

STRONG AND SECURE

Keeping Your Marriage on Track by Understanding Her Needs

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COMING TOGETHER

- ◆ The Relationship, "WE" is ever changing and must be _____ and protected.

MAINTAINING "WE"

- ◆ **Be Trustworthy**

Recognizing how _____ and _____ her heart is and treat her accordingly.

- ◆ **Be Available**

Emotional _____

Physical closeness

- ◆ **Be Responsive**

Actively meeting her relational needs

GROWING AND HEALING

But I'm not like that..."

- ◆ You may need to _____ into this.
 - Allowing God to stretch you past your comfort zone.
- ◆ You may need to _____ into this.
 - Allowing God to heal the hurt and fear that becomes a barrier to change.

MAINTAINING "WE" (cont.)

- ◆ You must consistently care for both her love _____ – and her emotional _____

RELATIONAL NEEDS ARE IMPORTANT

"But I'm not running around on her"

- ◆ You can _____ a marriage and you can _____ a marriage. Both can kill a marriage.

"But I've tried all that before."

- ◆ While pain accumulates – emotional needs require constant replenishment

KEY SCRIPTURE

- ◆ *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Eph 4:29, NIV)*

STARTING AT HOME

- ◆ Living out the Great Commandment - starting with your wife and family.
- ◆ The “one another” verses give insight into what people need.

EIGHT KEY RELATIONAL NEEDS

- ◆ **A**_____ – *willingly receiving her without needing to change her*
- ◆ **A**_____ – *to communicate care and closeness through loving words, non-sexual touch and sexual intimacy.*
- ◆ **A**_____ – *expressing thanks for the things she does*
- ◆ **A**_____ – *to notice her; to take thought of her; to enter into her “world”*
- ◆ **C**_____ (empathy) – *to offer compassionate words and caring touch when she is hurting*
- ◆ **R**_____ – *to recognize how valuable and capable she is*
- ◆ **S**_____ – *safe from harm; safe from abandonment; stability and closeness in the relationship*
- ◆ **S**_____ – *come alongside and help carry the load*

WHAT DO YOU THINK?

- ◆ What do you think are your wife’s top 3 relational needs?
- ◆ Hint – many people ask for their needs to be met through criticism and anger

BARRIERS TO RELATIONAL NEEDS BEING MET

- ◆ **T**_____ – “I deserve, or I must *take* in order to get my needs met.”
- ◆ **Self**-_____ – “I don’t have needs, but if I did, I’d meet them myself.”
- ◆ **Self**-_____ – “I have needs but I feel guilty that I do. I don’t deserve for them to be met.”

KEY POINT!

- ◆ Your marriage relationship requires consistent care and protection
- ◆ This includes being Trustworthy, Available and Responsive to her needs

PUTTING IT INTO PRACTICE

This weekend...

- ◆ Ask your wife if hurt is hindering her from receiving your acts of care.
- ◆ Ask your wife to pick her top three needs from the list.
- ◆ Ask her what “actions” meet each of those needs.

ADDITIONAL RESOURCES

- ◆ Intimate Encounters, 9:30 SS class starts Feb 6. Call 770-591-4770 to preregister
- ◆ www.GreatCommandment.net for Intimate Encounter materials and additional resources
- ◆ James.Eubanks@fbcw.net for additional copies of the notes

- ◆ Thanks for coming to the 2011 Johnny Hunt Men's conference