**Marriage Enrichment Session Three**

**Him Vs. HER (2)** [[1]](#footnote-1)

So God created man in His own image, in the image of God created He HIM; MALE and female created He them. (Genesis 1:27)

**Refreshers on what makes a good marriage …**

#1 Not ***to*** ***have***but ***to*** ***be*** the right partner!

#2 Do all *to* ***keep***the romantic fire burning!

#3 Make daily Love Bank ***deposits*!**

#4 Focus on or learn to act in ***caring love***!

● these acts should not be defined by you but by your spouse

● these acts don’t come naturally but may need training

I. **The primary emotional needs of Him!**

A. What is an *emotional* need?

1. Different than though not unrelated to physical needs

2. When not met, a lot of personal or marriage aspects may die

3. Our Creator made us with *emotional needs* before the Fall

***And the LORD God said, It is not good that man should be alone: I will make him an help meet for him (Gen. 2:18)***

a. What was not good? Missing?

b. How did God remedy this need?

c. God exhorts us to *satisfy* our spouses needs

B. What are *His* primary emotional needs?

* These are the typical man (stereotype)
* Listen up, women, we are about to give away our ‘secrets’

1. **Admiration or Respect**

a. we men *value power, competence, efficiency, achievements*

● we are *builders – problem solvers*

● we prove ourselves *by doing things*

b. we crave admiration and respect (self-confidence)

● giving us respect is our *love language and motivator*

● giving admiration is *big Love Bank deposits (Eph. 5:33)*

c. criticism, rebuke or unsolicited advice is interpreted as

*contempt* (big Love Bank withdrawals)

2. **Domestic Support**

a. we want our homes to be our *havens*

● we crave your *home-making* skills

● we understand God’s directions to you:

- Titus 2:5: *the aged women are to teach the young to ‘be sober, to love their husbands, to love their children, to be discreet, chaste,* ***keepers at home****, good, obedient to their own husbands, that the Word of God be not blasphemed.*

**-** 1 Tim. 5:14 *I will therefore that the younger woman marry, bear children,* ***guide the house****, give none occasion to the adversary, to speak reproachfully*

b. we experience big Love Bank deposits when we see your efforts

to create this welcoming atmosphere

3. **Recreational Companionship**

a. Recall *pre-marriage-day* companionship style with *post-*

*marriage-day*

b. In recreation *we men have two main needs*

● *do something recreational*

● *to have a companion in doing it*

**4. Sexual Fulfilment**

a. We all have this *God created need* … sign of good health!

● this need *pre-dates* our marriage

● this need is generally greater in men because of God’s

own design (Gen. 1:27)

b. In marriage we also are under Divine command to *satisfy this*

*need*

● 1 Cor. 7:3-5 & Prov. 5:19

● to obey this command fully, also includes *learning*

● the burden of this command *lies upon us husbands*

● yet husbands will not experience the sexual fulfilment

without his wives’ wholehearted giving of herself

c. Word of caution: *where typical men fail to understand their*

*wife, there the typical wife fails to understand her husband!*

● Affection is the mutual environment of the marriage;

sexual relationships are the special events.

**5. Physical Attractiveness**

a. usually that is the first thing that attracted us to our wife

● yet this need stays *important*

b. we males love to see make efforts to keep yourself physically

attractive

● let ‘modesty’ be your garment in public

● let ‘attractiveness’ be your garment in private

c. Word of encouragement to us men: *practice Song of Solomon 4*

**Marriage Construction Exercises …**

1. Discuss together these *five primary* emotional needs of him. Examine whether there five are your general picture of yourself now that we have reviewed the most common ones for men.

2. Take each of the five areas and discuss them. Use the following suggested questions to get your started.

● Are you expressing admiration and appreciation for each other

daily? Tell each other *how* you would like to be *recognized, acknowledged, build up, nurtured?* Discuss in what ways you deal with areas what need improvement and where you are tempted to criticize each other.

● What is the way to spend recreational time together?

● How do you divide the house chores so that the domestic scene is inviting, organized, warm and satisfying to both?

● What can we do to keep each other physically attractive?

● Are you sexually truly satisfied with each other? Discuss openly this subject among each other and look for resources to improve your sexual life together.

3. Recall some of your recent conflicts and view them through the grid of his five primary needs. What do you discover? Are there conflicts that are related to the lack of the fulfilment of any of these 5 emotional needs?

1. Text your questions to 920 791 1327 during the talk or email them afterwards to [atvergunst@charter.net](mailto:atvergunst@charter.net) . [↑](#footnote-ref-1)