Our Deepest Needs

We all have four core needs that can only be met by God.

Those needs are:

1. Acceptance
2. Identity
3. Security
4. Purpose

**ACCEPTANCE**  
**“I am loved and accepted for who I am in Christ”**

God shows his love for us in that while we were still sinners, Christ died for us (Romans 5:8). God’s grace teaches us that we are loved and accepted by God because of what Christ did for us and not because of our good works. Resting in this truth will make us less prone to performance-based living in an attempt to meet our need to feel loved and accepted.

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**IDENTITY**  
**"I am a child of God and a new creature in Christ”**

Knowing who we are is a critical step in the healing process. Father God affirms who we are through scripture where we learn that “in Christ” we are part of God’s family, members of the Body of Christ (the new creature/one new man), ambassadors for Christ, and slaves to righteousness.  
  
**​SECURITY**  
**“I am safe and secure in Christ"**

When we experience unconditional love, we feel safe and secure knowing that we are loved even when we fall short. Fear and anxiety move in when our hearts are not grounded in the love of God. Scripture tells us that there is no fear in love, but perfect love casts out fear (1 John 4:18). Therefore, when we are grounded in the perfect love of God, we feel safe and secure.  
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**PURPOSE**  
**“I have a significant purpose in Christ, and there is a reason for my life”**

Feeling a loss of life purpose can lead to anger, rejection, depression, addictions, and even suicide. God has a purpose and reason for each of our lives. As believers, we are to serve others in love and give our bodies as a living sacrifice to do God’s will. Our purpose aligns with God's will which is to see people saved and come to the knowledge of the truth.