

# April Simulcast 2020:

## Pastoral Care for -You -Your Family-The Church

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### Top Ten Relational Needs

1. **Acceptance** – receive me \_\_\_\_\_; look beyond my \_\_\_\_\_ and \_\_\_\_\_, respond \_\_\_\_\_ to me (Rom. 15:7)

2. **Affection** – communicate \_\_\_\_\_ and \_\_\_\_\_ through physical touch. Tell me you \_\_\_\_\_ me (Rom 16:16)

3. **Appreciation** – verbalize your personal \_\_\_\_\_ for me, \_\_\_\_\_ my achievements (1 Cor. 11:2)

4. **Approval** – \_\_\_\_\_ me for who I am. Speak \_\_\_\_\_ of me to others (Eph 4:29)

5. **Attention** – show \_\_\_\_\_ in and \_\_\_\_\_ for my concerns; enter my \_\_\_\_\_ with me (1 Cor. 12:25)

6. **Comfort** – share in my \_\_\_\_\_ by feeling the \_\_\_\_\_ with me, \_\_\_\_\_ me with tenderness (Rom. 12:15)

7. **Encouragement** – \_\_\_\_\_ me forward  
\_\_\_\_\_; help me \_\_\_\_\_  
towards my \_\_\_\_\_ (1 Thes. 5:11)

8. **Respect** – \_\_\_\_\_ my ideas, give  
\_\_\_\_\_ to my \_\_\_\_\_; show  
me my \_\_\_\_\_ to you (Rom. 12:10)

9. **Security** – \_\_\_\_\_ me from harm, pursue  
\_\_\_\_\_, give me \_\_\_\_\_  
when I am \_\_\_\_\_ (Rom 12:16a)

10. **Support** – come \_\_\_\_\_ me to gently help  
me \_\_\_\_\_ a load (Gal. 6:2)

## There are three dangers when needs are unmet

Results of unmet needs?

**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.

# 10 Tips For Survival

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You can do these in just 10 minutes.

1. **Exercise.** Time outdoors refreshes the mind.
2. **Take a break.** Walk away from the laptop periodically.
3. **Call a friend.** Human connection fills a vital need.
4. **Write/journal.** Examine negative thoughts and emotions.
5. **Give thanks.** Express gratitude to others.
6. **Drink water.** Dehydration makes you feel sluggish.
7. **Manage Human Contact.** Some are overloading— some need more.
8. **Limit social media/news.** Don't obsess on what you can't control.
9. **Listen to worship music.** A huge help in your evening routine.
10. **Find Humor.** Humor is great medicine, especially when shared.

## **X Groups Meetings**

- 1. Who have I had a spiritual conversation with this week?**
- 2. What other questions could I have asked?**
- 3. What story/testimony could I have shared**
- 4. Who in my world is becoming spiritually open?**
- 5. When will I meet with them?**
- 6. What questions have driven me to the scripture this week?**
- 7. What did the Spirit teach me ?**
- 8. What is my milk conversation from that experience?**
- 9. How is my private world?**
- 10. Have I been open and truthful today?**

## **Coaching Questions for the Gathering**

- 1. What questions do you usually ask?**
- 2. What was their core concern/issue?**
- 3. Did you share a testimony?**
- 4. What Icon did you use? Why/why not**
- 5. What did you learn?**
- 6. Where did you get stuck?**
- 7. How did it end?**

Copy and place in your coaching notebook