

Needs

Office Lighthouse Discussion Materials

Needs Chapter 1 - Defined

Needs, we all have them; they are the common denominators among all humans. You have physical needs.

- Your body needs food and water.
- Your body needs sleep.
- Your body needs air.

But you're more than just a body. The intangible part of you, the real you, is your soul and spirit. And just as your body has physical needs, your soul has emotional needs, and your spirit has spiritual needs.

Physical needs are so obvious – no one would deny them; but just as real, though not as apparent, are your soul's, emotional, and intimacy needs, including:

Acceptance	Security	Approval	Respect
Encouragement	Attention	Support	Comfort
Affection	Appreciation		

Spiritually you need:

- Communion with God
- Freedom from guilt and shame
- Forgiveness
- A clear conscience
- Peace
- Love

(Top Ten Intimacy Needs Ferguson and McMinn)

Discussion Questions:

- 1) Do we ever grow out these needs? Can they be met once and for all?
- 2) What is the likely outcome if we deny that we have needs?
- 3) What is the likely outcome if we exalt our needs?
- 4) How does the meeting of needs and the development of transparency and intimacy relate?
- 5) If God created man, why did he create us with physical, "soulish" and spiritual needs?
- 6) Do you acknowledge that those closest to you have needs? Should you be an agent for meeting their needs? If yes how?

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Chapter 2 - Weakness

Unfortunately, in our society we have established a mentality that says, “If you’re mature (or in the case of the male ego, if you’re tough), then you won’t have needs, or at least you won’t admit to having them.”

If you need comforting, there’s something wrong with you.

If you need appreciation, you’re insecure.

If you need support, you’re weak.

If you need security, you lack faith.

If you need acceptance, you have a poor self image.

But to admit that we have needs is not an admission of weakness; it’s a confession of our humanity. We all have needsthat’s the way God made us....and to admit that we have needs is not only truthful, it’s beneficial.

Some teach that the more “mature” we become the fewer needs we have and the less we need each other. This, if taken to an extreme, produces a self-reliant, self sufficient, egotistical, obnoxious “maverick”. (Top 10 Intimacy Needs by Ferguson & McMinn)

Discussion Questions:

- 1) Do you think that you have emotional needs? Which ones?
- 2) Do you ever get impatient with other people when they express their emotional needs? Why?
- 3) Surface relationships are such that we can actually be around people constantly, but still be lonely. Are you “Hydro-planing” through a life of superficial, unfulfilling relationships? If not, who do you know that is?
- 4) Of the following needs, which would be your priority need? Which would be the priority need of your spouse or child or parent? (Acceptance, approval, encouragement, support, affection, security, respect, attention, comfort, appreciation)
- 5) If intimacy is the road we must take to get our emotional needs met, where can we find a safe intimate relationship?
- 6) My God will meet all your needs according to His glorious riches.” (The Bible) How can we tap into God’s supply of riches?

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Chapter 3 - The Majors

Emotional needs can be divided into three major categories:

1. Love and Acceptance:

Everyone needs the security that comes from feeling unconditionally loved and accepted by at least one other individual. A person is incomplete without a sense of belonging and a belief that someone genuinely cares that he or she exists. The problem is that in our experiences, this need is at best only imperfectly met, and in many cases, almost completely unmet.

2. Significance and Identity:

People need a sense of personal significance and identification with someone or something greater than themselves. They need to feel that they are worthwhile and that life is meaningful. But experiences of personhood rejection whether direct or indirect threaten one's sense of personal worth and purpose for living. This can lead to feelings of inferiority and various attempts to earn significance, often based on status.

3. Competence and Fulfillment:

Another universal human need is the sense of competence and fulfillment that comes from the belief that one's life has made a difference and that he or she has accomplished something that will last. This is thwarted by direct and indirect experiences of performance rejection that can lead to feelings of personal inadequacy. Many people seek to validate their worth and find fulfillment through achievement and performance.

Thus, people generally seek to validate their personal worth through appearance, status, and talent. (Ken Boa)

Discussion Questions:

- 1) Of the above three major areas, which seems to you to be your most difficult need to get met?
- 2) We often feel we must earn love and acceptance. Who in your life has directly, or indirectly provided the approval or disapproval in this area?
- 3) Significance and identity needs could be met by finding the right partner, living in the right neighborhood, driving the right car, etc. How are you doing in this area and is it working for you?
- 4) Competence and fulfillment needs often take the form of accomplishments in business, athletics and academics. Which areas have you sought to achieve in and what has been your experience?
- 5) "God has set eternity in our hearts and He alone can fill the void." (The Bible) Is it possible to meet your own needs through accomplishing the three majors above?
- 6) Who do you know that is content? How did they get that way?

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Chapter 4 - Money

Money is an amazing thing. It can bring out the best and the worst in people. Money is neither good nor bad. Yet the pursuit of money motivates us, drives us and can overtake us. Money is more than currency. It often defines our sense of well being, gives us security and significance. It can free us or leave us in bondage.

People are living in master bedrooms that are approximately the size of an entire “50’s tract house”. The 1990’s were really a turning point in American’s life style. Prosperity changed everything. But this prosperity had a downside; more time behind the wheel and writing whopping checks every month to the mortgage banker. (Riches Beyond Belief)

Discussion Questions:

- 1) It is reported that John D. Rockefeller was asked how much is enough? He replied, “Just one more dollar!” How much is enough for you?
- 2) “To be clever enough to get all that money, one must be stupid enough to want it.” (G. K. Chesterton). Could this statement be true? Why or why not?
- 3) How much money would it take to make you feel secure? To give you significance? To achieve success?
- 4) “Those who love money will never have enough. How absurd to think that wealth brings true happiness!” (The Bible) Does your experience with money confirm or deny this statement? Why?
- 5) How do you handle advertising that says you need the latest toy to pamper yourself... possessions are deserved and will make you happy?
- 6) “Money is one of the means to living life fully.” (David Swartz) Do you agree or disagree? Why or why not?

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Chapter 5 - Success

In 1928 a group of the world's most successful financiers met at the Edgewater Beach Hotel in Chicago. The following were present:

- The president of the largest utility company
- The greatest wheat speculator
- The president of the New York Stock Exchange
- A member of the President's Cabinet
- The greatest "bear" on Wall Street
- The president of the Bank of International Settlements
- The head of the world's greatest monopoly

Collectively, these tycoons controlled more wealth than there was in the United States Treasury. For years newspapers and magazines had been printing their success stories and urging the youth of the nation to follow their examples. Twenty-five years later, this is what had happened to these men:

- The president of the largest independent steel company, Charles Schwab, lived on borrowed money the last five years of his life and died broke.
- The greatest wheat speculator, Arthur Cutten, died abroad insolvent.
- The president of the New York Stock, Richard Whitney, served a term in Sing Sing Prison.
- The member of the President's Cabinet, Albert Fall, was pardoned from prison so he could die at home.
- The greatest "bear" on Wall Street, Jesse Livermore, committed suicide.
- The president of the Bank of International Settlements, Leon Fraser, committed suicide.
- The head of the world's greatest monopoly, Ivan Drueger, committed suicide.

Our culture seems to worship success. One might ask if this need is genetic or cultural. Is it really a need or just a want?

Discussion Questions:

- 1.) In this world, the message we hear is that success comes from what we do, what we earn, and what we accomplish. Do you agree or disagree? Does your lifestyle agree or disagree?
- 2.) If we believe the message in question number 1, then life becomes a prolonged struggle to fix everything that is broken and strive for perfection is all we do. We are driven, compulsive and very busy. (Riches Beyond Belief) Do you see the validation of this in your life or the lives of those around you? How so?

- 3.) If success is getting what you want, and if happiness is “wanting what you get”, why are you (and/or so many other people) unhappy, stressed, and depressed?
- 4.) Success is often defined as the achievement of a goal. In life, success is the achievement of many objectives in many areas over a lifetime. Success must be related to our purpose. What are you and those around you giving your lives to and why?
- 5.) “He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.” (The Bible) How might this statement relate to success?
- 6.) Success means many wonderful positive things: success means personal prosperity, a fine home, vacations, travel, new things and financial security. Success means gaining admiration, being looked up to. It means freedom from worries, fear, failure and frustration. (The Magic of Thinking Big – Schwartz) How does your life and lives of those around you measure up? Give examples.

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Chapter 6 - Work

Our society has devised a mind set which holds out the promise that work will give us ... wealth, prestige, esteem, purpose, values, standards, and success. A large part of everyone's day consists of work. Many people would rather be doing something other than their vocation. We struggle at times to go to work on Monday. There is no excitement or eagerness to do so. The vision of retirement is far more appealing than the daily grind. (Riches beyond Belief)

Back of every wasted life is a bad philosophy, an erroneous conception of life's worth and purpose. The man who believes that he was born to get all he can, will spend his life trying to get it; and whatever he gets will be but a cage of spotted mice. The man who believes he was created to enjoy fleshly pleasures will devote himself to pleasure seeking; and if by a combination of favorable circumstance he manages to get a lot of fun out of life, his pleasures will all turn to ashes in his mouth at the last. He will find out too late that God made him too noble to be satisfied with those tawdry pleasures he had devoted his life to here under the sun. (W. W. Tozer)

Discussion Questions:

- 1) I owe, I owe, so it's off to work I go. Is this why you and those around you work? What would you do if you did not owe?
- 2) "What's money? A man is successful if he gets up in the morning and goes to bed a night and in between does what he wants to do." (Bob Dylan) Considering that a large percentage of people are not doing what they want to, how do we get into jobs we don't want to be in?
- 3) "Happy is the man who has work all the days of his life." (The Bible) Many people are working hard, saving for retirement. Considering the above statement, will retirement be more appealing than the daily grind, in your opinion? Why, or why not?
- 4) "Believe big! The size of your success is determined by the size of your belief. Think little goals and expect little achievements. Think big and win big success." (Dr. David Schwartz) Big ideas will require lots of work; in your experience, is it worth it? Why?
- 5) "Think small while dreaming big. The importance of being honest in little things, attention to detail, faithfulness in what is least will not keep us from dreaming." (Mart DeHaan) Will doing our work well meet our needs for work? Do you consider excellence in your work success or excess? Why?
- 6) There are two things needed in these days; first, for rich men to find out how poor men live, and second, for poor men to know how rich men work." (Edward Adkinson) What is the message behind this statement? What can you learn from the poor man? The rich man?