

The Proper Care and Feeding of Husbands: A Christian View

Sue Bohlin looks at this important book from a distinctly Christian perspective. Filtering the advice through a biblical worldview increases the purity and strength of the message on how to minister effectively to your husband.

Why We Need This Book

Talk show host Dr. Laura Schlessinger has written a book that is improving thousands of marriages: *The Proper Care and Feeding of Husbands*.^{1} We need this book because millions of wives either don't know how to love their husbands wisely and well, or they're too self-centered to see it as important. Dr. Laura credits this dismal condition to forty years of feminist philosophy, "with its condemnation of just about everything male as evil, stupid, and oppressive, and the denigration of female and male roles in families."^{2} While the women's movement certainly had a hand to play in the disintegration of relationships and the family, I believe the core cause is our sinful self-centeredness, just as the Bible says.^{3}

Which is why we need help, and God instructs older women to train younger women to love their husband and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.^{4} *The Proper Care and Feeding of Husbands* is a great resource for learning these important values and skills.

God gives us great power as women. Dr. Laura says, "Men are borne of women and spend the rest of their lives yearning for a woman's acceptance and approval. . . . Men admittedly are putty in the hands of a woman they love. Give him direct communication, respect, appreciation, food and good lovin',

and he'll do just about anything you wish—foolish or not.”{5}

We'll be looking at these aspects of the proper care and feeding of husbands in this article, starting with a man's need for *direct communication*.

- We can improve on communication by doing it less. God made us verbal creatures, which can frustrate men with the overwhelming amount of our words. Instead of expecting her husband to be a girlfriend (and men make wonderful husbands, but not girlfriends), the wise wife selects for true connecting value, gives the bottom line first, and chooses her timing well.
- Men make terrible mind readers, so be direct. Dropping subtle hints doesn't work with most men, and it doesn't mean a man is insensitive, uncaring, or oblivious.
- Spell out whether you want help and advice, or if you're just venting. God made men to want to be our heroes, so understand you can frustrate him if he can't fix what's hurting you because all you want is someone to listen.
- And finally, take whatever he says at face value. Women tend to overanalyze men when they are just not that complicated.

Respect

A listener to Dr. Laura's radio show named Edgar wrote, “There are a few things that men want so bad they would do anything for it. I think a good number of men want respect more than love. They like to feel they have some power. I nearly cry when you tell a woman caller to respect her husband. There is so much selfishness in the world—in marriages. Prosperity has allowed women to be so independent, and thus so selfish. I always feel as though I come last—my feelings come last, my needs come last.”{6}

"A good number of men want respect more than love." God knew this when He made us. His commands to husbands and wives in Ephesians 5:33 reflects each one's deepest needs: "Each one of you also must love his wife as he loves himself, and the wife must respect her husband." Dr. Emerson Eggerichs of LoveandRespect.com points out that this verse commands a husband to love his wife. Why? She needs love like she needs air to breathe. This same verse commands a wife to respect her husband. Why? He needs respect like he needs air to breathe.[{7}](#)

- Respect means treating someone in a way that builds him up and doesn't tear him down, never denigrating or attacking.[{8}](#)
- Respect means always treating the other person with the dignity they deserve as a person made in the image of God.
- Respect means grasping that a man's needs and wants are every bit as valid and important as a woman's needs and wants.
- Respect means not venting to others, *especially* the children. One woman wrote to Dr. Laura, "No emotional outlet is worth damaging my husband's reputation."[{9}](#)

There are three A's that men long for from their wives: attention, affection, and affirmation. Respect involves paying attention to what they do simply because they're the ones doing it.

Respect means allowing the other person to be different and do things differently than you. One repentant wife told Dr. Laura, "And in the end, it doesn't much matter that they eat PBJ sandwiches for breakfast, lunch and dinner for a day or that one tooth brushing gets overlooked or whatever little thing that used to set me off!"[{10}](#)

One way to give respect is to give grace instead of resenting the things he does that complicate your life (like leaving drinking glasses in the living room or clothing on a chair).

Ask yourself, “Is he *intentionally* doing this to bug me? To make my life difficult? If he were to die tomorrow, what wouldn’t I give to have him back leaving these things out?”

Appreciation

Ask any woman what she wants, and near the top of her list she’ll tell you, “I want to be acknowledged and appreciated for the things I do.” Well, men want the same thing!

A man named Evan wrote to Dr. Laura: “My wife feels that if she doesn’t remind me again and again, something won’t get done. But the fact is, it makes me feel like her child and that Mommy needs to check up on me. It’s degrading. I want to be admired. I want to be acknowledged for being the breadwinner and making sure that we are all well taken care of. My greatest pleasure is when I feel like her hero. Like her ‘man.’ Not her boy.”[\[11\]](#)

It doesn’t matter what a husband’s primary love language is, every man wants to be shown appreciation for who he is and what he does.

I love to suggest to young wives and mothers, “Keep a gratitude journal to help you be on the lookout for the things your husband does that you appreciate. Every night, write down three things you noticed. And then *tell him* the kinds of things that are in your book!”

- Thank him for going to work every morning even when he doesn’t feel like it.
- Thank him for being faithful to you.
- Thank him for loving you.
- Thank him for giving you children—or even desiring to.
- Thank him for taking out the garbage, and changing the oil

in your car, and mowing the yard.

- Thank him for bringing home his paycheck and not spending it on gambling or booze or drugs or women.

And then there's the opposite of appreciation. The universal complaint of men who e-mailed Dr. Laura about her book "was that their wives criticize, complain, nag, rarely compliment or express appreciation, are difficult to satisfy, and basically are not as nice to them as they'd be to a stranger ringing their doorbell at three A.M.!"[{12}](#) So allow me to make some suggestions:

- Request, don't demand. Demanding is rude and disrespectful.
- Don't nag. If you have to ask more than once, ask as if it were the first time you were making the request.
- Keep your mouth shut about things that don't matter. Ask yourself, is this the hill you want to die on?
- Don't be controlling—which is micromanaging. Dr. Laura wrote, "When women micromanage, their husbands give up trying to please them, and then the wives complain that their men don't do anything for them."[{13}](#)

Proverbs says, "Kind words are like honey—sweet to the soul and healthy for the body."[{14}](#) (This is truer no place more than in marriage.) Let your words be kind and full of appreciation.

Support

A man named Roy wrote to Dr. Laura with some good advice for wives: "If you can't accentuate the positive, at least acknowledge it. The world is full of messages to men that there are standards we don't meet. There is always another man

who is more handsome, more virile, or more athletic than we are. None of that matters if the most important person in our life looks up to us, accepts us as we are, and loves us even though we aren't perfect. . . . All I know is that the husband who has a wife who supports him and praises him for the positive things he does is the envy of all the other men who have to live with criticism, sarcasm, and constant reminders of their failures." [{15}](#)

Men desperately want and need the support of their wives. This is reflected in what God reveals in His Word when He says, "It is not good for man to be alone. I will make a helper suitable for him." [{16}](#) And through the apostle Paul, God instructs wives to relate to their husbands in a way that meets this need when He says, "Wives, submit to your husbands as to the Lord." [{17}](#)

Submission is basically giving support with a willing, cooperative heart.

A wife's submission includes knowing her gifts and strengths, and using them to serve her husband and family.

Service has a bad name, but both husbands and wives are called to serve God first and then each other; husbands are called to sacrificially love and serve their wives with Jesus as their pattern. [{18}](#)

So what does support look like?

- Believing in him. Telling him, "You have what it takes." Being his #1 fan.
- Cultivating a cooperative heart.
- Being generous and openhearted—willing to use your gifts and strengths to help him succeed.
- Understanding the importance of making him look good: never saying anything negative in public.

- Creating a home that's a safe haven from the world.
- Having a warm heart with a positive, cheerful demeanor. Women set the temperature of the home; we are thermostats, not thermometers, of the family. (On the other hand, Proverbs says "A quarrelsome wife is like a constant dripping on a rainy day; restraining her is like restraining the wind or grasping oil with the hand."[{19}](#))
- Being interested in him and his life.
- Showing thoughtfulness. What does he like? Do it.
- And though by no means exhaustive, it also means being a person of faithfulness and integrity. That means keeping your promises and being dependable. As Proverbs 31 puts it, "Her husband has full confidence in her and lacks nothing of value."[{20}](#)

Good Lovin'

Dr. Laura writes that men need to feel the approval, acceptance and attachment from their women that comes from physical intimacy.[{21}](#) For women, emotional intimacy leads to physical intimacy. For men, it's the other way around; physical intimacy is the key to opening their hearts.

A man named Chris writes: "I don't understand why women don't understand that sex is a man's number one need for his wife. It's not just the act and sensation of pleasure, but it's the acceptance by a woman of her man. There's a communion that happens during intercourse that will bond a man to his woman, and he in turn will then begin to give of himself emotionally to her."[{22}](#)

Wives can discover that giving themselves sexually to their husbands with a warm, open-hearted, loving spirit, can be the most effective encouragement to getting their husbands to open

up emotionally.

“What attracts men to women is their femininity, and femininity isn’t only about appearance, it’s also about behaviors. Looking womanly and behaving sweetly and flirtatiously are gifts wives give to their husbands.” We see this modeled in the Song of Solomon, where the King’s bride displays her feminine charms in a holy seduction of her husband, and the way she tells him what she loves about his body.[{23}](#)

Instead, our culture has things backward; many unmarried girls and women flaunt their bodies with a total lack of modesty or propriety. Once they marry, it’s flannel nightgowns, wool socks, and no makeup.

Dr. Laura calls wives to give themselves sexually to their husbands, even when they don’t feel like it, as an act of love. It’s really no different, she points out, than the fact that they expect their husbands to go to work and earn money to support the family even on days they don’t feel like it.

She’s echoing what God said in 1 Corinthians 7 about husband and wife both fulfilling their marital duty to each other because each one’s body belongs not just to themselves but to each other. He also said not to deprive each other for extended periods of time lest we be tempted.

Consider the wisdom of radio listener Herb: “Sex is to a husband what conversation is to a wife. When a wife deprives her husband of sex for days, even weeks on end, it is tantamount to his refusing to talk to her for days, even weeks. Think of it that way, wives, and realize what a deleterious impact enforced sexual abstinence has on a good man who is determined to remain faithful.”[{24}](#)

I can’t recommend *The Proper Care and Feeding of Husbands* highly enough. In fact, I gave a copy to my new daughter-in-law! Let me close with one more piece of wisdom from Dr.

Laura: “[M]en are simple creatures who come from a woman, are nurtured and brought up by a woman, and yearn for the continued love, admiration and approval of a woman. . . Women need to better appreciate the magnitude of their power and influence over men, and not misuse or abuse it.”{25} Amen!

Notes

1. Laura Schlessinger, *The Proper Care and Feeding of Husbands*, New York: HarperCollins, 2004.

2. Schlessinger, 3.

3. Jeremiah 17:9

4. Titus 2:4

5. Schlessinger, xvii.

6. Schlessinger, 1.

7.

<http://www.loveandrespect.com/Articles/article.asp?aid=43&cat=1>

8. Schlessinger, 157.

9. Schlessinger, 159.

10. Schlessinger, 158.

11. Schlessinger, 31.

12. Schlessinger, 37-38.

13. Schlessinger, 57.

14. Prov. 16:24

15. Schlessinger, 47-48.

16. Gen. 2:18.

17. Eph. 5:22, 24.

18. Eph. 2:25, 28.

19. Prov. 27:15.

20. Prov. 31:11.

21. Schlessinger, 25.

22. Schlessings, 129.

23. Song of Solomon 5:10-16

24. Schlessinger, 119.

25. Schlessinger. 10.

“Should a Woman Work or Stay Home with Children?”

Dear Sue,

I was wondering if you could help me to understand more about your studies from the Bible on the lies of the church. From my understanding from Titus women are called to be at home and bring up the children. Of course some single mothers have to work. But, when the husband is the bread winner, the women is called to bring up the children, and maintain the home. Of, course our society tells us for a women to be productive she must work to be fullfilled. Can you explain a little bit more about what the implications are from the Bible. Thank you. Because I don't know what to think? My mother has taught me to work, and the church teaches to stay home.

I'm so glad you wrote me!! I can understand why you might be confused since there are MAJORLY conflicting views on the role of women in our society and even in many churches.

You're right, Titus does instruct women with children to be industrious and to take care of our children. It's important for women to keep our “Focus on the Family,” so to speak, because God has ordained for the family to be the place where children are loved and taught and raised to become the people He intends for them to be. I think that whenever possible, in whatever way possible, mothers should be the caretakers of their children because no one can do as good a job as a parent.

But feminism has changed the view of the wife and mother. That worldview says that the only work that matters is work for which you get paid money. It says that the only way to be

fulfilled is to produce something that has economic value, either products or services. That's because the feminist viewpoint values material things above people. And the feminist viewpoint really disrespects children and the women who care for their own children. For a philosophy that is supposed to empower women, it's actually very disrespectful toward women unless they agree with feminism's very narrow perspective on what is acceptable.

A big reason for that is that feminism is, at its heart, humanistic. That means that they value mankind as the highest thing there is. No room for the God of the Bible or for God's values and commandments, nor for His heart toward women and the family. So feminism doesn't care that God longs for children to feel safe and loved and cared for, and the best place for that to happen is with a mom who's intensely THERE, with and for her children, instead of a daycare center. Feminism also doesn't understand that a Christian woman who invests her time and energies and gifts into her family will receive eternal rewards. The only thing that matters to a feminist mindset is money and the approval of the world.

Should a woman work? I don't know any who don't. Some get paid for their labor in dollars, and others get paid in other ways. Like the joy of creating a well-run, balanced home for a family that's not stressed out all the time because there's never enough time to get everything done.

In Proverbs 31, the "excellent wife" has several home-based businesses. She keeps a well-run home, is a great wife and mother, and she works at a business. The biblical pattern is that godly women are industrious workers (as opposed to busybodies who gossip and chatter all day). There are business women mentioned in the New Testament whom Paul praises as godly women. And then, young women are instructed to be homemakers, taking care of their children and homes. (There weren't many choices for employment for women in that culture.) There is no one-size-fits-all pattern for all women.

God's plan is that we all work. It's a sin to be a lazy do-nothing. The question isn't about working or not working, it's WHERE you work and how you get paid. The other question is, will your children suffer because you work? Or does the fact that you work mean your children will have food to eat and clothes to wear? It's not a cut-and-dried answer. What you need to do is what God leads YOU to do after praying and seeking His face.

I heard a pastor say on the radio recently that a young mother came to him and said, "I would love to stay home and care for my toddler, but I have to work. We don't have enough money for me to stay home." He had occasion to visit her and was stunned; they lived in a large, new home, with two late-model luxury vehicles in the driveway. Their problem wasn't that they didn't have enough money for her to be her child's caretaker; their problem was that they had chosen a standard of living that put things above people. If they moved to a smaller house and older, less expensive cars, they could have done it.

But then, there are people who literally cannot make it on the husband's salary because it really isn't enough. God understands that, too. And in that case, a wife's outside job is His gift and His provision for a family. That's why it's not a cut-and-dried issue.

If you have children, you might ask why working outside the home is so important. Because you can? Because you're smart? Because you're trained? Because Mom thinks you should? It's pretty cool when gifted, smart, capable women pour all those strengths into their children instead of the workplace. The whole family benefits. Especially in the long run. Because, now that my children are young adults, I see the benefits of pouring myself into them, and I am so very glad I did.

I hope this helps. Feel free to write back if I didn't really answer your specific needs or questions.

Sue