

## Maslow, My Wife and Me

August 10, 2016

There is an old hymn that was written long ago,  
One that we have sung in church,  
Often around the season of Thanksgiving,  
A song to remind us of the blessings of life.

The chorus of the song, rings in my mind  
Count your blessings, name them one by one;  
Count your blessings, see what God has done;  
Count your blessings, name them one by one;  
Count your many blessings, see what God has done!

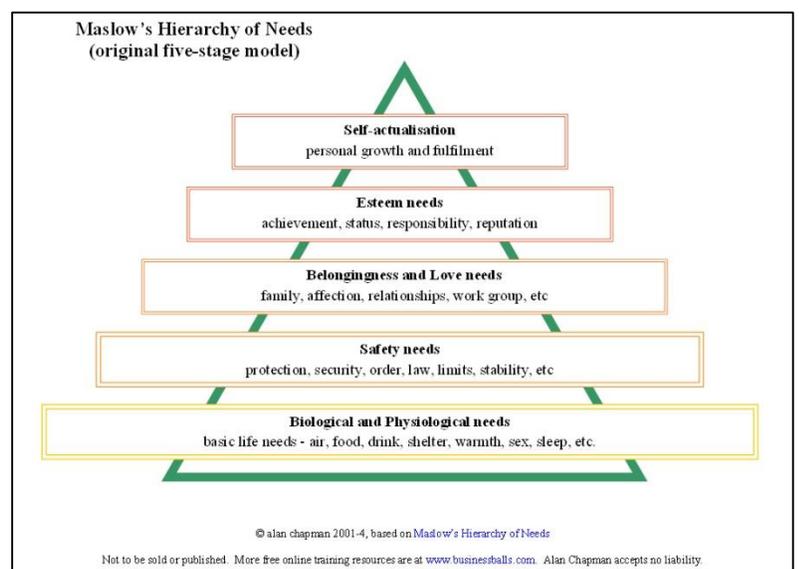
So often in our relationships it is easy to focus on something else...  
We dwell on the emotions and needs of our life that are lacking.  
We focus on the difficult experiences and the pain created.  
It is important in our relationships to count our blessings.

Reading a book by Pia Mellody, I was reminded...  
Something I learned so long ago but have neglected and forgotten.  
Abraham Maslow created a hierarchy of needs...  
Seeking to explain why humans do what they do...  
To identify why people think the way they think...  
He created a list of motivations, reasons people act as they do.

Mellody writes in her book something that I too often neglect –  
“When we feel the aggravation of our unmet needs,  
We usually don’t take stock of all our needs  
That have been met.”  
When we are feeling the lack of something...regardless of what it is...  
We often forget (or neglect) the things that we actually have.

Maslow reminds me...  
These are the things that motivate me.  
These are the needs that are present in my  
psyche...  
These are the desires of the heart that are  
often unexpressed.  
These are wants that I feel, even when I  
am not fully aware of these.

Mellody reminds me...  
That I must focus on that which is being  
satisfied...



That I must celebrate those needs which are being met.  
 That much of what I long for and desire happens on a daily basis.  
 That my satisfied needs are often overshadowed by my problems.

It is essential and important for me to remember...  
 God is meeting my needs...and addressing the hierarchy of my motivations.  
 He is doing so through the experiences of my life...  
 He is doing so through the people he has blessed me with...  
 He is doing so through the person I see the most – my Wife.

You see Maslow makes me aware of my inner needs...  
 Mellody reminds me of an attitude of gratefulness.  
 God highlights his provision and his mercy.  
 My wife is a source of some of my greatest blessings!

I do have biological and physiological needs....  
 I have been blessed in ways that are beyond description.  
 God has blessed me with the ability to draw breath each morning...  
 He has given me an abundance of nourishment in the food I eat...  
 And my wife is an incredible cook  
 And she has demonstrated her care for me in providing great eats.  
 God has blessed me with a roof over my head...  
 And my wife has created a loving home within its walls.  
 God has blessed me with warmth on a cold night  
 And my wife has embraced me with warmth when my soul shudders.  
 God has bless me with cool on a hot afternoon...  
 And my wife has created a place of respite when life is “hot”.  
 God has blessed me with a bed at night to find rest and sleep...  
 And my wife has given me companionship to give my nights comfort.

I do have safety needs...  
 I do have desire to experience protection and security...  
 I long to know order and law and limits and stability...  
 God has given me safety and a place of harbor and retreat.  
 Safety in His presence and His power.  
 Strength in His Spirit and His Word.  
 Direction in His law and His statutes.  
 Inspiration from His calling and His purpose.  
 My wife has given me strength and protection...  
 A shoulder to cry on when my heart was breaking,  
 Support when the world around me was ending,  
 Protection on the occasion when attacked and belittled,  
 Kindness when there was pain and sorrow,  
 Comfort when I was mourning.  
 My family and friends, Church and believers, have been used by God  
 To bless me with a place of acceptance when rejected,  
 To love me when despised,  
 To experience grace when self-condemned and guilty.

I do have belongingness and love needs...

My inner heart, though very much introverted,  
Really does need the input and influence and compassion of others.  
God created me to be social and to be wanted;  
God created me to be in relationship and companionship.  
God called me to a family and home...  
And my wife has been a wonderful companion and helpmeet.  
God called me to a family...  
And blessed us with a daughter that delights the heart.  
God has called me to family...  
And allowed me to know the companionship of my friend and my wife.  
God has given me purpose for my life...  
And has given me opportunity to serve and minister,  
To preach, and teach, and proclaim, and multiply compassion.  
God has given me purpose for my life...  
And a cheerleader who has supported me in every step of the way.  
My wife has stood with me as I ministered to young and old...  
She has cried with me as I withstood slings and arrows.  
She empowers me with encouragement in all of my endeavors.  
My companion and my friend is my closest confidant in all of my words.  
God has called me to serve...  
And has given me opportunity to serve with a full heart.  
He has provided ministries for me to lead and be involved in...  
He has allowed me the privilege to engage lives within his grace...  
He has given me the opportunity to witness and extend love and compassion.  
He has endowed me with ability to begin ministries and touch lives.  
These relational needs I have, God has provided a way to meet those desires.

I do have esteem needs...

Maslow says that people have needs to experience esteem and value...  
These needs revolve around achievement and status,  
Responsibility and reputation...  
Internal and external validation is desired, yes even by me.  
I desire to know that I have contributed something of value to the world...  
And God has provided me skill, ability and accomplishment.  
I have achieved a high level of education and knowledge;  
I have accomplished creation of significant ministries to caregivers;  
I have contributed to significant experiences of spiritual transformation to youth,  
I have supported and provided a foundation for expansive language ministry.  
I have connected with people who are awaiting for the moment of passing...  
And joined with families as they welcomed their newborns.  
I have counseled couples in pain and persons in distress and addiction...  
I contribute valuable insight on the Word of God,  
And draw people into the scripture in preaching and teaching.  
I have been validated in the work that I have done.  
These things I know, not only because of the affirmation of God's Spirit,  
And because of the confirmation of ministry among God's people;

But also because of the generous affirmation and support of my wife.

I do have actualization needs...

To be actualized means that I am growing and find fulfillment...

Growing in my relationships, with God and with men.

Finding fulfillment in my work and my calling,

Experiencing joy in my life and my living.

God has called me to growth and given me ample opportunity –

Through my education and learning,

In my recovery and spirituality,

By my relationships and my encounters with others.

God has blessed me with growth and strength...

And He has used my Wife to help me discover my fulfillment.

So right now, I remember...

I remember Maslow and his description of my needs...

I remember Mellody and that fact that many of my needs are met.

I celebrate the blessings that I have in my life,

That for too long and so often have been neglected and ignored.

And the echo of the song rings again in my mind:

When upon life's billows you are tempest tossed,

When you are discouraged, thinking all is lost,

Count your many blessings, name them one by one,

And it will surprise you what the Lord hath done.

Count your blessings, name them one by one;

Count your blessings, see what God hath done;

Count your blessings, name them one by one;

Count your many blessings, see what God hath done!

I remember my needs...and thank God for Maslow making me aware of them!

I remember my blessings...and thank God for Mellody reminding me to be grateful!

I remember my life...and thank my wife for meeting many of my needs!

I remember this all and I count my many blessings!

I cannot wait to see what God will do!