Our Four Core 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 demonstrates his love for us “in that while we were still sinners, Christ died for us” (Romans 5:8). We are accepted and loved by God’s grace through faith in what Christ did for us, not because of our good works. When we seek to have our need for love and acceptance met by another person, or by our level of accomplishment and performance (i.e., performance-based love), it can lead to rejection, codependent tendencies, addiction, bitterness, disappointment, and so on.  
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**IDENTITY**  
**"I am an adopted child of God and a new creature in Christ”**

Knowing who we are is a critical step in the healing process. Scripture teaches us that "in Christ" we have become adopted into the family of God and are part of the Body of Christ. Believers who are rooted in their identity know they are a child of God with a purposed life.  
  
**​SECURITY**  
**“I am safe and secure in Christ"**

God is the only one who can make us feel truly safe and secure. However, if our sense of safety and security is in worldly things (i.e., money, job, house, relationships, health, status, governments, etc.) we will be let down because the things of this world are temporary. When we are eternally-minded understanding that the world and the things of it will eventually pass away - and how that "in Christ" we are eternally secure - our sense of security is then rooted in the things that are incorruptible and eternal.  
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**PURPOSE**  
**“I have a significant purpose in Christ, and there is a reason for my life”**

Once we know who we are "in Christ" then we can begin to understand God's will for our lives. Feeling a loss of life purpose can lead to such things as anger, rejection, depression, addictions, and even suicide. God has a purpose and reason for each of our lives. Our true purpose will align with God's will.