



## IT DON'T HAVE TO BE LIKE THIS PART 2

**Introduction:** The condition of our hearts is heavily influenced by our formative years. What we receive in childhood determines what we will carry into adulthood. Through this series we will discover that the Lord is the healer of broken hearts and the Shepherd who supplies every need!

**Series Text:** Psalms 34:18 NIV, Isaiah 61:1 NKJV, and Proverbs 4:23

**A. Having unmet emotional needs** during childhood causes wounds that must be healed in order for healthy relationships to be developed later in life. When these wounds are not healed, the pain caused can cause us to respond in one of these three ways:

1. Overreact
2. Shut Down
3. Disconnect

### **B. Moses' Life**

1. Acts 7:20-29 NLT - Moses was born beautiful before the Lord (so are we all)
2. Exodus 32:15-20 NLT - Moses' reaction to the sin of the Hebrews
3. Numbers 20:8-12 NLT - Moses disobeyed the Lord because of his anger

### **C. Emotional Needs (see part 1 for details on the first 5 needs)**

1. Acceptance
2. Affirmation
3. Affection
4. Appreciation
5. Encouragement
6. **Respect - to be regarded as one who has worth and value.** When this need is met we feel validated and valued.
7. **Security - to have physical and emotional needs recognized and regarded as important.** If this need is not met you may struggle with feeling fearful, insecure, and anxious as an adult.
8. **Support - to feel like someone is helping and backing you up.** If this need is not met as a child, as an adult one may feel easily discouraged, weariness toward living, fear of failure, timid, and insecure.
9. **Attention - to have your parents enter into your world and connect with you on an emotional level.** If this need is not met a person can struggle with poor self image, feeling worthless or overly consumed with appearance.

10. **Comfort - to take time to listen and console instead of only teaching and correcting.** The root of all adult addictions is comfort and the lack thereof.

#### **D. What Does the Bible Say?**

1. John 6:35 NLT - ***You don't have to live a Thirsty Life***
2. Psalms 23:5 NLT - ***You can live in Overflow***
3. Ephesians 3:16-19 NKJV - ***It begins with being filled with the inexhaustible, unconditional, love of God***