

Your Core Needs: God will supply all your needs according to His riches in glory in Christ Jesus! Philippians 4:19

LOVE	ACCEPTANCE	VALUE/WORTH	IDENTITY	SECURITY	ADEQUACY
<i>Who cares?</i>	<i>What do others think of me?</i>	<i>What do I have to offer?</i>	<i>Who am I?</i>	<i>What if I get it wrong?</i>	<i>How will I?</i>
<p>John 3:16 God so loved the world, He gave Son 1 John 4:8 God is love. 1 John 4:10 this is love, not that we loved God, He loved us and sent His Son to be payment John 14:21 he who loves Me will be loved by My Father; and I will love him John 15:9 Just as the Father has loved Me, I have also loved you; abide Is 49:16 I have inscribed you on palms of My hand Gal 2:20 I have been crucified with Christ Rev 1:5 To Him who loves us and released us from our sins by His blood— Rom 5:8-9 God demonstrates His own love toward us, while we were yet sinners, Christ died John 10:15 I lay down My life for the sheep. John 15:13 Greater love has no one than this, that one lay down his life Rom 6:3-4 baptized into Christ Jesus' death...walk in new life Eph 3:17-19 being rooted and grounded in love ...know the love of Christ which surpasses Rom 8:38-39 nothing can separate us from God's love</p>	<p>John 15:15 No longer do I call you slaves, but friends Rom 5:1 having been justified by faith, we have peace with God 1 Cor 6:17 But the one who joins himself to the Lord is one spirit <i>with Him</i>. 1 Cor 6:20 For you have been bought with a price 1 Cor 12:27 Now you are Christ's body, and individually members of it. Eph 1:4 He chose us in Him before the beginning of the world, Eph 1:5 adoption as sons through Jesus Christ... His grace, with which He favored us in the Beloved. Eph 2:18-19 have our access in one Spirit to the Father, no longer strangers and aliens, fellow citizens with the saints, and are of God's household, Rom 15:7 accept one another, just as Christ also accepted us to the glory of God. Col 1:14 in whom we have redemption, the forgiveness of sins. Col 2:10 in Him you have been made complete Rom 14:8b we are the Lord's</p>	<p>Matt 5:13-14 you are the salt of the earth... You are the light of the world. John 1:12 children of God John 15:5 I am the vine, you are the branches; he who abides in Me and I in him, bears much fruit, apart from Me you do nothing. Acts 1:8 but you will receive power when the Holy Spirit has come upon you, and be My witnesses 1 Cor 3:16 you are the temple of God, the Spirit of God dwells in you? 1 Cor 12:7, 27 to each one is given the manifestation of the Spirit for the common good, you are Christ's body 2 Cor 5:18 God ... gave us ministry of reconciliation 2 Cor 6:1 And working together with Him... receive the grace of God Eph 2:10 For we are His workmanship, created in Christ Jesus for good works Rom 8:29 He foreknew, He also predestined to become conformed image His Son Jer 29:11 I know the plans that I have for you; hope/future</p>	<p>Rom 8:11 Spirit of Him who raised Jesus from the dead dwells in you Col 1:13 For He rescued us from the domain of darkness, and transferred us to kingdom of His Son Eph 1:7 redemption through His blood, the forgiveness of our trespasses, Rom 5:19 made righteous Eze 36:25-26 I will give you a new heart and put My Spirit within you. Gal 2:20 "I have been crucified with Christ, and it is no longer I who live, but Christ lives in me; Rom 6:6 old self was crucified...he who died is freed from sin. Rom 6:18 freed from sin, slaves of righteousness. 1 John 5:11 that God has given us eternal life and this life is in His Son. Eph 2:6 raised us up seated us with Him in the heavenly <i>places</i> Col 2:9-10 in Him you have been made complete 1 Cor 2:16 we have the mind of Christ 1 John 3:1-2 now we are children of God Eph 3:6 fellow heirs and partakers promise Rom 8:1 no condemnation</p>	<p>John 1:12 children of God, Rom 8:1 there is now no condemnation Rom 8:28-29 God causes all things to work together for good to those who love God ... conformed to image Rom 8:35 Who will separate us from the love of Christ? Will tribulation... 2 Cor 1:21-22 anointed us, sealed us, and gave us the Spirit in our hearts Eph 1:13-14 sealed in Christ with Holy Spirit Col 1:13 rescued us from the domain of darkness and transferred us to the kingdom of His Son Col 3:3 For you have died and your life is hidden with Christ in God. 2 Tim 1:7 God has not given us a spirit of timidity, but power, love, discipline 1 John 5:18 He, who was born of God keeps him; evil one does not touch him. Eph 2:8 by grace you have been saved through faith; <i>it is</i> the gift of God; John 14:20 I am in Father, and you in Me, and I in you. Col. 3:3 life is hidden with Christ</p>	<p>1 Cor 3:5-6 Not that we are adequate in ourselves...but our adequacy is from God, who made us adequate 2 Cor 9:8 God is able to make all grace abound to you, having all sufficiency in everything, abundance for every good deed Phil 4:13 I can do all things through Him who strengthens me. 2 Cor 12:9 "My grace is sufficient for you, for power is perfected in weakness." 2 Tim 4:17 the Lord stood with me & strengthened me 1 Pet 5:10 After suffered for a little while, the God of all grace, Himself perfect confirm, strengthen, <i>and</i> establish you. Rom 15:18 speak of except what Christ has accomplished through me Eph 3:20 Him who is able to do far more abundantly according to the power that works within us 1 Thes 2:13 the word of God, which also performs Phil 2:13 for it is God who is at work in you, Ps 55:22 He will sustain Col 3:3-4 your life is hidden with Christ in God.</p>
<p>False Belief: I am... Unloved, unlovable, not cherished/desired, not missed/needed, not okay, rejected, don't matter, "It doesn't matter if I exist."</p>	<p>False Belief: I am... Unacceptable, unaccepted, not good enough, unable to measure up, unliked, unneeded, "I am a total disappointment to others."</p>	<p>False Belief: I am... Worthless, insignificant, not respected, inferior, not needed/recognized, marginalized, flawed, unappreciated, "I don't matter/have any value."</p>	<p>False Belief: I am... Unimportant, confused, not special, unwanted, not "as good as," disconnected, unseen, broken, bad, "I am what I do." (an alcoholic, a liar, a failure, etc.)</p>	<p>False Belief: I am... Afraid, a burden, all alone, powerless, the problem, could lose my salvation & blessings, deserving of punishment, "Bad things always happen to me."</p>	<p>False Belief: I am... Stupid, powerless, not a success, not able, hopeless, incompetent, a failure, underestimated, "Can't get anything right." "I'm not good enough."</p>

HELPED	HEARD/UNDERSTOOD	TO BELONG
<i>Who has my back?</i>	<i>Who gets me?</i>	<i>Where do I fit in?</i>
<p>Heb 4:16 receive mercy and find grace for help Psalm 42:5 for the help of His presence Is 41:10 I will strengthen and help you Ps 121:1 From where will my help come? My help comes from the Lord John 5:17 "My Father is working until now, and I Myself am working." Rom 8:28 God causes all things to work together for good Phil 1:6 He who began a good work among you will complete it 2 Cor 12:9-10 "My grace is sufficient for you, for power is perfected in weakness...when I am weak, then I am strong." Isaiah 50:7 & 9 the Lord God helps Me Heb 13:6 "The Lord is my helper, I will not be afraid. What will man do to me?" 2 Cor 6:2 on day of salvation I helped you." Psalm 146:5 How blessed is he whose help is the God of Jacob, whose hope is in the Lord his God Hebrews 4:12 For the word of God is living and active Romans 8:26-27 Spirit also helps our weakness Proverbs 3:6 He will make your paths straight. Psalm 42:5 For the help of his presence Isaiah 52:6 I am the one who is speaking, "Here I am."</p>	<p>Heb 4:15 We have a High Priest who can identify with all of our weaknesses. Jeremiah 33:3 Call to Me and I will answer you, and I will tell you great and mighty things... Gen 16:13 & 21 Hagar called the name of the Lord, "You are the God who sees." Isaiah 65:24 while they are still speaking, I will listen Phil 4:6-7 let your requests be made known to God. And the peace of God...will guard your hearts and minds in Christ Jesus. Romans 8:27 searches the hearts...intercedes for the saints according to the will of God. Hebrews 4:12 word of God is living and active...able to judge the thoughts and intentions of the heart. Ps 103:14 He is mindful that we are nothing but dust. Ps 139:2 You understand my thought from far away. Psalm 18:6 my cry for help before Him came into His ears. Ps 4:3 The Lord hears when I call to Him. Matt 14:13 When Jesus heard about the beheading of John, He withdrew...to a secluded place. Gen 21:17, 20 God heard [Ishmael] crying. God was with the lad. John 11:35 Jesus wept. Luke 19:41 When He approached Jerusalem, He saw the city and wept over it... Psalms 72:12 Will deliver the needy when he cries for help.</p>	<p>Eph 1:4-5 Just as He chose us in Him before the foundation of the world...He predestined us to adoption as sons and daughters through Jesus Christ to Himself, according to the good pleasure of His will. 1 Cor 3:23 and you belong to Christ, and Christ belongs to God. John 14:2 In My Father's house are many rooms; if that were not so, I would have told you, because I am going there to prepare a place for you. 1 Cor 6:19-20 You are not your own? For you have been bought for a price. Ps 139:18 For when I awake, I am still with You. Deut 31:6 the Lord your God is the one who goes with you. He will not fail you or forsake you. 1 Peter 1:18-19 not redeemed with perishable things...but with precious blood, as of a lamb unblemished and spotless, the blood of Christ. Romans 14:8 therefore, whether we live or die, we are the Lord's. Duet 9:29 they are Your people, and Your inheritance, whom You brought out by Your great power and Your outstretched arm. Isaiah 44:5 This one will say, 'I am the Lord's...and another will write on his hand, 'Belonging to the Lord,' Rom 12:5 So we, who are many, are one body in Christ, and individually parts of one another.</p>
<p>False Belief: I am... Alone, left to myself, a victim, unsupported, undone, not going to be okay, let down by others, "No one gets off the couch for me."</p>	<p>False Belief: I am... Alone, unseen, unknown, not heard/understood, abnormal, unacknowledged, not validated, too much, unnoticed, shut down, "No one cares."</p>	<p>False Belief: I am... Rejected, abandoned, alone, unaccepted, insignificant, unworthy, lonely, don't matter, "It's me against the world."</p>

Your Core Needs

And my God will supply all your needs according to His riches in glory in Christ Jesus!

Philippians 4:19

All humans have basic bodily needs for food, water, clothing, sleep, and shelter. People also have core emotional needs that drive almost every decision they make. Often, when our core needs are met, we fear rejection, abandonment, and punishment.

Many of our problems can be traced back to fleshly attempts to meet those needs. We try to promote or protect ourselves with soulish ability instead of recognizing that **all our needs are already met in Christ.**

Locate yourself in this chart of core needs. What need are you trying to meet? What does the truth of God's word say about His ability to meet your need through Jesus Christ?

Prayer

Father God, your Word says that you supply all my needs according to Your riches in glory in Christ Jesus. I now have every need met in Him. I am loved, accepted, secure, adequate, and have worth and value. In Christ I am helped, heard/understood, and belong to Him.

I choose to run to His Throne Room of Grace and find help to say "no" to the flesh. I trust that the Holy Spirit is bracing every step I take with His strength, rest, and divine enablement (grace). I know You will do what I cannot. I confess I believed lies, which resulted in emotional angst.

I choose to walk in faith, knowing that I have everything pertaining to life and godliness in Christ. I am excited to see how you meet these needs in my life. Amen.