

From our Heart to Yours

“The LORD
is good to
all;
he has
compassion
on all he has
made.
All your
works praise
you, LORD;
your
faithful
people extol
you.”

Psalm 145:9, 10

Mission

Freedom Ministries of the Quad Cities exists to help couples and individuals experience freedom in Christ through identifying and resolving spiritual and emotional conflicts thus strengthening, empowering and helping fulfill their relationship with Jesus Christ and others.

Emotional Intimacy How do I get it?

Working with couples to help them experience emotional intimacy is one of our primary reasons for ministry. Marriage was designed by God for many reasons: as an earthly expression of His love for us, for relationship/companionship between one man and woman for life, procreation, etc. But, many couples end up having a platonic marriage at best, and an evil for evil (1 Peter 3:9) relationship at worst. How do you develop marital intimacy?

A couple came to our office recently as a last ditch effort to save their marriage. The wife said **“If this doesn’t work, I’m through!”** John Regier, of Caring for the Heart writes, “When we are disconnected, we feel distant, alone, unloved, and uncared for. We wonder if our spouse will ever love us. We miss the feeling of being close, being understood, being cared about. We long for relationship. Why? Because God created us to relate and connect. We want to be needed by others and them to need us.”

This couple needed help **connecting**. Both had brought significant baggage into their marriage and the relationship had been going “down hill” for years. Years of unresolved bitterness between them had locked up their hearts and forgiveness was required to open those doors to their

hearts. Showing sympathy for the needs of your spouse, listening, trying to understand, caring about what’s important to them, will go a long way towards intimacy.

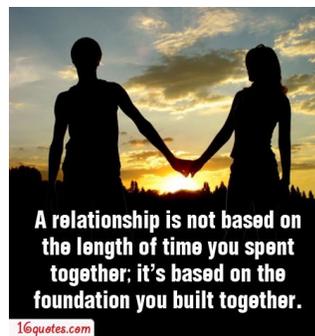
There are five needs that everybody has:

1. A need to be loved. That’s a God given desire. There is nothing selfish about desiring that someone love you.
2. A need to be appreciated or valued.
3. A need for acceptance.
4. A need to feel significant – you and I want to be special to someone else. How would you feel if someone was really excited every time you came into the room?
5. A need for security to

feel safe in a relationship and not insecure.

Those five needs are critical to every person. The Bible says those five needs can be met through our relationship with Jesus and they also need to be met in our relationship with our spouse. God created men and women with emotional needs. If those emotional needs are not met, a person will get frustrated; it will produce friction and conflict in a marriage.

Children, also, have needs for love. If a parent doesn’t love that child, many times a child will act out to try to get attention. Some people become dominant because they don’t



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get love. Some people become angry because they don't get love. Some people become rejected and go into depression because they are not loved. The list goes on and on...

Keeping intimacy in your relationships

I like to encourage the 10, 10, 10. Ten minutes, once a day, you sit down with your spouse and ask them questions. Did I fill your cup yesterday? Zero to one hundred percent, how full is your cup? Ask questions genuinely, directed from your heart to theirs'. Don't talk from your head, talk from your heart.

For example: you mentioned last night that you were lonely. Can I hold you? I just want you to feel loved. Or, you mentioned that you never felt loved. What if I looked into the eyes of a little girl and just cared about you? How would that make you feel?

Feeling loved, emotionally connected, is the greatest feeling anyone can ever experience. To know that in a marriage or in a parent child relationship or to know that in life, is worth more than a million dollars. My prayer for each of you is that you would experience emotional intimacy in your family relationships.

Praise and Prayer

Praise

- ◆ For God's provision of board members who assist us in following God's direction, pray, and give of their time for this ministry.
- ◆ For our office/ a place to meet with clients and our secretary, Kim, who keeps things running smoothly.

Prayer

- ◆ For God's solutions to people's depression and addition problems.
- ◆ For clients to take home what they learn during their session and put it into practice.

CFJH Annual Conference

"Understanding & Caring for the Heart"

October 20—24, 2013
Griner Mennonite Church
Middlebury, Indiana

Evening sessions are free and open to the public.
Afternoon workshops for teaching and training will require registration and fee.

Register on line at:
www.caringfortheheart.com

Birdies for Charity

Thanks to all who sent in pledges for the Birdies campaign. We are so grateful to you for your gifts. July 8 is the cut off, so there is still time to send in your pledge!

Thank you!



Update on Lauren

Our granddaughter, Lauren, will have scans July 3rd. Please pray the spot in her lung has not grown. Also, pray for her kidney function as she will be seeing a Renal doctor. Please continue to pray for complete healing for this precious little one.

If you no longer want to receive the newsletter, please contact us. Our email address is: freedomministries@att.net or write to: Freedom Ministries, P.O. Box 953, Moline, IL 61266-0953