



BASIC HUMAN NEEDS

We need LOVE expressed to us through being . . .

Welcomed	Accepted
Valued	Protected
Empowered	Made to feel we have purpose
Comforted	Touched affectionately
Known	Heard
Understood	Cared for in practical ways

It is neither wrong nor problematic to have needs and want them met. Basic human needs are real and given to us by God, ultimately to draw us to Himself.

As children, when we feel loved by being **valued, comforted, protected, and consistently held affectionately**, we gain a deep sense of **well-being**, and **trust is established**. When we are **known, heard, and understood**, we feel **accepted** and are **empowered for life**. God is pleased when our needs are met because He has commanded us to, "Love one another." However, we cannot give or receive love if we do not know what love is.

When our basic human needs go unmet, particularly early in life, we are tempted to make *judgments* and *inner vows* to protect our hearts from the resulting pain. We may determine to "not need anything" or "trust no one," but we are still needy because our heart's needs never go away. In many cases, we try to get our innocent needs met in sinful, self-sabotaging ways.

The reality of unmet needs is difficult to recognize and heal because it is not based on what was said or done to us, but rather, what was *never* said or done to us. Unlike abuse, which involves bad memories, unmet needs entail an absence of good memories. Furthermore, it is highly possible we had parents who never said or did anything cruel to us; the key to healing unmet need is to ask, "Did my parents say what my heart needed to hear? Did they do for me what my heart needed to experience?"

As we mature out of childhood, we can look to our Heavenly Father to meet our heart's needs, though He still utilizes people and relationships to help as well.

We are not to ignore, suppress or die to our needs, but rather, to the sinful ways we've determined to get our basic needs met outside of God and His will. We sin when we try to meet our legitimate needs in illegitimate ways.

"The Lord is my shepherd; I have all I need..." Psalm 23

"And my God will supply all your needs according to His riches in glory in Christ Jesus." Phil 4:19

"For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be provided to you." Matthew 6:32-33

By Dana Grindal – *Free to be Me*