

**Sermon Series on Healthy Relationships**  
**ADDRESSING NEEDS & CONCERNS**  
**Nehemiah 2:1-8**

**Main Idea:** Healthy expressions of unmet needs and concerns contribute to building healthy relationships.

**Introduction:** Conflicts can arise when we have unmet needs and concerns that are not addressed, sometimes resulting in an unhealthy expression of our emotions or pent up resentment. We can experience positive results when we model after a biblical pattern of addressing our needs and concerns that can contribute toward healthy relationships.

**I. Be \_\_\_\_\_ of Your Support (v.3a)**

**II. Be \_\_\_\_\_ About Your Feelings (v.3b)**

**III. Be \_\_\_\_\_ Throughout the Conversation (v.4b)**

**IV. Be \_\_\_\_\_ to Offer a Realistic Solution (vv.5-6)**

**V. Be \_\_\_\_\_ About Your Requests (v.7-8)**

**Conclusion** – Building healthy relationships are toughest when confronted by the challenge of unmet needs and concerns. Expressing them in a healthy and productive manner is one of the keys to building healthy relationships.