



*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

Version 3.0

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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.



Introduction	1
<i>Four Questions Regarding Intimacy</i>	1
<i>Experiencing Relational Truth</i>	2
<i>Walking in the Light</i>	7
<i>Homework: Walking in the Light Worksheet</i>	9
Aloneness and Intimacy	12
<i>The First Human Crisis</i>	12
<i>Hebrew Words for Intimacy</i>	14
<i>Intimacy Defined</i>	15
<i>Inventory: Marriage Intimacy Assessment</i>	16
<i>Inventory: Marriage Intimacy Questionnaire</i>	17
<i>Exercise: Marriage Intimacy Review</i>	19
<i>Intimacy Action Plan Overview</i>	20
<i>Homework: Our Intimacy Action Plan</i>	22
<i>Exercise: Rejoice with Those Who Rejoice</i>	23
Relational Needs and Obstacles	24
<i>Relational Needs Overview</i>	24
<i>Ten Key Relational Needs</i>	26
<i>Learning to Identify Needs from What People Say</i>	27
<i>Inventory: Relational Needs Survey</i>	29
<i>Inventory: Relational Needs Questionnaire</i>	30
<i>Exercise: Meeting Relational Needs</i>	34
<i>Obstacles to Intimacy</i>	35
<i>Experience Gratitude for His Grace to You: A Meditation</i>	36
<i>Healthy vs. Unhealthy Relationships</i>	38
<i>Introducing Marital "Strokes"</i>	39
<i>Homework: Selecting the Right Marital Strokes</i>	40



Emotional Responding	41
<i>Increasing Your Emotional Vocabulary</i>	41
<i>The Emotional Cup</i>	46
<i>How Is the Emotion in Your Cup Being Expressed?</i>	47
<i>What Is Filling Your Emotional Cup?</i>	48
<i>Biblical Antidotes for Emptying Your Emotional Cup</i>	49
<i>Developing Intimacy Skills: Emotional Responding</i>	50
<i>Exercise: Weep with Those Who Weep</i>	52
Healing Marital Hurts	53
<i>Whose Log Is It Anyway?</i>	53
<i>What Do Your Apologies Usually Sound Like?</i>	54
<i>Why Do Couples Often Stumble Over Confession and Forgiveness?</i>	55
<i>Exercise: Experiencing Confession and Forgiveness</i>	58
<i>Marriage "Staff Meetings"</i>	65
Relational Connections and Patterns	67
<i>The Potential and Pain of Relational Needs</i>	67
<i>Intimacy Ingredients</i>	69
<i>Homework: Building an Altar</i>	71
Healing Intergenerational Wounds	74
<i>Genograms: Understanding and Responding to Our Family Backgrounds</i>	74
<i>Guidelines for Genogram Presentations</i>	79
<i>For Further Reflection on Your Genogram Experience</i>	83
Thinking Patterns	85
<i>Inventory: Thinking Patterns Survey</i>	85
<i>Six Unhealthy Thinking Patterns</i>	87
<i>How These Six Thinking Patterns Might Be Displayed</i>	88
<i>Six Unhealthy Thinking Patterns – A Closer Look</i>	89
<i>A Model for Renewing Your Mind</i>	96



Relational Games **99**

Inventory: Relational Games Survey99

Relational Games Overview 101

Six Relational Games..... 102

A Step-by-Step Plan for Solving Problems 120

Additional Resources **124**

Sample Goals for Continuing Growth 124

Twenty Practical Projects for Building Marriage Intimacy..... 129

Intimacy Inventory for Family and/or Teams..... 140

Ten Key Relational Needs Worksheet..... 142

Entering into Fellowship with His Suffering: A Meditation..... 144

Homework Summary	
Assignment	Page
Walking in the Light Worksheet	9
Our Intimacy Action Plan	22
Selecting the Right Marital Strokes	40
Building an Altar	71
Your Genogram	74



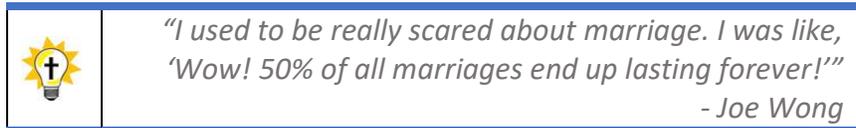
Four Questions Regarding Intimacy

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?

And Jesus said to him, "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 3:11b: "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: "By this all people will know that you are my disciples, if you have love for one another."*)

<i>"Greet one another"</i>	Appears 26 times
<i>"Comfort one another"</i>	Appears 6 times
<i>"Love one another"</i>	Appears 16 times
<i>"Teach one another"</i>	Appears 4 times
<i>"Admonish one another"</i>	Appears 2 times
<i>"Serve one another"</i>	Appears 4 times
<i>"Honor one another"</i>	Appears 2 times
<i>"Be devoted to one another"</i>	Appears 1 time
<i>"Bear one another's burdens"</i>	Appears 2 times
<i>"Accept one another"</i>	Appears 1 time
<i>"Forgive one another"</i>	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 helpful verses to memorize.

<i>Genesis 2:18a</i>	The LORD God said, "It is not good that the man should be alone;"
<i>Psalms 139:1</i>	O Lord, you have searched me and known me!
<i>Psalms 139:23</i>	Search me, O God, and know my heart! Try me and know my thoughts!
<i>Proverbs 3:32</i>	For the devious person is an abomination to the LORD, but the upright are in his confidence.
<i>Proverbs 15:1</i>	A soft 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, and before you were born I consecrated you;"
<i>Matthew 5:4</i>	"Blessed are those who mourn, for they will be comforted."
<i>Matthew 7:1</i>	"Judge not, that you be not judged."
<i>Matthew 10:8b</i>	"You received without paying; give without pay."
<i>Matthew 22:37-40</i>	And Jesus said to him, "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. On these two commandments depend all the Law and the Prophets."
<i>John 8:32</i>	"And you will know the truth, and the truth will set you free."
<i>John 12:35b</i>	"Walk while you have the light, lest darkness overtake you."



- John 13:35* "By this all people will know that you are my disciples, if you have love for one another."
- Romans 8:1a* There is therefore now no condemnation for those who are in Christ Jesus.
- Romans 12:10* Love one another with brotherly affection. Outdo one another in showing honor.
- Romans 12:15* Rejoice with those who rejoice; weep with those who weep.
- Romans 12:18-19* If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."
- Romans 14:10* Why do you pass judgment on your brother? Or you, why do you despise your brother? For we will all stand before the judgment seat of God;
- Romans 15:4* For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.
- Romans 15:7* Therefore welcome one another as Christ has welcomed you, for the glory of God.
- 1 Corinthians 12:21* The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you."
- 1 Corinthians 12:24b-26* But God has so composed the body, giving greater honor to the part that lacked it, that there may be no division in the body, but that the members may have the same care for one another.
- 2 Corinthians 1:3-4* Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.



- 2 Corinthians 3:2* You yourselves are our letter of recommendation, written on our hearts, to be known and read by all.
- 2 Corinthians 7:10* For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.
- 2 Corinthians 10:5b* And take every thought captive to obey Christ,
- Galatians 5:6* For in Christ Jesus neither circumcision nor uncircumcision counts for anything, but only faith working through love.
- Galatians 5:13* For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.
- Galatians 6:2* Bear one another's burdens, and so fulfill the law of Christ.
- Galatians 6:6* Let the one who is taught the word share all good things with the one who teaches.
- Ephesians 4:15* Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,
- Ephesians 4:26-27* Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.
- Ephesians 4:29-32* Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.
- Ephesians 5:18b, 21* But be filled with the Spirit... submitting to one another out of reverence for Christ.



- Philippians 2:3-4* Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.
- Philippians 3:10a* That I may know Christ and the power of his resurrection, and may share his sufferings,
- Philippians 4:19* And my God will supply every need of yours according to his riches in glory in Christ Jesus.
- 1 Thessalonians 2:8* So, being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us.
- Hebrews 10:24* And let us consider how to stir up one another to love and good works,
- James 1:22* But be doers of the word, and not hearers only, deceiving yourselves.
- James 5:16* Therefore, confess your sins to one another and pray for one another, that you may be healed. The effective prayer of a righteous person has great power.
- 1 Peter 5:6-7* Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.
- 1 John 1:9* If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
- 1 John 4:11-12* Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and his love is perfected in us.
- 1 John 4:18* There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.



Walking in the Light

 4. What Scripture must be experienced?

"Walk while you have the light, lest darkness overtake you."

- John 12:35b

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 8:12b)*

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 5:14a)

Experiencing His transforming love through loving and being loved by other people, most especially in relationship with your "nearest neighbor." "*Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and his love is perfected in us.*" (1 John 4:11-12)

- 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!

