



Trusting Love to Meet My Needs

I have a God-given need to experience love that offers SECURITY.

God meets this need; He says in His Word (look for other scriptures, too):

“I will never leave you or forsake you.”—Hebrews 13:5

God meets this need with His commitment; God offers us:

- truth,
- the Holy Spirit,
- seasons as examples of change (and struggle/hardship) that is good for growth,
- new growth after fires and floods,
- no condemnation (Romans 8:1),
- rain on the evil and the good,
- a life of freedom—not control,
- forgiveness—not judgement,
- the story of Jesus calming the sea and stopping the storm.

I can choose to experience this love by choosing to:

- trust truth instead of lies,
- trust hope instead of despair,
- trust God’s presence with me—always,
- invest in relationships that are life-giving,
- watch and notice good coming after pain/evil/hardship,
- hope and trust that I can walk the path of restoration with God and others,
- offer hope to others,
- choose not to breathe in lies, anger, fear, judgement (movies, games, social media...),
- be a friend—and a family member—committed to relationships,
- ask for—and offer—forgiveness

I can meet this need with my commitment; I can say to others:

- “I am with you.”
- “I’m not going anywhere.”
- “I’ll stand with you, even in the consequences of what you choose.”
- “Can I remind you your feelings—and your struggles—are not your identity or your destiny?” Ask often: “How am I affecting you?”

I have a God-given need to experience love that offers ACCEPTANCE.

God meets this need; He says in His Word (look for other scriptures, too):

“For God so loved the world, that he gave his only son. that whoever believes in him should not perish but have eternal life.”—John 3:16

God meets this need with offering us unearned love; God offers us:

- Jesus, while we were yet sinners
- the story of the Prodigal Son
- the story of the adulteress woman
- the parables of the lost sheep and lost coins
- acceptance for all
- patience (no time-table for getting it right)
- manna even as the Israelites kept complaining

I can choose to experience this love by choosing to:

- breathe, smile, enjoy being me today, trust my growing up
- be loved, look for God’s kindness
- risk not wearing a mask (pretending to be more or less than I am) or handing one to others
- move toward others—not always connecting on strengths—and also in ways my love is needed
- stand up and care for the marginalized
- stop keeping score in relationships (counting and trading one good thing for another)
- be a friend—and family member—who enjoys demonstrating unearned love for others
- look for beauty and inspiration as reminders of God’s love; share beauty and inspiration, too.

I can meet this need by offering unearned love; I can say to others:

- “It’s ok that everything’s not ok.”
- “Perfection is not the goal; the goal is to keep growing into all that God says you are.”
“Trusting what we can’t yet see is our hope.”
- “It’s good to be me, here with you.”
- Ask often: “How am I affecting you?”

I have a God-given need to experience love that provides ATTENTION.

God meets this need; He says in His Word (look for other scriptures, too):

“Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you?”—Isaiah 49: 15

“Likewise, the Spirit helps us in our weakness.”—Romans 8:26

God meets this need with servant love; God offers us:

- the story of turning water to wine
- the story of Jesus washing the disciple’s feet
- the story of Jesus cooking breakfast for the disciples after his resurrection
- the gift of Joseph to Mary
- this story in Luke 7: 36–50
- the day after day care for the flowers of the fields and the birds of the air

I can choose to experience this love by choosing to:

- receive joyfully acts of service and demonstrations of love from others, even and especially when I don’t “deserve” them
- watch—expectantly—for God’s faithful love in my life
- pray with boldness as a child of the Most High
- joyfully serve others even in my own family, not because they deserve it, but because it’s who I am
- be a friend who reminds others of truth and love and who notices and meets needs
- look for beauty and inspiration as reminders of God’s love; share beauty and inspiration, too.

I can meet this need by offering servant love; I can say to others:

- “How can I help you?”
- “Can I remind you who you really are?”
- “I enjoy helping you.”
- “Working together makes me smile and brings me great joy.”
- “Thank you for letting me love you right now.”
- Ask often: “How am I affecting you?”

I have a God-given need to experience love that provides TRUST.

God meets this need; He says in His Word (look for other scriptures, too):

“Jesus Christ is the same yesterday and today and forever.”—Hebrews 13:8

“For nothing will be impossible with God.”—Luke 1:37

God meets this need with faithful love; God offers us:

- the story of Abraham, when He (God) walked through the torn flesh twice, knowing we couldn't get everything right
- a bigger story than our sin and struggles: Jesus, offering eternity now
- “And we know that for those who love God all things work together for good...”—Romans 8:28
- the story of David defeating Goliath (I Samuel 17:37)
- the gift of the Holy Spirit (John 16:7)

I can choose to experience this love by choosing to:

- embrace humility. Ask for help from trusted others and from God
- pray big prayers of a big God who loves me and cares for me and who never ignores me or looks away
- look for stories of restoration experienced because of love; linger in them. Trust these stories to be my story, too.
- guard my heart from abiding in stories of despair, devastation without hope, lies about God and others
- be a friend who reminds others that God is trustworthy
- live a life that offers others my trustworthiness

I can meet this need by offering faithful love; I can say to others:

- “There is great hope.”
- “Can I remind you God is for us?”
- “Can I remind you God's story is always bigger than the one we can see?”
- Ask often: “How am I affecting you?”

I have a God-given need to experience love that provides DIRECTION.

God meets this need; He says in His Word (look for other scriptures, too):

"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."—James 1:5

"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight."—Proverbs 3: 4-5

God meets this need with his corrective love; God offers us:

- "Follow me." (John 1: 43)
- "He said to them, 'Cast the net on the right side of the boat, and you will find some.' So, they cast it, and now they were not able to haul it in, because of the quantity of fish." John 21:6
- the gift of instructions to Noah when building the ark, to Solomon when building the temple, to Moses when building the tabernacle
- the cloud by day and the pillar of fire by night
- the guidance of the Holy Spirit in us today (John 16:13-15)

I can choose to experience this love by choosing to:

- trust wisdom in ways that demonstrate my trust (do things differently)
- let the love of God and others have its good effect on me
- be willing to go a new way, spend time a different way, invest my energy in fruitful ways
- let others help me
- listen to good music, read life-giving books, transcribe Scripture, paint nature specimens, find a hobby that involves craftsmanship
- look for beauty and inspiration as reminders of God's love; share beauty and inspiration, too

I can meet this need by offering corrective love; I can say to others:

- "Can I offer you a different idea?"
- "Can I point you in another direction?"
- "I remember when I was (lost, confused...) and (a wise family member/friend) helped me see what I couldn't see on my own."

I have a God-given need to experience love that provides PROTECTION.

God meets this need; He says in His Word (look for other scriptures, too):

"...for you shall worship no other god, for the LORD, whose name is Jealous, is a jealous God..."

Exodus 34:14

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."—Galatians 5:5

God meets this need by loving us with "jealous for us" love; God offers us:

- His promise to the serpent in the garden "...he shall bruise you head, and you shall bruise his heel." (Jesus as our victory and protection.)
- His deliverance of the Israelites from slavery in Egypt and His provision of manna in the desert
- His deliverance of Aaron and the remnant of Israelites into the promised land
- the story of the forgiveness of the adulteress woman and the power to "now go—and sin no more."
- the protection of Noah and his family and the animals in the flood

I can choose to experience this love by choosing to:

- receive the strength of new habits: admit, because I love myself rather than in shame, that some of my current habits aren't having a good impact and influence on me
- help another by lending strength for new habits
- spend time and energy on life-giving pursuits and hobbies
- build capacity for life in inspirational pursuits
- look for beauty and inspiration as reminders of God's love; share beauty and inspiration, too

I can meet this need by offering protective love; I can say to others:

- "I love you too much to help you build a habit that won't serve you well."
- "Can I offer a different 'next step' when you feel (hurt, disappointed, angry)?"
- "I remember when I continued to... (Tell a story about when you didn't trust protection.)"
- "I'd love to teach you how to... build, knit, whittle, cross-stitch, play guitar..."

I have a God-given need to experience love that provides SIGNIFICANCE.

God meets this need; He says in His Word (look for other scriptures, too):

“Therefore I intend always to remind you of these qualities, though you know them and are established in the truth that you have.”—2 Peter 1:12

“And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this some from the Lord who is the Spirit.”—2 Corinthians 3:18

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...”—Galatians 5:22

God meets this need by offering us affirmation; God offers us:

- Galatians 3
- the story of Saul/Paul
- the story of Peter
- the story of Zacchaeus
- the story of the Prodigal Son
- stories of redemption and transformation of lives in people we know in this life because of humility and trust in God

I can choose to experience Love by choosing to:

- build my joy strength by seeking out fruitful, life-giving ways to linger in ideas and pursuits when “it is good to be me here with you.”
- help others build their joy strength, too.
- become fluent in returning to joy from every unpleasant emotion, not by performing or hiding or medicating pain, instead by trusting the truth about who God is and who He says I am
- give these things a try—risk love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control without expecting perfection and still being willing to trust and lean in to who God says I am in these ways
- receive these fruits (of the Spirit) when others offer them to me; don’t apologize for needing to grow up but instead own my influence and impact and let others love me well.
- share my story and the hope of my transformation
- listen and journal and talk with others I trust about the destiny God has just for me

I can meet this need by offering affirmation; I can say to others:

- “You can’t see it yet, but I know who you are___.” (state qualities that are not always visible, and yet show themselves to be apparent at times.)
- “Your behavior is not your identity.”
- “Your skill level is not your identity.”
- “Your feelings are not who you are.”

- "Can I remind you who God says you are?"
- "Thank you for risking this (trusting God) life."
- "Can I listen to your dreams?"