



BLESS NEEDS

Through numerous studies, we've identified the five common needs most likely to cause spiritual and emotional distress when left unmet. We refer to these core needs as the **BLESS** needs.



Biological needs – which are physical in nature such as health concerns

Livelihood needs – largely socioeconomic like having a stable job or enough money for rent

Emotional needs – this relates mental health and includes our thoughts, feelings, and actions

Social needs – address our connection with others and sense belonging

Spiritual needs – our desire to connect with God and find meaning in life

COMMON SIGNS OF UNMET BLESS NEEDS

Following are common signs of unmet BLESS needs. Learning to recognize these signs can help you spot when someone is in need of Spiritual First Aid. Since these needs are interlocking, individuals are likely to have unmet needs in multiple areas. For example, someone who is experiencing job loss may be experiencing high-stress levels and a sense of disconnection as well.

Biological Needs:

- Health issues
- Lack of access to healthcare
- Medication issues
- Impaired functioning

Livelihood Needs:

- Lack of access to basic essentials (e.g., food, water, shelter)
- Financial struggles
- Unemployment
- Living situation problems

Emotional Needs:

- High-stress levels
- Significant behavioral changes
- Difficult feelings and thoughts
- Inability to cope

Social Needs:

- Relationship issues
- Lack support
- Disconnected or isolated
- Infrequent contact with others

Spiritual Needs:

- Meaning-making struggles
- Questioning faith, beliefs, God
- Drastic priority shifts
- Leaves faith community