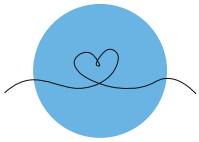




THE TRUTH ABOUT OUR NEEDS



EVERYONE HAS NEEDS

We have needs because God created us that way. Our needs are numerous and can be categorized as physical, emotional, intellectual, spiritual, and relational.

As adults, we usually recognize our physical and intellectual needs. Sometimes it is more difficult to name our spiritual, emotional, and relational needs.

- Our primary need is for God. This is true even if we don't have a relationship with Him or believe He exists.
- Our emotional & relational needs are value, security, acceptance, and connection.
- A few of our "heart needs" are beauty, fun, freedom, rest, and the need to be heard.
- We all have a need for purpose, that is, to have an impact on the world we live in.



MEETING NEEDS AND FLOURISHING

Our needs are the motivators or the "drivers" for how we feel, think, and act.

Our needs will never be consistently and perfectly met in this life. We can often encounter barriers to meeting our needs, such as our shame and fear, idols we create, denial of our needs, and even a weak or non-existent relationship with God. These neglected, denied, or unmet needs can cause us to develop incorrect beliefs about God, ourselves, other people, and how the world works.

When we feel needy, we feel weak and vulnerable. Therefore, we can feel ashamed of having needs, even when we know they were given to us by God.

God wants us to come to Him when we are in need and ask for His help. God promises to meet our needs. Sometimes He does it directly, sometimes He uses other people, and sometimes He meets our needs differently than how we expect Him to.

It is not selfish to attempt to get our needs met; it is actually good stewardship.

God's original intent was for His creation to flourish. To flourish means that our needs are being adequately met, our emotions are primarily positive, and we have meaning and purpose in our life.