

What We Are Looking For is Already Here!

Part 3: Affirmation of Feelings



November 27, 2022

Jeremiah 15:17-19 NLT

I never joined the people in their merry feasts.

I sat alone because your hand was on me.

I was filled with indignation at their sins.

18 Why then does my suffering continue?

Why is my wound so incurable?

Your help seems as uncertain as a seasonal brook,

like a spring that has gone dry.”

19 This is how the Lord responds:

“If you return to me, I will restore you

so you can continue to serve me.

If you speak good words rather than worthless ones,

you will be my spokesman.

You must influence them;

do not let them influence you!

Introduction

1 Peter 2:9 NLT

But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God’s very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.

Ephesians 1:4 MSG

Long before he laid down earth’s foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love.

Deeply Loved

“You are not what is wrong with you. Think about it.

- Some religious traditions begin with the bad news first - you are worse than you think you are.
- And psychotherapy often begins in search of what’s wrong.
- But you are not your addiction. Nor your worst day.
- “Sin” doesn’t tell your whole story, nor does your DSM “disorder.”

You were declared good and bestowed with dignity and worth. You are loved deeply. What may be wrong or problematic right now is not what is most true about you.

And no matter what you’ve experienced or done there is a ring, a robe, sandals and a feast, all declaring your deep worth and the stunning re-

ality that your participation in the story wasn't ultimately up to you anyway...but that you are pursued by a Love that will not let you go."
Chuck deGroat, Western Theological Seminary

Seven Core Desires and Longings

1. Acceptance – to be included, loved, and approved of as you are, no matter what.
 2. Assurance of Safety – to feel safe, protected, and provided for emotionally, physically and financially.
 3. Affirmation of Feeling – to have our feelings affirmed, validated, or confirmed by others.
 4. Affection – to be cared for with gentle touch or emotional engagement.
 5. Access – to have consistent emotional and physical presence of key figures.
 6. Attention – to be known and understood with someone entering your world.
 7. Appreciation – to be thanked, or encouraged for what you have done.
- Free to Thrive by Josh McDowell and Ben Bennett

Jeremiah 2

Jeremiah 2:5

5 "Before I formed you in the womb I knew you,
before you were born I set you apart;
I appointed you as a prophet to the nations."

Jeremiah 2:13

13 "My people have committed two sins:
They have forsaken me,
the spring of living water,
and have dug their own cisterns,

Affirmation of Feelings

"To confess is to tell the truth about everything, not least of which is what I long for."

Curt Thompson MD

Psalms 77:1-2 NLT

I cry out to God; yes, I shout.

Oh, that God would listen to me!

2 When I was in deep trouble,

I searched for the Lord.

All night long I prayed, with hands lifted toward heaven,
but my soul was not comforted.

Isaiah 55:3 NLT

"Come to me with your ears wide open.

Listen, and you will find life.

I will make an everlasting covenant with you.

I will give you all the unfailing love I promised to David.