

What are you desiring?

Surface/Distorted/Deceitful:

- Material
- Experiential
- Positional
- Relational

Only God can truly satisfy a deep desire

Deep Desires:

- To be loved, family, connection
- Comfort, Nurture
- Impact, significance
- Honor, respect, understood
- To protect and provide, to be protected and provided for
- To hear “well done”, to come through
- Peace, Rest, home
- To be enjoyed
- Safety
- Beauty and Creativity
- Adventure

4 Levels of the Heart

Choices
Thoughts
Feelings
Desires

What word best describes your feeling?

Happiness

Joy Delighted
Love Gratitude
Excited Thrilled
Happy Surprised

Sadness

Grief Guilty
Hopeless Regret
Depressed Discouraged
Sad Disappointed

Anger

Upset Angry
Jealous Disgusted
Irritated Frustrated
Furious Exasperated

Loneliness

Abandoned Rejected
Neglected Excluded
Isolated Lonely
Awkward Empty

Fear

Panicky Afraid
Vulnerable Worried
Overwhelmed Anxious
Horrified Terrified

Hurt

Devastated Embarrassed
Humiliated Mistreated
Criticized Wounded
Judged Shamed

