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)