

RADICAL ROMANCE

MEETING OUR RELATIONAL NEEDS

LIFE GROUP NOTES

CONNECT and REFLECT

(15-20min) Since you may have new people visiting your group, spend some extended time getting to know each other and getting the conversation started.

Play a game:

Split people into small groups of 3-4 people. Give each group 5 minutes to discover as many things that they have in common as possible (e.g. they all have brown eyes, all enjoy reading, all have brothers etc.) Each group has to report back to the bigger group and the group who discovered the most things in common wins.

Ask some ice-breaker questions:

- What is the most important relationship in your life? Why?
- Are romantic relationships more significant than other relationships? Why or why not?
- Do you think people in romantic relationships are happier than those who are single? Why or why not?

Ask a reflection question:

- Think of a relationship in your life (romantic or not). What is one need that you have that is met in this relationship?
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READ

(5 min)

Read this extract from Wolji Eckleben's book 'Date Talk':

"The first deep need we share is the need for acceptance and belonging. "I am fully loved" and "I am fully known" is something every human deeply desires to be able to say. To be fully known - warts and all - and yet be fully loved and accepted, is one of the most satisfying human experiences. We all have a need-to-be-loved-tank inside, and any meaningful relationship must fulfil this need.

The second deep need all humans share is the need for significance and value. I need to be able to say that "I matter" or "I have significance". We all have a need to sense that our lives have meaning and value. I would go even further to suggest that all of us made in God's image have a deep need to feel that our lives matter not just now, but also in eternity. "Eat, drink and be merry" just does not fill that void in anyone, whether male or female.

Any worthwhile relationship should meet these two needs. If a relationship you are in leaves you empty of feeling loved, or breaks down your sense of significance, my advice would be that you urgently initiate a serious conversation and express that these needs are not being satisfied.

EXAMINE

(15-20min) What does it mean?

- This passage highlights our deep need for **acceptance, belonging, value and significance**. Go through each of these and discuss:
 - Why do we need this?
 - What does it look like when this need is met in our lives?
 - What does it look like when it isn't?
 - How can romantic relationships meet these needs?
 - What should you do if a romantic relationship is not meeting these needs?
 - Are there other ways we can meet these needs outside of romantic relationships?
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APPLY

(10-15min) What will we do?

- Are your needs for **acceptance, belonging, value** and **significance** being met?

(you may want to answer this question on a scale from 1 to 10, such as: on a scale from 1 to 10, where one means your need is not met and 10 means it is fully met, how _____ do you feel?)

- Are there relationships in your life that meet these needs?
 - How can you make sure these needs are met in a healthy way?
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PRAY

(5-10min)

If you find you have any non-Christians visiting your group who may not feel comfortable with prayer, take this opportunity to pray a brief prayer asking God to help you based on what you have shared.

If your group is more comfortable with prayer, spend some time praying for one another based on what you have shared.

HOME

(5 min) Take the opportunity to connect people to the wider church family and what might be next for them:

- **Group Life:** Is there anything happening outside of the group meeting to draw people into?
- **Church Life:** What's happening next service, are there any key opportunities to highlight, are group members taking their place as contributing church members?
- **Discipleship Step:** Is there a next step that members need to take on the discipleship growth path?