

# RELATIONAL NEEDS

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JUST LIKE WE NEED AIR, FOOD, WATER & SLEEP WE ALL HAVE RELATIONAL NEEDS

## PHILIPPIANS 4: 19

**“And my God will supply all your needs according to His riches in glory in Christ Jesus.”**

### Top Ten Relational Needs

**Acceptance:** Receiving another person willingly and unconditionally, even when the other’s behavior has been imperfect. Loving another in spite of differences or failures. (Romans 15:7)

**Affection:** Expressing care and closeness through physical touch; saying “I love you” or “I care about you.” (Romans 16:16; Mark 10:16)

**Appreciation:** Expressing thanks, praise or commendation. Recognizing accomplishment or effort particularly for what someone does. (Colossians 3:15b; 1 Corinthians 11:2)

**Approval (Blessing):** Building up or affirming another particularly for who they are; affirming both the fact of, and the importance of a relationship. (Ephesians 4:29; Mark 1:11)

**Attention:** Conveying appropriate interest, concern, and care; taking thought of another; entering another’s world. (1 Corinthians 12:25)

**Comfort:** Responding to a hurting person with words, feelings, and touch; to hurt with and for someone in their grief or pain. (Romans 12:15b; Matthew 5:4; 2 Corinthians 1:3-4; John 11:35)

**Encouragement:** Urging another to persist and persevere toward a goal; stimulating toward love and good deeds, particularly when someone is weary. (I Thessalonians 5:11; Hebrews 10:24)

**Respect:** Valuing and regarding one another highly; treating one another as important; honoring one another. (Romans 12:10)

**Security (Peace):** Ensuring harmony in relationships even as conflicts are resolved, trust is deepened and vulnerability is expressed; Providing freedom from fear or threat of harm. (Romans 12:16, 18)

**Support:** Coming alongside and gently helping with a problem or struggle; providing appropriate assistance. (Galatians 6:2)