

# Needs:

## A lack or absence of something necessary



God created people with needs. This is seen in Genesis 2:20. After God created man and the animals, He said, “but for Adam no suitable helper was found.” God created Eve because Adam needed her. God did not make a mistake by creating Adam first without Eve. The order of His creation is part of the greatness of that creation. People are created with needs; first, the need for God, and then in community with other people.

The marriage relationship is a special place of meeting needs and having needs met. The concept of meeting each other’s needs seems a contradiction. According to the principles of boundaries, individual needs are each person’s own responsibility. It is not a husband or wife’s *duty* to meet their spouse’s needs. Yet, the Bible teaches that one is to die to self and put others before self to meet their needs. What is a major cause of conflict in marriage? Isn’t it the selfish desires of the individual? (James 4:1) When a person is focused on getting his or her needs met, they do not think about how they can meet their spouse’s needs. This can lead to a vicious cycle of fighting and hurting one another and eventually to emotional distance and separation.

You and your spouse are two very different people and have very different needs. Each is different physically, mentally, emotionally, and even spiritually, and those differences include needs. Needs differ because of gender, personality, and the environment people were raised in. During courtship and early in marriage, couples tend to focus on meeting each other’s needs. It usually does not take long for the focus to change to seeking to have one’s own needs met.

*What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him? Suppose a brother or sister is without clothes and daily food. If one of you says to him, “Go, I wish you well; keep warm and well fed,” but does nothing about his physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead. ~ James 2:14-17*

It requires time and some effort to discover a spouse’s needs. Couples must listen, pay attention to each other, and be willing to learn their spouse. Everyone’s needs are different; you cannot make assumptions about what your spouse’s needs are. You can understand your spouse’s needs specific to him or her. Do you know your spouse’s primary love language? Do you speak it? Do you know his or her emotional needs? The information below can help you discover your spouse’s needs and begin meeting those needs.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

Learn about the 5 Love Languages at [5lovelanguages.com](http://5lovelanguages.com)

Discover your spouse’s emotional needs at [www.marriagebuilders.com](http://www.marriagebuilders.com)

**Articles to check out:**

*5 Love Needs of Men and Women* by Dr. Gary and Barb Rosberg - [www.focusonthefamily.ca](http://www.focusonthefamily.ca)

*A Woman’s Four Basic Needs and The Ways They Are Met* by Steve & Cindy Wright  
[marriagemissions.com](http://marriagemissions.com)