

Identify and Meet the Need of the Moment (Eph 4:29)

(The Basis For Satisfaction in Marriage)

1. **Accept your interpersonal needs and those of others (Gen 2:18)**

- a. Adam's aloneness proves we have needs (Gen 2:18)
- b. The "one-another" commands prove we have needs (Rom 15:7)
- c. Common sense proves we have needs
- d. The top 12 commonly identified needs
- e. Core insights about needs
- f. Avoid 3 obstacles to intimacy (Phil 2:13)
- g. EA: Pick top 3 needs for self and partner and compare

2. **Pursue fulfillment by meeting the need of the moment (Eph. 4:29)**

(Needs = Met = Fulfillment)

3. **Avoid frustration caused by not meeting the need of the moment**

(Needs – Met = Frustration)