



## Relationships that Work

**Listen:** “I don’t know anyone here. I just want to sit down with a real person and talk about this.”

**Our Problem:** One of our greatest problems in life is “aloneness.”

**Aloneness is the feeling of emotional isolation and abandonment:**

- Genesis 2:18:
- Luke 22:62:
- Mark 15:34:

**Removing aloneness is one of the main purposes of God:**

- Isaiah 7:14:
- John 1:14:
- Mark 3:14:
- 1 John 1:3:
- Rev 21:3:

**Aloneness abounds in our crowded world:**

- “An emotional orphan in a family of seven.” Dave Gibson
- Common Facebook posts: “...is sad.” “...is afraid.” “...is lonely.” “...is crying.”
- A major factor in suicide and depression is loneliness or the feeling of aloneness.

**What if one of our main relationship responsibilities is removing or reducing aloneness?  
What if we are missing the “ministry of authentic presence?”**

- Heb 10:24, 25:
- 1 Thess 5:14:

## Ten Intimacy Needs (From Dr. David Ferguson of Intimate Life Ministries):

1. **Acceptance**—to give a deliberate and ready reception with a favorable positive response. Rom 15:7
2. **Affection**—to communicate care and closeness through physical touch. Rom 16:16
3. **Appreciation**—to communicate with words and feelings a personal gratefulness for another person. 1 Cor 11:2
4. **Approval**—to express commendation, to think and speak well of. Rom 14:18
5. **Attention**—to take thought of another and convey appropriate interest and support, to enter into another’s “world.” 1 Cor 12:25
6. **Comfort or Empathy**—to come alongside in word, feeling and touch; to give consolation with tenderness. Rom 12:15
7. **Encouragement**—to urge forward and positively persuade toward a goal. 1 Thess 5:11 and Heb 10:24
8. **Respect**—to value and regard highly; to convey great worth. Rom 12:10
9. **Security**—to give confidence of harmony in relationship; to assure freedom from harm. Rom 12:16a
10. **Support**—to come alongside and gently help carry a load. Gal 6:2

**What if:** We each need to shift from demanding that people address our aloneness and focus on helping others with their aloneness.

**Core Reality:** “*God helps us with our aloneness and then we help others.*”

### Being doers of the Word instead of just hearers:

- Choose one person in your family or network of friends who is hurting.
- Reflect on the list of ten intimacy needs above.
- Act to help that person with their aloneness in that one area.

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## “Walking Papers”

Practical helps for walking the Christian walk each day this week.

**This Week’s Walking Papers:** Each day choose one of the Ten Intimacy Needs above and reflect on the meaning and applications for yourself and your family members.

**Note for Connection Groups:** *The full study guide for small group and personal study is available at: [www.cypressbible.org](http://www.cypressbible.org) and then click on “Get Connected” and the link is on that page.*