

## Together Notes: 10 Important Relational Needs

These notes give information about the 'Great Commandment Network', 'ILM relational Ministry UK' and details of the teaching on relational needs as it appears in 'Keeping Marriages Healthy', by Dr David & Teresa Ferguson.

**Acceptance** Looking beyond faults, differences, irritations to see worth. An unconditional commitment to an imperfect person.

**Affection** Greeting with a kiss. Verbalising "I care for you", "I'm here for you." Hugging and touching non-sexual and sexual. "I love you."

**Appreciation** Noticing the things that a husband or a wife does and being grateful or complimentary. Not taking things for granted. Looking for the best rather than being ready to point out the flaws.

**Approval** Recognising the special things about a husband or wife and thanking him/her for being who they are.

**Attention** Being together, doing things together. Taking time to listen, remembering to tell each other about the day. Interest without criticism.

**Comfort** Sensitively showing concern at a partner's disappointment or hurt. Taking feelings seriously. Hurting with and for another's pain.

**Encouragement** Helping a partner to keep going when enthusiasm has gone. Not rushing in to take over a task from a struggling partner when encouragement would result in the task being completed.

**Respect** Honouring each other. Never putting each other down in front of others. Using humour sensitively; being willing to be serious when a joke would be hurtful and imply criticism.

**Security** Knowing that security is found in strong, reliable relationships and making a priority of reminding a partner of your long term commitment to them. Doing the "little things" with consistency.

**Support** Giving the message to a partner that you can be counted on when needed. Noticing times of particular stress and offering help. Sharing tasks.

We all need the above in some measure and especially at particular times. However there will be certain of these relational needs that you will enjoy receiving over and above the others. You are invited to choose which are your top three needs and guess which 3 needs your marriage partner most enjoys receiving.

Myself	Relationship Needs	Partner
<input type="checkbox"/>	<b>Acceptance</b> – receive me unconditionally; look beyond my faults and irritations, respond positively to me (Rom. 15:7)	<input type="checkbox"/>
<input type="checkbox"/>	<b>Affection</b> – communicate care and closeness through physical touch. Tell me you love me (Rom 16:16)	<input type="checkbox"/>
<input type="checkbox"/>	<b>Appreciation</b> – verbalise your personal gratefulness for me, notice my achievements (1 Cor. 11:2)	<input type="checkbox"/>

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|--------------------------|--|--------------------------|
| <input type="checkbox"/> | <b>Approval</b> – commend me for who I am. Speak well of me to others (Eph 4:29)                             | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>Attention</b> – show interest in and support for my concerns; enter my world with me (1 Cor. 12:25)       | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>Comfort</b> – share in my pain by feeling the hurt with me, console me with tenderness (Rom. 12:15)       | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>Encouragement</b> – urge me forward positively; help me persevere towards my goal (1 Thes. 5:11)          | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>Respect</b> – value my ideas, give regard to my opinions; show me my worth to you (Rom. 12:10)            | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>Security</b> – protect me from harm, pursue harmony, give me confidence when I am vulnerable (Rom 12:16a) | <input type="checkbox"/> |
| <input type="checkbox"/> | <b>Support</b> – come alongside me to gently help me carry a load (Gal. 6:2)                                 | <input type="checkbox"/> |

## The result of unmet need?

There are three main dangers for us when needs are unmet.

**Selfishness** - we seek to take from others instead of giving. Within a marriage each partner can become preoccupied with their own needs, looking always to take what they consider to be their right to have, never focusing on giving first to the other. Taking for ourselves is never satisfying and such a relationship will crumble.

**Self-reliance** - believing that all that is needed to survive and be happy can be found within oneself. Families can encourage self-reliance and discourage showing true feelings to others. The ability to stuff feelings down inside is then regarded as a virtue. Those who have experienced a lot of hurt or pain in childhood may have wrongly learnt that to survive they mustn't let anyone see their hurt. "Big boys or girls don't cry". Sadly, it is also difficult to feel positive emotions, to feel loved by another, if self-sufficiency has been the priority.

**Self-condemnation** - believing that we are not really loveable, that we are unworthy, and responsible for everything, particularly the things that go wrong. Such a person feels guilty that they have needs and finds it very difficult to receive.

## About the Great Commandment Network



The **Great Commandment Network** is a team of denominational partners, churches, para-church ministries and strategic ministry leaders who are committed to the development of on-going Great Commandment ministries worldwide. Great Commandment ministries help us love God and our neighbours through deepening our intimacy with God and with others in marriage, family, church and community relationships.

The **Great Commandment Network** is served by *Intimate Life Ministries* through the following:

- **The Centre for Relational Leadership** – Their mission is to teach, train and mentor both ministry and corporate leaders in Great Commandment principles, seeking to equip leaders with relational skills so they might lead as Jesus led. The CRL then challenges leaders to train their co-workers in these relevant, relational principles because great relational skills can, and will impact, customer/member satisfaction, morale, productivity and ultimately, an organization's measurable success.
- **The Centre for Relational Ministry Training** – Through a team of accredited community trainers, the CRMT helps churches establish ongoing Great Commandment ministries. They offer an on-line supported, structured process for guiding church leaders through relational ministry training. Training is available in a variety of relational areas: Marriage, Parenting, Single Adult Relationships, Leadership, Emotional Fitness, Care-giving and Spiritual Formation.
- **The Galatians 6:6 Retreat Ministry** – This ministry offers a unique two-day retreat for ministers and their spouses for personal renewal and for re-establishing and affirming ministry and family priorities. Co-sponsoring partners provide all meals and retreat accommodations as a gift to ministry leaders.
- **Great Commandment Radio** – Christian broadcasters, publishers, media and other affiliates build cooperative relationships in order to see Great Commandment ministries multiplied.
- **Relationship Press** – This team collaborates, supports and joins together with churches, denominational partners and professional associates to develop, print and produce resources that facilitate on-going Great Commandment ministry. Experiential, user-friendly curriculum materials allow individuals, churches and entire denominations to deepen Great Commandment love. Great Commandment Ministry On-Line provides tools for relationships and the workplace including helpful downloads such as family night tips, marriage staff meeting ideas, daily couple devotionals, and ways singles can reach out to other single adults by meeting relational needs. Tools for the workplace include goal setting, time management, and life balance assessment.

The **Great Commandment Network** is also served by *The Centre for Relational Care*:

- **The Centre for Relational Care (CRC)** – Their missions is to equip churches to minister effectively to hurting people. The CRC provides therapy and support to relationships in crisis through an accelerated process of growth and healing, including Relational Care Intensives for couples, families, and singles. The CRC also offers training for counsellors and caregivers through More Than Counselling seminars.

[www.RelationalCare.org](http://www.RelationalCare.org)

**For more information on how you, your church, ministry, denomination, or movement can become part of the Great Commandment Network and take advantage of the services and resources offered by Intimate Life Ministries, write or call:**

Intimate Life Ministries  
P.O. Box 201808  
Austin, TX 78720-1808  
800-881-8008

*Or visit our website:*

[www.GreatCommandment.net](http://www.GreatCommandment.net)

## ILM Relational Ministry UK

Part of the International Great Commandment Network

### **Centre for Relational Ministry UK**

The UK office send out a monthly community email which can be subscribed to from the website [www.relationaltraining.co.uk](http://www.relationaltraining.co.uk) This provides news about training opportunities in the UK, also resources, articles and information for those wanting to develop a relational emphasis in their church/ ministry Office Tel 01926 430889

Invitations to Galatians 66 retreats for ministry leaders in the UK

Workbooks and other resources can be purchased in the UK. For details visit the website.

### **Centre for Relational Training UK**

Relational Ministry Training is a 2 day opportunity to experience the Intimate Life message through teaching and small groups. These take place in Warwick and other venues in the UK. For details of the next training time visit our website [www.relationaltraining.co.uk](http://www.relationaltraining.co.uk)

Relational Ministry One day workshops for churches on a variety of topics from the range of resources and course workbooks produced by ILM Relationship Press. ILM UK accredited trainers lead the workshops and then offer encouragement and support to those leading the follow up courses. Workshop details and opportunity to book a workshop can be found on the website

### **Centre for Relational Care**

Providing one on one counselling and education in relational principles and offering participation in 3 day Marriage Care Intensives  
For more details phone 01926 430901

### **Centre for Relational Leadership**

Teaching, training and mentoring for leadership teams, providing a relational perspective based on Great Commandment principles.

For more details phone 01926 421167