In the Charity chapter of *The Four Loves*, C. S. Lewis highlights two specific loves associated with Christianity: Need-Love and Gift-Love. Need-Love and Gift-Love are both important for a healthy relationship and they both work together.

Need-Love and Gift-Love are defined in *The Four Loves* as a love that “sends a lonely child into its mother’s arms” and a love that “moves a man to work [….] and save for the future well-being of his family” respectively (11, *The Four Loves*). Need-Love is known as the “son of Poverty” meaning that Need-Love exists when someone is in dire need. Gift-Love is known as the most divine love in that it is demonstrated with the Father giving everything to the Son, the Son giving himself back to the Father, giving Himself to the world and for the world to the Father and thus giving to the world back to the Father (11). There also exists a Divine Need-Love and a Divine Gift-Love. These are defined as a “supernatural Need-Love of himself and a supernatural Need-Love of one another” and as “Love Himself working in man” respectively (177, 178). Both of these kinds of love are higher than the natural loves and are even more essential when it comes to living a good life.

Though C. S. Lewis holds Gift-Love higher than Need-Love, they are both equally important in a healthy relationship. Without Need-Love, a relationship would not exist since one person relies on the other person in a healthy relationship. For example, a mother and father could not properly love their children if they were not able to provide essential needs for them such as food, clothing and shelter. Another example would be a friend in need relying on another friend to provide for them if their needs include providing a place to stay, food, or money. And without Gift-Love, people would not be able to effectively love and give in a healthy relationship. A friend must be willing to give of themselves and what they have to help a friend that is in need. A romantic couple must also give love, compassion, understanding, trust, and other things that they may need from each other in order for their relationship to work and to last. The two loves work together in that one can provided by giving and if there is no need, then there is no reason to give anything. If the other has no needs, then the giver does not benefit. Gift-Love, with respect to humanity, works together with Need-Love.

If one person is really needy and one person is always giving, some may argue that Need-Love and Gift-Love together do not create a healthy relationship. Need-Love and Gift-Love are working together, but it won’t be as reciprocal. If the person that is always giving is in need and the person who is usually needy is not prepared to give, then the relationship can be abusive and non-reciprocal. This is an objection to the statement that Need-Love and Gift-Love are both essential to a healthy relationship. This counterexample points out how Need-Love and Gift-Love are not immune to imbalance or abuse. These loves are beneficial most of the time, but if one person is constantly being taken advantage of, that can lead to an abusive relationship. Ultimately, Need-Love and Gift-Love are important when it comes to building a healthy relationship with others, but in some cases, excessive Need-Love and Gift-Love can lead to not-so favorable results.

In this paper, I have summarized the meanings of Need-Love, Gift-Love, Divine Need-Love and Divine Gift-Love. Then, I used those meanings to better support my claim those kinds of love are essential to a healthy relationship and how they work together to create a healthy relationship. Lastly, I presented the objection that some relationship may become abusive or manipulative when one friend is always giving and never receiving and the other friend is always receiving, but never giving. I responded by correcting my thesis and adding that these kinds of loves are only essential to a healthy relationship in certain cases.