

Study E: Letting Christ Satisfy and Fulfill You

*"His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness."
2 Pet. 1:3*

Why: Reasons for the study

- Our culture and much of "Christian counseling" is based on a "needs" philosophy that originated with secular psychologist Abraham Maslow's Hierarchy of Needs.
- He taught that if certain needs go unmet, it is not possible to live at the higher levels of a fulfilled life.
- As long as we believe we have "unmet needs," we will tend to justify/rationalize whatever is necessary to see those "needs" met and/or blame God and others for not supplying them.

What: Principles to grasp

- We have wrongly defined wants and desires as "needs".
- We then believe these "perceived needs" are necessary for our emotional survival.
- Security, love, significance, purpose and fulfillment are not defined in Scripture as "needs," nor are we commanded anywhere to seek these.
- God's definition of needs is whatever is necessary to accomplish His goals of seeking His righteousness and His kingdom, which often includes suffering.
- As we pursue God's goals, we must learn to surrender our unmet "desires" to Him.

How: Path to a changed life

- To change their speech and thinking from "I need" to "I desire," which will help them correct their wrong goal-orientation
- To turn to the resources God has already provided for their emotional/spiritual well-being
- To begin to see suffering as part of God's provision to accomplish His goals
- To understand there are "legitimate" desires, which must be submitted to God's sovereign control. If we believe they are "needs," we will demand that they be met.
- To realize if they are in rebellion, they probably won't experience God's love, acceptance, mercy, grace, which are given to us freely in Christ

Helpful ideas:

- This may be a radical study and new information. It is often new information to your disciple that sex is not defined in Scripture as a "need"!
- You must really drive home the fact that ALL our needs have been met through our relationship with Christ; gently correct them when you hear, "I need _____"
- Explain the *Letting Christ Satisfy and Fulfill You* diagram.

Tools and additional resources:

- *Path of Demandingness* and *Path of Surrender* diagrams are great visuals for understanding these concepts. (ctousa.org/tools/resources/diagrams)
- *Unbiblical and Biblical Goals* diagrams (ctousa.org/tools/resources/diagrams)