



## IT DON'T HAVE TO BE LIKE THIS! Part 1

**Introduction:** Our heart is the common denominator in every relationship that we have. Through this series we will discover that the Lord is the healer of broken hearts and the Shepherd who supplies every need!

**Message Text:** Psalms 34:18 NIV; Isaiah 61:1 NKJV

### I. Signs of an Emotionally Healthy Person

1. They embrace their identity and they like who they are
2. They can freely give and receive in a relationship
3. They are not overwhelmed if a person does not accept them because their identity has already been securely established and confirmed
4. They establish healthy boundaries
5. They possess an attitude of gratitude
6. They are able to relax
7. They treat others right
8. They live with a sense of purpose

### II. Two Kinds Of Health - The condition of your heart determines the quality of your life.

#### Matthew 22:37-40

1. **Spiritual health** - How we connect with God on a personal level, only God, and relationship with Him, can fulfill our spiritual needs
2. **Emotional health** - Requires meaningful relationships with people we can connect with on an emotional level.

### III. The Life of David - I Samuel 16:8-12 & I Samuel 18:20-26

- A. David had major unmet needs in his childhood

**IV. Emotional Needs** - Deficits and trauma in our formative years can cause dysfunction and trouble in our adult years. The degree to which our emotional needs were met growing up, is the degree of fullness that we entered into adulthood with.

1. **Acceptance - to know that you are loved and valued unconditionally just for being who you are.** When this need is met you will feel secure and confident knowing that you are loved and accepted no matter what.

2. **Affirmation - to be seen as someone who has something significant to contribute to your family or to society as a whole.** When this need is unmet, the lie you are made to believe is that you are not enough and that you will always have to work harder.
3. **Affection - closeness and appropriate physical touch from parents.** When this need is unmet you may struggle with feeling unloved and unwanted as an adult.
4. **Appreciation - to have your accomplishments recognized with gratitude through words of gratefulness and praise.** When this need is not met, discouragement and the desire to quit can set in - believing the lie that “you’ll never please anyone” and “no one cares how hard you work.”
5. **Encouragement - to be urged forward in a positive manner towards reaching a goal.**

**V. We All Have Needs - People respond to unmet needs by:**

1. **Denying Needs** - Can cause one to develop a cold heart and/or close themselves off to others
2. **Neediness** - In danger of sucking the life out of relationships
3. **Living with Unmet Needs** - In danger of being vulnerable to filling the needs for with other things: food, TV, video games, alcohol, sex, drugs, unhealthy relationships etc.

**VI. David’s Response Toward the Later Years of His Life**

- A. “The Lord is my shepherd; I have all that I need.” Psalms 23:1 NLT
- B. “The Lord is my shepherd, I lack nothing.” Psalms 23:1 NIV