

*My God will meet all your needs. He will meet them in keeping with his wonderful riches. These riches come to you because you belong to Christ Jesus.  
Philippians 4:19*

### A. LEARNING TO LEAN

- The world has taught us how to lean on our own understanding -- our thoughts, feelings, and life experiences. This simple diagram shows us what happens:

**FOCUS ON MY OWN THO'TS & FEELINGS** → **STRIVE TO FULFILL MY UNMET NEEDS** → **UNSATISFIED, DISCONTENT, &/OR HOPELESS** → **LEARN TO COPE HOPING TO STOP THE NOISE & PAIN**

- God says, "Lean not on your own understanding, but in all your ways acknowledge (Me) and (I) will make your paths straight." (Pr 3:5-6) Here's how that works:

**ACKNOWLEDGE GOD WHEN LIFE HAPPENS** → **WHOLEHEARTEDLY SHARE YOUR THO'TS & FEELINGS W/ HIM** → **WAIT ON THE SPIRIT OF TRUTH TO REVEAL TRUTH** → **BELIEVE & RECEIVE TRUTH, SPIRITUAL BLESSINGS, LIBERTY**

- Insights:

### B. HOPE FOR WHOLENESS

- Changing our thoughts is the pathway to transformation. The Apostle Paul wrote about what scientists have recently proven through MRI studies of the brain:
  - Rom 12:2—Be transformed by the renewing of your mind.
  - "Neuroplasticity, the scientific term for the biblical "renewed mind", is the brain's ability to restructure itself after training and practice, thereby creating new neuropathways in the human brain." (Laurie McNair)
- Insights:

### C. EMOTIONAL CLUES

- Feelings are simply an outward expression of our inner thoughts (whether we're aware of them or not). Our emotions can serve us as we seek to integrate biblical truth: Proverbs 23:7 NAS-- For as he thinks within himself, so he is.
- The "Identify Your Feelings" handout will help you recognize all the emotions that are churning inside. This is an important step in feeling heard and finding root causes.
- Sometimes we have emotional responses that are out of proportion to an event. This over-reaction or trigger is caused by 1) unmet needs or 2) hurts from our pasts.
- Triggers can act as clues for identifying our deficits and unresolved issues.
- Insights:

#### D. INNER NEEDS

- God meant for humans to have our inner needs fully met by our parents in childhood. After The Fall, that was no longer possible. See the comprehensive list below. (LauraDuncan.com)
    - Being seen
    - Being heard
    - Being accepted
    - Being valued
    - Being loved
    - Being taught
    - Having protection
    - Having provision
    - Engaging in play
    - Knowing that I'm enough
1. Take a few minutes to prayerfully reflect on how well your core needs were met in your first 12 years of life using your emotional clues and the chart provided.
  2. You may complete the whole chart now or save a portion for a later date. Feel free to limit your exploration today to just 1 parent or 1 or 2 of the needs listed.
  3. Put a check mark in the appropriate boxes.

NEED	MET BY MOM	MET BY DAD	NEVER MET
Seen/Noticed			
Heard/Understood			
Accepted/Belonging			
Unconditional Value			
Unconditional Love			
Taught			
Protection			
Provision			
Play			
Enough/Adequate			

- Insights:

#### E. WHAT GOD SAYS

- Select just one of these needs that were not adequately met in your early years. Sit quietly before the Lord. Ask Him to speak to you regarding this place of lack: *“Lord, I am bringing my need to You so that I might find healing and hope in the area of (name it).”*



4. Ask the Lord to reveal what you came to believe at the time of this memory:  
*“Lord, what message was communicated to me as a result of this event or environment?”*
  
5. Replace this message with the truth: *“Holy Spirit, Spirit of Truth, please open my mind to see and believe God’s truth about this memory and the message attached to it.”*:
  - The handout “I Feel But God Says” is another helpful tool for assisting you in replacing painful emotions with the liberating truth of God.
  - Renew your mind by returning often to the truth:
    - The truth that the Spirit of Truth applied to your heart in prayer.
    - God will meet your every need (Philippians 4:19).