their heads this vital idea: **Women find affection important in its own right.** They love the feeling that accompanies both the bestowal and the reception of affection, but **it has nothing to do with sex.** Most of the affection they give and receive is not intended to be sexual. You might better compare it to the emotion they exchange with their children or pets.

"All of this confuses the typical male. He sees showing affection as part of sexual foreplay, and he is normally aroused in a flash. In other cases men simply want to skip the affection business; they are aroused already." (emphasis in the original) (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 34)

- ii. "A man who growls, "I'm not the affectionate type," while reaching for his wife's body to satisfy his desires for sex, is like a salesman who tries to close a deal by saying, "I'm not the friendly type -- sign here, you turkey. I've got another appointment waiting." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 34)

D. Affection doesn't come naturally to a lot of men.

- i. A man's wife will likely need to help him learn how to show affection.
- ii. This can be done by:
 - a. Suggesting to him that she would love to get a card or note from him.
 - b. Reaching for his hand when walking in public.
 - c. Telling him what kind of things make her feel loved.
- iii. Before we were married, my wife gave me hints about what made her feel loved, such as sending her morning greeting messages, calling her by special names, and asking her questions.
- iv. These things seemed a bit silly to me, but I learned to do them because they made her feel loved.

E. Men should learn to give affection by making a habit of it.

- i. "Here are a few habits that go a long way toward helping you become an affectionate husband:
 - Hug and kiss your wife every morning while you are still in bed.
 - Tell her that you love her while you're having breakfast together.
 - Kiss her before you leave for work.
 - Call her during the day to see how she is doing.
 - Bring her flowers once in a while as a surprise (be sure to include a card that expresses your love for her).
 - Gifts for special occasions (birthday, anniversary...) should be sentimental, not practical. Learn how to shop for a woman.
 - After work, call her before you leave for home, so that she can know when to expect you.
 - When you arrive home from work, give her a hug and kiss and spend a few minutes talking to her about how *her* day went.
 - Help with the dishes, after dinner.
 - Hug and kiss her every night, before you both go to sleep." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 36-37)

2. Conversation

A. The Bible teaches that men are supposed to dwell with their wives according to knowledge (**1Pe 3:7**).

- i. This means that men need to know their wives.
- ii. This means that men need to communicate with their wives by conversation.

- B. A good marriage should be a friendship.
 - i. To have a good friendship requires being friendly (**Pro 18:24**).
 - ii. Being friendly requires getting to know someone through conversation.
- C. Women have a propensity to talk a lot, which has the potential to get them into trouble (**1Ti 5:13**).
 - i. God's remedy for this is marriage (**1Ti 5:14**).
 - ii. Without ample opportunity to wander around and chat a lot, a wife needs to talk to her husband to get it out of her system.
 - iii. It is therefore important that a husband set aside time for quality conversation with his wife.
- D. Women have a deep need to talk.
 - i. "Men do not seem to have as great a need for conversation with their wives as women do with their husbands. Women, on the other hand, seem to enjoy conversation for its own sake. Many women will spend hours with each other on the telephone, while men rarely call each other just to chat and be brought up-to-date. Meetings and luncheons and other gatherings where the entire purpose seems to be talking about their personal concerns bring women much pleasure. When men gather in conclaves, they tend to talk about practical matters, like fixing their cars, the best place to fish, or who holds first place in the sport of that season. They also like to exchange jokes and anecdotes. But they tend to *not* talk about themselves or their feelings." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 59)
 - ii. "This indicates that conversation that satisfies a woman's need must focus on the events of **her** day, people **she** may have encountered, and -- most of all -- *how she feels about them*. She wants *verbal* attention, but she willingly gives the same attention to her husband and enjoys some conversation in which the man talks only about himself and what he has done.

"Most important, a woman wants to be with someone who -- in her perception -- cares deeply about her and for her. When she perceives this kind of caring, she feels close to the person with whom she talks. In the female psyche, conversation blends with affection to help the woman feel united with the other person. She feels bonded to that person as long as the affection and conversations continue *on a daily basis*." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 60)
- E. It takes time to communicate
 - i. Harley recommends that husbands give their wives fifteen hours per week of undivided attention.
 - a. If this seems like a lot, just think about how much time you spent talking with your wife when you were dating.
 - b. If that's what it took to get her to fall in love with you, then that's likely what it will take to keep her in love with you.
 - c. Why would you stop this after the wedding?
 - d. Any activity where the couple can focus primarily on each other, such as meals where children are not a distraction, walks, going to a

restaurant, golfing, and things of that nature qualify towards the fifteen hours of undivided attention.

- F. Don't do the "bait and switch" when it comes to communicating with your wife.
- i. "During courtship women fall in love as a result of the time they spend exchanging conversation and affection. If a couple continues to engage in the activities that brought them together in the first place, their marriage will tend to be a good one. When two people get married, each partner has a right to expect the same loving care and attention that prevailed during courtship to continue after the wedding." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 62)
 - ii. "Every husband and wife need to sit down and meditate on this thought: *My partner married me because she or he thought the pleasing things I was doing during our courtship would continue for the rest of our lives. Am I holding up my end of this bargain?*" (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 62)
 - iii. "The man who takes time to talk to a woman will have an inside track to her heart." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 62)
- G. Choose to pursue common interests which will draw you together and make conversation natural.
- i. "1. I have my sphere of interests, and my spouse has hers. If these do not overlap, we can only grow farther and farther apart.

2. Because there are only so many hours in the day and week, I have to choose: I can pursue interests that we share, or I can pursue interests we do not share. If I do the latter, we will grow apart. If I do the former, we will grow together.

3. As I gain interests that are my spouse's interests we have much more to talk about. Conversation becomes easier and more interesting. I can meet her need for conversation with less and less effort. It becomes natural and spontaneous." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 66-67)
 - ii. "A marriage that sees husband and wife holding widely divergent interests may survive, but I have seen few that flourish under such circumstances." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 67)
- H. Tips for maintaining good conversation.
- i. "6. Financial considerations should not interfere with time for conversation. If you don't have the time to be alone to talk, your priorities are not arranged correctly. ...

10. Develop interest in each other's favorite topics of conversation.

11. Learn to balance your conversation. Avoid interrupting each other and try to give each other the same amount of time to talk.

- 12. Use your conversation to *inform, investigate, and understand* each other." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 72-73)
- ii. The time that you put into learning how to communicate with your wife will pay dividends in your marriage.

3. Honesty and openness

- A. Christians in general should speak the truth (**Eph 4:25**), but it's even more important for husbands and wives to do so.
 - i. It's best to begin speaking the truth in our hearts (**Psa 15:2**).
 - ii. When we speak the truth in our hearts, it will naturally come out of our mouths (**Luk 6:45**).
- B. A wife's sense of security depends on the honesty and openness of her husband.
 - i. "A sense of security is the bright golden thread woven through all of a woman's five basic needs. If a husband does not keep up honest and open communication with his wife, he undermines her trust and eventually destroys her security.

"To feel secure, a wife must trust her husband to give her accurate information about his past, the present, and the future. What has he done? What is he thinking or doing right now? What plans does he have? If she can't trust the signals he sends (or if, as in the case of Frank, he refuses to send any signals), she has no foundation on which to build a solid relationship. Instead of growing up *with* him, she grows *away* from him." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 91)

- C. Don't just tell your spouse what you think they want to hear for fear of hurting their feelings.
 - i. When my wife asks me a difficult question, she always adds, "Honesty is the best policy."
 - ii. "Whenever and wherever your mate asks you how you feel, tell the truth. It is foolish to lie out of fear that you will hurt your spouse's feelings (or possibly hurt your own pride). Your mate has the right to your innermost thoughts. Your mate should know you better than anyone else in the world - - even your parents." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 92)
 - iii. "'Knowing you' includes your good and bad feelings, your frustrations, your problems and fears -- anything that is on your mind. The Bible calls it 'two becoming one'; we psychologists label it 'achieving good marital compatibility.'" (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 92)
- D. Different types of lying husbands
 - i. The "born" liar
 - a. This is the husband who has always told "little" lies since he was a child.
 - b. "He fabricates stories about events in his past and constantly distorts the truth in subtle ways that seem almost unnoticeable -- at first. One can usually catch the born liar easily enough by doing a little simple checking. But be warned. When confronted, he usually excuses himself by pleading "a poor memory." A chronic liar finds it nearly

- impossible to consistently admit the truth about himself." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 93)
- c. If you are dating someone like this, dump him now.
 - d. If you are married to someone like this, may God have mercy on you.
 - e. This liar needs rebuked sharply (**Tit 1:12-13**).
- ii. The "avoid trouble" liar
 - a. This is the husband who usually only lies to get himself out of trouble when he has done something wrong or forgot to do something he was supposed to.
 - b. This type of dishonesty can be very destructive to a wife's trust and to the marriage.
 - c. This husband needs reminded that liars will have their part in the lake of fire (**Rev 21:8**).
 - iii. The "protector" liar
 - a. This is the husband that will lie to "protect" his wife.
 - b. This could be lying about the state of their finances so that she won't worry about it.
 - c. The problem with this type of lying, aside from it being sinful, is that the wife doesn't know about the things that her husband is dealing with and she will not understand when he is stressed or irritable.
 - d. And furthermore, if the problem which the lies were told to cover up continues to fester and one day blows up, then the wife is hit with an even bigger amount of stress without warning.
- E. Beware of the "little white lies."
- i. Example: telling your wife a "little white lie" concerning your thoughts on her weight gain.
 - a. It is not wise to tell your wife that her weight gain is okay with you when it's not.
 - b. If you do this she will think you don't care and she will not try to lose weight, or may even gain more.
 - c. Then one day when it has been bothering you for months or years you finally make a cutting remark and her feelings are hurt and you lose major points in her Love Bank.
 - d. It is much better to tell her the truth in a loving and compassionate way so that she knows how you feel and can then take steps to lose weight.
 - e. Also, *never* make sarcastic comments or tease your wife about her weight, especially in front of others!
 - f. Remember, charity is kind (**1Co 13:4**).
 - ii. "But when a husband tells his wife the truth, he builds her emotional stability. By always being truthful he tells her he knows she can handle it and can change when she must. The truth demolishes false impressions and illusions. Life becomes more predictable and rational because now she can understand her husband's behavior. The truth may be painful at times (and he should strive to deal gently with the truth), but truth does not drive a

woman crazy. On the contrary, a woman feels in control, because now she knows what she needs to do to change the situation.

"A husband does his wife no favors when he tells "protective" lies to make her feel secure and loved. Eventually exactly the opposite happens. A husband must present himself to his wife as he is. Then she can adjust, negotiate, and draw closer to him." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 96)

F. Honesty is the best policy. Let's all practice being completely honest with our wives.

4. Financial support

A. Husbands are supposed to provide for the needs of their wives, which is why financial support is one of the primary needs of a wife.

i. Husbands are supposed to *nourish* their wives (**Eph 5:28-29**).

a. To nourish a wife is to provide for her needs and well being.

b. Nourish v. II. 5. b. To sustain (a person or living organism) with food or proper nutriment. c. To supply (a thing) with whatever is necessary to promote its growth or formation, or to maintain it in proper condition.

ii. A man has to provide financially for those of his own house and if he doesn't he is worse than an infidel (**1Ti 5:8**).

iii. It follows that if the scripture says that wives are to be keepers at home (**Tit 2:5**), and to guide the house (**1Ti 5:14**), then the husband must of necessity be out in the world providing for the means of sustenance of the family.

a. Jesus taught that at His second coming women would be grinding (grain, etc. for making food) and men would be in the field (**Luk 17:35-36**).

b. The husband of the virtuous woman in Proverbs 31 was known in the gates while his wife was taking care of things at home (**Pro 31:23**).

(i) Gate - 2. In Biblical phraseology, after Hebrew; ellipt. for gate(s) of the city as a place of judicial assembly.

(ii) He was not at home, but rather in the city among the elders of the land where he was providing for his family.

B. Most women (who have not been deceived by the feminist agenda) deep down want to be homemakers and be financially supported by their husbands.

i. "In truth a woman *does* marry a man for his money -- at least she wants him to earn enough money to support her as well as (or better than) her father did when she was growing up." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 121)

ii. "Whatever women say in public about their willingness to share the burden of making a living, in private I hear something entirely different. Married women tell me they resent working, if their working is an absolute necessity. Even part-time work sometimes irritates them if their income has to help pay for basic living expenses." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 122)

- iii. "A husband's failure to provide sufficient income for housing, clothing, food, transportation, and the other basics of life commonly causes marital conflict in our society." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 122)
- iv. "I strongly disagree with the materialistic trend that has forced women into the work force simply to "keep up with the Joneses," not to mention just to keep up with the bank and the credit-card bills. Many couples set a standard of living for themselves far higher than they need to be happy. If they would simply reduce their standards of living to a point of comfort, many could avoid husbands working long hours and wives pressured to earn a paycheck." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 122)
- v. "If a couple can "bite the bullet" and lower an unrealistic standard of living, that action frees the husband to set realistic economic objectives regarding the family's basic financial needs. But as long as their wives keep working so that together they can finance the big house, big cars, and everyone's credit-card habit, where is the incentive to cut back?" (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 123)
- vi. "Some well-intentioned people, in the guise of advocating women's rights, encourage all women to develop a career, because they see employment as a right and privilege. However they fail to consider that a woman also has a right and privilege to spend time as a homemaker and full-time mother. Those who argue that women do better to choose a career sometimes fail to understand their needs as mothers." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 123)
- vii. As a disclaimer, Harley is a proponent of married women having careers if they want them. I disagree with him on this because the scripture says that women are supposed to be keepers at home.

5. Family commitment

- A. The final primary need that wives have is for their husband to be committed to the family.
- B. Fathers are too often uninvolved in the lives of their children.
 - i. Too many fathers have especially shirked their responsibility to teach their children the scriptures.
 - ii. If it happens at all, spiritual training has been left up to the mothers in too many families.
- C. The scripture teaches that it is the primary responsibility of fathers to train their children in spiritual and other matters.
 - i. *Fathers* are supposed to bring up their children in the nurture and admonition of the Lord (**Eph 6:4**).
 - a. Nurture *n.* - 1. Breeding, upbringing, training, education b. Moral training or discipline.
 - b. Admonition *n.* - 1. The action of admonishing; authoritative counsel; warning, implied reproof.
 - c. Admonish *n.* - 1. *gen.* To put (a person) in mind of duties; to counsel against wrong practices; to give authoritative or warning advice; to exhort, to warn.

- ii. Fathers should train up their children in the way they should go (**Pro 22:6**).
- iii. *Fathers* are supposed to teach their children the scriptures and pass them down to the next generation (**Psa 78:4-8**).
- iv. Fathers are supposed to teach the scriptures to their children at all times including sitting in the house (at meals or other times), walking by the way (when outside the home), when lying down (before bed), and when rising up (in the morning) (**Deut 6:6-7**).
- v. This means that fathers should be involved in all aspects of their children's lives and education.
- vi. Since God commands fathers to be involved in their children's lives, it is no wonder that this is a primary need that a wife has in a marriage.

D. Family commitment is a need that is engrained in wives.

- i. "In families where the father takes little interest in his children's development, the mother tries desperately to motivate him to change. She buys him books on parenting and leaves them in convenient places. She coaches him to attend seminars sponsored by the church or PTA. She may even ask him to talk with a family counselor in the hope that he can be inspired to greater interest and commitment. Her efforts usually meet with only partial success. More often she becomes frustrated by excuses, delays, and other unenthusiastic responses on her husband's part. Not uncommonly such a mother starts looking to other men in her family or circle of friends to meet her need. She believes the children have the need, but in reality the need is hers. She must have a man contributing to the well-being of her children." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 146)
- ii. "In addition to giving his wife fifteen hours of undivided attention and spending about 50 hours making a living, a man also needs to devote time to his family. He can strengthen both his marriage and his ties with his children by developing what I call "Quality Family Time."

"This is not to be confused with child-care efforts parents make to feed, clothe, and watch over children to keep them safe. Quality Family Time is when the family is together for the express purpose of teaching the children the value of cooperation and care for each other.

"I recommend fifteen hours a week for Quality Family Time. At first those hours may seem impossible to find in your schedule. Perhaps your first week will only allow five hours for your family, but if you increase that by only one hour a week, in ten weeks you will find yourself right on target, with only minimal effort.

"What should you plan on doing during these hours? Consider activities such as:

- Meals together as a family.
- Going out for walks and bike rides.
- Attending religious services.

- Conducting family meetings.
- Playing board games together.
- Attending sports events.
- Reading to the children before bedtime.
- Helping the children with financial planning.
- Family projects (be certain these are fun for the children and that they do not work on them alone).

"Naturally your list will also include other things you enjoy. Every family has different priorities. Your aim is family togetherness; during this time encourage family members to help each other, showing cooperative spirit. Make it a time for fun with your children, not a time of drudgery. As your children realize Mom and Dad will spend time giving them undivided attention, they begin to look forward to the time." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 147-148)

- E. "The best husband is a good father." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 152)

V. Men's primary needs

1. Sexual fulfillment

- A. The Bible affirms that men have a very strong sex drive, and it teaches that a man's sexual desires should be met by his wife.
- i. A man should marry to avoid fornication (**1Co 7:1-2**).
 - ii. Both husbands and wives should give up control of their own bodies for the sexual enjoyment of their spouse (**1Co 7:3-4**).
 - iii. Neither husband nor wife should withhold sex from the other, except with consent, and only for a short time (**1Co 7:5**).
 - iv. Sex is the duty of marriage (**Exo 21:10**).
 - v. A wife should satisfy her husband with her body at all times, and he should be ravished with her love (**Pro 5:19**).
- B. Men have a biological need for sex, which many women don't understand.
- i. "God designed man to be the aggressor, provider, and leader of his family. Somehow that is tied to his sex drive. The woman who resents her husband's sex drive while enjoying his aggressive leadership had better face the fact that she cannot have one without the other.

"To illustrate the physical cause of the male sex drive, let us introduce the scientific evidence that "each drop of [seminal] fluid is said to contain as many as 300 million sperm." Since it is possible for a man to have two to five ejaculations a day, depending upon his age, it is obvious that his reproductive system manufactures a supply of semen and many millions of tiny sperm daily. If unreleased through coitus, this can be very frustrating to his mental and physical well-being. One writer has said, "A normal and healthy man has a semen build-up every 42-78 hours that produces a

pressure that needs to be released." (Tim and Beverly LaHaye, *The Act of Marriage*, p. 28)

- ii. "Young wives may equate their husbands' youthful passion with bestiality, not realizing that their husbands' drives are not unique, but characteristic of most normal men. These drives are the gift of God to produce the motivation for procreation, which is still the primary social purpose of humankind. That gift influences not only man's sexual behavior but also his personality, work, motivation, and almost every other characteristic in his life. Without it he would not be the man she fell in love with. It is a wise woman who cooperates with that need rather than fights against it." (Tim and Beverly LaHaye, *The Act of Marriage*, p. 29)
 - iii. "The typical wife doesn't understand her husband's deep need for sex any more than the typical husband understands his wife's deep need for affection." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 43)
- C. A man needs his wife to enjoy sex and feel sexually fulfilled for him to be sexually fulfilled.
- i. If a man's wife views sex as a duty, then he will not be sexually fulfilled.
 - ii. "A man cannot achieve sexual fulfillment in his marriage unless his wife is sexually fulfilled as well. While I have maintained that men need sex more than women, unless a woman joins her husband in the sexual experience, his need for sex remains unmet. Therefore a woman does her husband no favors by sacrificing her body to his sexual advances. He can feel sexually satisfied only when she joins him in the experience of lovemaking." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 46)
- D. Achieving sexual compatibility
- i. In order for a wife to meet her husband's need for sexual fulfillment, she and her husband must learn how to achieve sexual compatibility.
 - ii. "Achieving sexual compatibility involves two important steps:
 1. *Overcome your sexual ignorance.* A husband and wife must each understand their own sexuality and their own sexual responses.
 2. *Communicate your sexual understanding to each other.* A husband and wife must learn how to share what they have learned about their own sexual responses, so that they can each achieve sexual pleasure and fulfillment together." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 47)
 - iii. I recommend reading *The Act of Marriage* by Tim and Beverly LaHaye to learn about the anatomy and art of lovemaking.
 - iv. I recommend this book even for those who have been married for many years.
- E. The husband shares responsibility for the fulfillment of his sexual needs.
- i. "For the average woman, getting aroused is more a matter of mindset than the result of any stimulation, visual or otherwise. A woman can choose whether or not she wants to experience arousal, depending on her emotional attachment to a particular man. Qualities like affection, attentiveness, warmth of personality, kindness, and tender sensitivity do more to arouse her than any special technique a man may have developed. A man with the

qualities mentioned above makes a woman feel that he understands her and has chosen to care for her.

"A woman looks for all these signs in the eyes of a man. Perhaps this is why, when asked what they first notice about a man, many females will say, "His eyes." One wife described the special appreciation her husband had of her as his ability to "be aware of me as person," not just as a sex partner. The caring he showed by looking at her as if she was special meant a lot to their relationship. In our society we make much of the idea of handsome men getting together with beautiful women, but for many women a man's looks are not the most critical issue. A tender touch and gentle treatment may mean more than a handsome face or trim physique.

"A man can do much to arouse or suppress his wife's sexual feelings by the way he touches her. His embrace, his kiss, and his caress must convey tender attentiveness and special caring. Feelings of affection and care give you the keys to a woman's arousal." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 48-49)

- ii. "As I counsel couple after couple, two basic problems surface repeatedly. You may think of them as embarrassing, galling, or infuriating, but here are the facts:
 1. While usually more in touch with their own sexuality because it is such a basic male drive, many men lack skill in lovemaking because they fail to understand a woman's need for affection as part of the sexual process. When a man learns to be affectionate, his lovemaking will become very different. The man interested only in satisfying his hunger for sex molests his wife more than anything else, because his technique is insensitive to her feelings. He uses his wife's body for his own pleasure while she gets more and more infuriated.
 2. Conversely, many women don't understand their own sexuality well enough to know how to enjoy meeting a husband's compelling need for sex. In order to satisfy her husband sexually a wife must also feel satisfied. I try to encourage wives not to simply make their bodies available on a regular basis; rather they should commit themselves to learning to enjoy the sex relationship as much as their husbands do." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 53-54)
- iii. Remember the marital golden rule: "Meet your spouse's needs as you would want your spouse to meet yours." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 54)

2. Recreational companionship

- A. Solomon exhorted us to enjoy the fruit of our labour (**Ecc 5:18**).
 - i. This means that God wants us to have recreational enjoyment.
 - ii. Men are to live joyfully with their wives (**Ecc 9:9**).

- iii. One way for a man to live joyfully with his wife is by sharing his recreational activities with her.
- B. Aquila and Priscilla were a husband and wife team who shared common interests, including the same occupation, and doing the work of the Lord together (**Act 18:2-3, 18, 26**).
- C. Recreational companionship is very important to most men.
 - i. "It is not uncommon for women, when they are single, to join men in pursuing their interests. They find themselves hunting, fishing, playing football, and watching movies that they would never have chosen on their own. After marriage wives often try to interest their husbands in activities more to their own liking. If their attempts fail, they may encourage their husbands to continue their recreational activities without them. I consider that option very dangerous to a marriage, because men place surprising importance on having their wives as recreational companions. The TV stereotypes paint the opposite picture, showing the husbands out with the boys on fishing trips saying, "It doesn't get any better than this." My counseling files say it can get a lot better. In fact, among the five basic male needs, **spending recreational time with his wife is second only to sex for the typical husband.**" (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 77)
- D. Finding recreational activities that both husband and wife enjoy.
 - i. "Engage in only those recreational activities that both you and your spouse can enjoy together." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 83)
 - ii. In order to find recreational activities that both spouses enjoy, a husband and wife should go through a list of activities separately and choose the activities that they each enjoy and then find those activities that overlap which both enjoy.
 - a. Once those activities are discovered, the couple should focus on doing those activities together.
 - b. You may not both enjoy each of them equally, but at least you both enjoy them to some extent.
 - iii. You will not be able to do everything you like, but nobody has time to do everything they want to anyway.
 - iv. "You can't do everything. Out of thousands of possible activities, there will probably exist only a few hundred that my wife and I would enjoy thoroughly. I cannot possibly do all those hundreds of things that my wife and I *would* enjoy. Why, then, should I waste my time doing the things my wife finds no pleasure in? This policy of engaging in only mutually appealing activities is not a summons to a lifetime of misery and deprivation. It simply means choosing activities I already enjoy by taking my wife's feelings into account. Why should I wish to gain at her expense, when we can gain together?" (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 84)
 - v. A man's wife should be the most important thing to him after God and his church, and therefore giving up certain recreational activities in order to maintain a close relationship with his wife is well worth it.
- E. A husband and wife should be best friends.
 - i. Solomon and his wife were friends (**Son 5:16**).

- ii. Consider how lovingly Solomon spoke of his wife (**Son 4:9-10**).
- iii. Harley maintains that a husband and wife should not engage in most recreational activities unless they share them, which I agree with.
- iv. By spending most of their time together, a husband and wife will become best friends even if they currently are not.

3. An attractive wife

- A. Men are attracted to women largely by sight.
 - i. As my wife tells me: "Men like what they see, but women like what they hear."
 - ii. Men have a strong desire to behold the beauty of a woman (**Pro 5:19; Deut 21:11**).
 - iii. This gets men in trouble and they have to guard their eyes (**Pro 6:25; 2Sa 11:2; Mat 5:28**).
- B. Wives should try to remain attractive to their husbands after they get married and even as they age.
 - i. "By calling for a wife to be attractive I mean she should take pains to look something like the woman her husband married. After all, that was the woman he fell in love with, not a movie star or some other fantasy.

"Does this mean a woman must stay eternally young? Of course not, but getting old provides no excuse for letting weight creep up and up, not fixing your hair, and dressing like a bag lady." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 107-108)

- C. Things wives can do to stay attractive for their husbands
 - i. Weight control
 - a. Women often keep themselves in good shape until after they get married and then let themselves go and gain a lot of weight.
 - (i) This is not fair to her husband who fell in love with a thin, attractive woman.
 - (ii) This would be tantamount to a husband being very nice, sweet, and respectful to a woman until he married her and afterward turning into an insensitive jerk.
 - b. Keeping weight off as we age is not easy, but it should be made a priority for our spouses, especially for the sake of husbands who have a basic need to have an attractive wife.
 - c. It is good for husbands and wives to diet and exercise together which will make cooking easier for the wife and will motivate both partners to stay in shape.
 - ii. Makeup
 - a. Makeup can enhance a woman's looks if it is done right.
 - b. A woman's primary source of beauty should come from within though (**1Pe 3:3-5**).
 - c. Some men don't like makeup and a wife should consider that before wearing it.

- d. On the other hand, if a wife really desires to wear makeup because it makes her feel better about herself, a husband should respect that and not force her to not wear any, and especially shouldn't make remarks in the presence of others about how his wife is pretty and doesn't need makeup.
- e. "With married women, their husbands appreciate and encourage the change if their wives have done it for them. Be certain that in addition to being something *you* like, your husband also finds the cosmetic changes attractive. Keep in mind that your objective is meeting *his* need for your physical attractiveness." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 112)

iii. Hairstyle

- a. In addition to gaining weight after getting married, many women also cut their hair short after they get married because it's easier to care for.
- b. There are a couple of problems with this.
 - (i) Firstly, women are to have *long hair* which at a minimum *covers their entire head (1Co 11:5-6, 15)*, which means that their hair ought to be a least chin length.
 - (ii) Secondly, a wife should have a hair style that pleases her husband and makes her look attractive *to him*.
- c. "Hairstyle and color are another sensitive area for women. Yearly they spend billions on dyes, rinses, shampoos, permanents, sets, and cuts. My question is, why and for whom?"

"If a wife spends all that time and money to please her husband, and to achieve something she finds comfortable, well and good. But if she lets some hairdresser talk her into something she knows her husband won't like, she has begun to work against herself -- and her marriage. A certain hair-color manufacturer excuses the higher prices of his product by telling the woman, "You're worth it." More to the point, your husband is worth it. If he doesn't like a certain hairstyle and color, abandon it. In fact, consult with him ahead of time and get his opinion before ever getting a different style or coloring. After all, the whole idea is to be attractive to him.

"Or is it? Some women object to this idea. They insist on the right to please themselves, or they argue that having to please their husbands in such a way seems unfair and even degrading.

"I don't encourage women to meekly accept a hairstyle that makes them miserable. Certainly they need to enjoy their own looks and feel a sense of attractiveness. If a husband likes something his wife can't tolerate, negotiation is in order. Among the many hairstyles available, I'm certain they can find one on which they can agree." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 112-113)

iv. Clothes

- a. As with gaining weight and cropping off hair, some women also dress unattractively for their husbands after they get married.
 - (i) This can be especially hurtful to a husband if his wife dresses attractively when she goes out in public to be seen by other men, but not so when she is around him.
 - (ii) Women should dress modestly when they are in public (**1Ti 2:9**).
 - (iii) Women should dress as immodestly as their husbands want them to when they are in private with them.
- b. "A woman should pay as much, if not more, attention to her choice of nightgown or pajamas as she does to what she wears in public. When she dresses for bed, she dresses strictly for her husband. Wearing old and bedraggled night clothes, curlers, and "goop" on your face will not put points in the Love Bank. Wearing a worn-out nightgown to bed because "nobody will see it" misses an important point: One very special and important person does see it, so why not wear something attractive and sexy? Your husband will certainly appreciate it." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 113-114)

4. Domestic support

- A. As a counterpart to wives having a need for financial support, a primary need of husbands is for domestic support.
- B. Wives should be keepers at home (**Tit 2:3-5**).
 - i. Keeper - *n.* 1. a. One who has charge, care, or oversight of any person or thing; a guardian, warden, custodian.
 - ii. They should guide the house (**1Ti 5:14**).
 - iii. Guide - *v.* 1. a. *trans.* To act as guide to; to go with or before for the purpose of leading the way: said of persons, of God, Providence, and of impersonal agents, such as stars, light, etc.
 - iv. The wife has the responsibility to run the affairs of the house under the authority of her husband. This would include:
 - a. training, educating, and disciplining the children.
 - b. cooking, cleaning, doing laundry, and shopping for food, clothes, etc.
 - c. keeping a financial budget (at least for household expenses listed above).
 - v. This is a full time job and a very important one.
 - vi. This is the highest calling a woman could have.
 - vii. Our modern society has turned the role of a women on its head, expecting women to have fulltime careers outside the home.
 - a. This leads to dysfunctional families in which children are raised and trained by strangers in daycares.
 - b. If a wife is not providing her husband with domestic support such as cooking, cleaning, doing laundry, grocery shopping, caring for the children, and making sure the home is a peaceful, warm, and

welcoming environment, he will not have one of his primary needs for love met.

- c. This leads to stress between the husband and wife because the few hours they have together after work are spent trying to keep up with all the cooking and housework that were not done during the day.
 - d. This leads to parents not having adequate time to spend with their kids and parent-child time is replaced by TV-child time.
 - e. An unending plethora of after-school activities only exacerbates this problem.
 - f. "Studies have shown that, especially when children are small, marriages are more successful when women work twenty hours each week or less. Divorce rates double when mothers work full-time outside the home." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 138)
- viii. These same problems can arise if a wife has taken on too many responsibilities for herself or her children and cannot therefore keep up with the cooking, cleaning, laundry, and other housework on her own, and therefore expects her husband to pick up the slack.
- C. Most men have a deep desire for domestic support.
- i. "So deep is a husband's need for domestic support from his wife that he often fantasizes about how she will greet him lovingly and pleasantly at the door, about well-behaved children who likewise act glad to see him and welcome him to the comfort of a well-maintained home. The fantasy continues as his wife urges him to sit down and relax before taking part in a tasty dinner, its aroma already wafting through the air.
- "Conversation at dinner includes nothing controversial. Later the family goes out together for an early evening stroll, and he returns to put the children in bed with no hassle or fuss. Then he and his wife relax and talk together, perhaps watch a little television, and go to bed to make love, all at a reasonable hour.
- A lot of wives may chuckle as they read the above scenario, but I assure you it is quite common in the fantasy lives of many husbands." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 133-134)
- ii. "To put it simply, in most marriages there exists an unspoken tradeoff between husband and wife. He expects her to simplify his life by cooking his meals, washing and ironing his clothes, keeping the house picked up, calling a repairman when necessary, and attending to the basic needs of their children. To the extent that she gives him this kind of domestic support, he enjoys his responsibility to provide his family with the income it needs." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 135)
- D. When the wife works and the husband has to help with the housework, trouble arises.
- i. "So, what can be done in a home where both spouses work to make ends meet? In this situation the wife faces a serious dilemma. She comes home

as tired as he does, yet deep down he expects her to cook the meals, wash the dishes, iron the clothes, and entertain the children. He knows better. His logic and reasoning tell him she cannot handle all this and work, too. He manfully steps forward to offer help with the housekeeping and care of the children, but nonetheless he procrastinates. Outbursts of temper and irritation may mar the relationship. All this may evidence the underlying resentment and frustration he feels because one of his basic needs is not being met." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 136)

5. Admiration

- A. The final primary need of husbands is to be admired by their wives.
 - i. The Bible teaches that wives ought to reverence their husbands (**Eph 5:33**).
 - ii. Reverence v. - 1. *trans.* To salute (a person) with deep respect; to show respect for (one) by bowing, kneeling, etc.; to make obeisance to. *Obs.* b. To treat with respect or deference. *Obs.* c. To esteem; to value highly. *Obs.*
 - iii. Wives should highly esteem their husbands.
- B. Men need honest admiration from their wives to thrive.
 - i. "...honest admiration is a great motivator for most men. When a woman tells a man she thinks he's wonderful, that inspires him to achieve more. He sees himself as capable of handling new responsibilities and perfecting skills far above those of his present level. That inspiration helps him prepare for the responsibilities of life.

"Admiration not only motivates, it also rewards the husband's existing achievements. When she tells him that she appreciates him for what he has done, it gives him more satisfaction than he receives from his paycheck. A woman needs to appreciate her husband for what he already is, not for what he could become, if he lived up to her standards." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 156-157)
 - ii. "While criticism causes men to become defensive, admiration energizes and motivates them. A man expects -- and needs -- his wife to be his most enthusiastic fan. He draws confidence from her support and can usually achieve far more with her encouragement." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 157)
 - iii. "Behind every man should be an admiring wife." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 158)
 - iv. "Biographies of great men prove it, and lives of all men show it: A man simply thrives on a woman's admiration. To a great extent men owe gratitude to their wives for this kind of emotional support, for without it, their confidence -- the major source of their success -- erodes and eventually crumbles." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 158)
- C. Praise and admiration from a wife must be sincere.
 - i. "Never fake your admiration. By simply saying flattering words to your husband, you can do more harm than good. To have any value, praise must genuinely reflect your feelings." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 158)

- ii. A wise husband will consider the praise he receives to see if it's true (**Pro 27:21**).
- D. A wife must learn to express true admiration of her husband and the husband must give her reasons for doing so.
 - i. "You need a plan to help you express true feelings of admiration. That means no word games, nothing phony, only true, honest feelings.

"You've seen how the Love Bank works, how learning to meet each other's marital needs creates the feeling of love. Well, the process of creating the feeling of respect in a woman works in a very similar way. As a husband learns to meet his wife's five most important needs she finds herself responding with a natural and overflowing respect for him. Conversely, if a man does not meet these needs, she cannot in all honesty express the admiration he needs from her. Therefore her admiration depends on his ability to meet her basic marital needs." (Willard F. Harley, Jr., *His Needs, Her Needs*, p. 159)