

FREE TO BE ME
Session Three: Healing & Freedom from Unmet Needs



1

Hope you were able to prayerfully consider:

Early life experiences that have shaped your sense of worth.

The one word that best describes how you feel about yourself. (Scale)

Bring hurtful emotions and shame to the cross. Did you hear what the Father says about you?



2

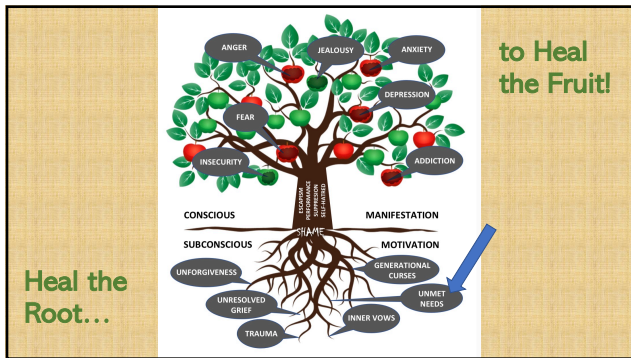
Satan seeks to build on our shame-based woundedness we suffered in the womb, during infancy and in childhood to create a shame-based identity, which becomes . . .

1. Our emotional baseline.
2. Our filter for all of life's circumstances. (UNWANTED)

Question: "What if I'm experiencing negative emotions that I can't tie to a memory?"



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As Humans, We Have Basic Needs.

We need LOVE expressed to us through being . . .

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

God intends that parents meet these needs until we're mature enough to look to Him as our PRIMARY source – rarely ONLY source.

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As children, when our basic needs are met, we develop TRUST and SELF-ASSURANCE.

Conversely, when our basic needs go unmet as children, we often struggle with DISTRUST and INSECURITY.

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Satan Doesn't Play Fair

When suffering unmet needs, we often make *bitter judgements* and *inner vows* (subjects of upcoming session):

"I don't need anything."

"I'll never trust men."

"There's no such thing as love."

When we have unmet needs, Satan seeks to be the "counterfeit father" and "help us" get our needs met - in sinful ways that wound us all the more.

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OBEY YOUR THIRST

Our heart needs are an internal THIRST.

Satan want to use our thirst to enslave us to sin - "drinks" that promise to quench but leave us parched.

"Anyone who drinks this [well] water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life." John 4:13-14

My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water. Jeremiah 2:13

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To Be Clear...

We are not to ignore, suppress or die to our heart needs, but rather, to the sinful (or idolatrous) ways we've determined to get our heart needs met outside of God and authentic relationships.

Are we striving to meet our legitimate needs in illegitimate ways?

Even as adults, when needs *are* being met now, we may still operate as if the need isn't met or fear it won't be met again.

Dana's story . . .

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Unmet Needs Can be Challenging to Recall...

Not based on what was said or done to us, but on what was NOT said or done.

Whereas abuse creates painful memories, we have no memories of unmet needs – until we understand our needs and reconsider our childhood.

Our parents may have been kind and not the least bit abusive, yet our basic needs went unmet.
(Life needs vs Emotional needs)



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Neglect...

Neglect is a traumatic experience (our next session addresses trauma).

Neglect can come come in many forms:

- Lack of provision and supervision
- Daycare
- Lack of pursuit (tolerated)
- Parents busy with careers
- Parents support performance-based objectives, but emotions are not shared or discussed (football player)
- Parents' lack of discipline / leniency
- Not having a voice / choice
- Lack of verbal praise (*I'm proud of you. You can do it! We believe in you.*)
- Lack of blessing – calling out of gifts and identity



Orphan Identity

Afraid to fully consider my mother's shortcomings and let myself feel the pain.

Led to true forgiveness and taking responsibly for my own heart responses.

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Gender Specific Heart Question...

BOYS:

Do I have what it takes to be a man?



GIRLS:

Am I lovely (desirable)?



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Unmet Spiritual Needs...

Our spirit needs ongoing nurturance and connection with God, spirit to spirit. Functions of the human spirit:

- (1) Worship
- (2) Sustain and heal the body
- (3) Receive and give life through relationships (God and others)

Our spirit can be weak or strong, warrior vs wounded. Affects every part of our being and our ability to hear from God.

"Broken in spirit" – broken like a pot or a war horse?
The Lord is close to the brokenhearted; he saves those who are crushed in spirit. Psalm 34:18

We must take initiative and make space for spiritual growth.

(Prayer & Handout)

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We cannot give or receive love if we do not know what love is.

1. What did love look like growing up? May or may not reflect God's love.

(Dad – "goodbye" / sex & lust / on-off switch)

2. How does God love us? (mind vs experience)

3. Love Language – what practically refills my emotional "tank"? (Tied to my spirit)

4. Am I appropriating God's love to myself?
(coach and nurturer)

5. God lets us choose - Love respects choice and empowers.

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Homework: Getting Needs Met Now...

1. Recognize what needs we did not receive as children (refer to needs chart).
2. Recognize: how have I been trying to meet, or ignore, that need (or needs)? Repent and...
3. Ask the Lord how He wants to meet your heart needs. Aim to be specific about your heart needs.
4. Receive God's love in response to unmet heart needs and begin renewing your mind to what His love truly is (Soaking & Prophetic Acts). *How does God's love far surpass the imperfect love of our parents?*

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