



*Haven of Hope Relational Care Intensive
Workbook*

Based on material from



Intimate Life Ministries, a member of The Great Commandment Network, and



Center for Relational Care

Haven of Hope Relational Care Intensive Workbook

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About Haven of Hope

Haven of Hope is a global and local outreach to marriages, with a focus on serving those who serve others. The primary vehicle for this outreach is through relational care intensives, a multi-day, therapeutically and biblically sound program offering structured, focused opportunities for personal growth and relational enrichment. Intensives provide a safe, supportive environment where God's processes for healing hurts, resolving conflicts and alleviating fear are applied, often with dramatically positive results.

Mark and Pat Juarez founded Haven of Hope in 2009, when they were called overseas to minister to the marriages of missionaries in Turkey. Mark and Pat worked with over 100 couples over the next 3½ years and began to train other couples to serve as facilitators. After returning to the US in 2012, Mark and Pat have continued to serve missionaries in Turkey by returning annually with their growing team of facilitators for an extended period of marriage intensives with worker couples.

Haven of Hope's reach began to expand to Eastern Europe in 2015 through a series of intensives held for missionary couples and volunteers working in marriage and family ministry. Couples in Romania, Croatia, Serbia, Macedonia, Ukraine and Slovenia have not only had their own marriages transformed, they have also been equipped to use Haven of Hope materials in their own ministries.

Haven of Hope is a completely donor-supported ministry, offering its intensives to missionaries at no cost. If you would like to participate in this ministry by providing prayer support, giving financially, or offering your time and talents to become a facilitator, please visit our website at www.havenofhopeinternational.org.

About Mark and Pat Juarez

Mark & Pat Juarez were married in 1965 after knowing each other for three whole months! They have three sons and eleven grandchildren. Mark is a 1989 graduate of LIFE Bible College (now Life Pacific College) in California. From 1986 to 2008, Mark and Pat served on the staffs of Pasadena Foursquare Church in Pasadena, California, Living Hope Foursquare Church in Cedar Park, Texas, and Northwest Fellowship in Austin, Texas. They founded Haven of Hope in 2009 and served in Turkey for 3½ years before returning to Northwest Fellowship in 2012. Mark and Pat moved to Sun City, Arizona in 2017 and continue to lead the growing Haven of Hope ministry from the Valley of the Sun.



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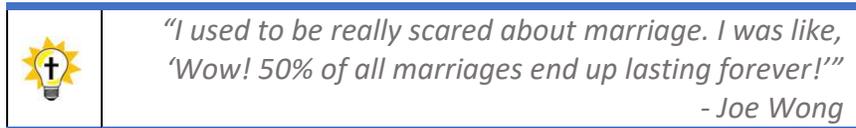
Four Questions Regarding Intimacy

Through the course of this intensive, together we will address – and with God’s help, answer – the following four key questions for you as a couple and as individuals:

1. What aloneness must be removed?
2. What needs must be met?
3. What pain must be healed?
4. What Scripture must be experienced?

Goal: To walk away with a plan for your marriage. An Intimacy Action Plan.

Ready? Let’s begin!



Experiencing Relational Truth

4. What Scripture must be experienced?

"You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: you shall love your neighbor as yourself."

- Matthew 22: 37-39



The Great Commandment came
BEFORE the Great Commission!

The "One Another" Verses

A fundamental aspect of God's plan for His people, revealed through Scripture and modeled by the early church, is that we need each other. God constructed His church in such a way that the members are truly interdependent. The "one another" verses from the New Testament depict the way Christian fellowship should be characterized by mutual giving to meet needs. Experiencing these Bible verses is a consistent part of being the people we ought to be, (2 Peter 3:11: *"Since all these things are thus to be dissolved, what sort of people ought you to be in lives of holiness and godliness?"*) and provides a powerful witness in a world where love has grown cold. (John 13:35: *"All men will know that you are my disciples if you love one another."*)

"Greet one another"	Appears 26 times
"Comfort one another"	Appears 6 times
"Love one another"	Appears 16 times
"Teach one another"	Appears 4 times
"Admonish one another"	Appears 2 times
"Serve one another"	Appears 4 times
"Honor one another"	Appears 2 times
"Be devoted to one another"	Appears 1 time
"Bear one another's burdens"	Appears 2 times
"Accept one another"	Appears 1 time
"Forgive one another"	Appears 3 times



Key Verses to Experience in Giving Care

Some of the primary verses used in the process of caring for hurting people and helping them experience God's healing are listed below for your convenience. These would be key verses to memorize.

<i>Genesis 2:18a</i>	The Lord God said, "It is not good for the man to be alone."
<i>Psalms 139:3</i>	You discern my going out and my lying down; you are familiar with all my ways.
<i>Psalms 139:23</i>	Search me, O God, and know my heart; test me and know my anxious thoughts.
<i>Proverbs 3:32b</i>	(The Lord) takes the upright into His confidence.
<i>Proverbs 15:1</i>	A gentle answer turns away wrath, but a harsh word stirs up anger.
<i>Jeremiah 1:5a</i>	"Before I formed you in the womb I knew you, before you were born I set you apart."
<i>Matthew 5:4</i>	"Blessed are those who mourn, for they will be comforted."
<i>Matthew 7:1</i>	"Do not judge, or you too will be judged."
<i>Matthew 10:8b</i>	"Freely you have received, freely give."
<i>Matthew 22:37-40</i>	Jesus replied: "Love the Lord your God with all your heart and all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the law and the Prophets hang on these two commandments."
<i>Matthew 24:12</i>	"Because of the increase in wickedness, the love of most will grow cold."
<i>John 8:32</i>	"Then you will know the truth, and the truth will set you free."



- John 12:35b* "Walk while you have the light, before darkness overtakes you."
- John 13:35* "All men will know that you are my disciples if you love one another."
- Romans 8:1a* Therefore, there is now no condemnation for those who are in Christ Jesus.
- Romans 12:10* Be devoted to one another in brotherly love. Honor one another above yourselves.
- Romans 12:15* Rejoice with those who rejoice; mourn with those who mourn.
- Romans 12:18-19* If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.
- Romans 14:10* You then, why do you judge your brother? Or why do you look down on your brother? For we will all stand before God's judgment seat.
- Romans 14:12* So then, each of us will give an account of himself to God.
- Romans 15:4* For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.
- Romans 15:7* Accept one another, then, just as Christ accepted you, in order to bring praise to God.
- 1 Corinthians 12:21* The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!"
- 1 Corinthians 12:24b-25* But God has combined the members of the body and has given greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other.



- 1 Corinthians 12:26* If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.
- 2 Corinthians 1:3-4* Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.
- 2 Corinthians 3:2* You yourselves are our letter, written on our hearts, known and read by everyone.
- 2 Corinthians 7:10* Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.
- 2 Corinthians 10:5b* And we take captive every thought to make it obedient to Christ.
- Galatians 5:6b* The only thing that counts is faith expressing itself through love.
- Galatians 5:13* You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.
- Galatians 6:2* Carry each other's burdens, and in this way you will fulfill the law of Christ.
- Galatians 6:6* Anyone who receives instruction in the Word must share all good things with his instructor.
- Ephesians 4:15* Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is Christ.
- Ephesians 4:26* In your anger do not sin. Do not let the sun go down while you are still angry.



Ephesians 4:29-32

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 5:21

Submit to one another out of reverence for Christ.

Philippians 2:3-4

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interest, but also to the interest of others.

Philippians 3:10a

I want to know Christ and the power of His resurrection and the fellowship of sharing in His sufferings.

Philippians 4:19

And my God will meet all your needs according to His glorious riches in Christ Jesus.

1 Thessalonians 2:8

We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.

Hebrews 10:24

And let us consider how we may spur one another on toward love and good deeds.

James 1:22

Do not merely listen to the Word, and so deceive yourselves. Do what it says.

James 5:16

Therefore, confess your sins to each other, and pray for each other so that you may be healed.



Walking in the Light

 4. What Scripture must be experienced?

"Walk in the light, before the darkness overtakes you."

- John 12:35

1. Walk in **the light of the Word**: *"Your word is a lamp to my feet and a light to my path."* (Psalm 119:105)

Experiencing Scripture in such a way that it leads into more deeply loving relationships with both God and with those whom he loves. Meeting God at the point of His Word.

- As you read the Bible ask, "What would it 'look like' or 'sound like' to 'do' that Scripture?"
- Pray, "God, what do you really think of me? Lord, what is in this Scripture that reveals to me how much you love me? And what does it do to my heart to come to more deeply experience your love through the truth of this Scripture?"

2. Walk in **the light of Christ**: *"I am the light of the world."* (John 8:12)

Experiencing God's transforming love directly through study of, focus on, meditation upon, and pursuit of knowing the One True God and the One who revealed Him perfectly: Jesus!

- Ask of God: "Show me who you really are" as you read and study the gospels (Matthew, Mark, Luke and John).
- Experience "two-way" relating to Him. Let God speak to you and into your life.



3. Walk in **the light of God's people**: *"You are the light of the world."* (Matthew 5:14)

Experiencing His transforming love through loving and being loved by other people, most especially in relationship with your "nearest neighbor." *"No one has ever seen God. But if we love one another, God lives in us, and His love is made complete in us."* (1 John 4:12)

- Overcome aloneness: meet needs, resolve emotions, and love each other as Christ has loved us, especially our nearest neighbors!
- Experiential exercises throughout this intensive will work on all aspects of the above.

Unfortunately, significant darkness has overcome many of us... the darkness of aloneness, unmet needs, unresolved emotions, unhealed hurt from the past. Our biggest challenge: more consistently walking in all three aspects of God's light!

