



16 Ways God Meets our Emotional Needs

Have you ever wondered how a God who is spiritual can meet our needs that are emotional? Here's a glimpse of the needs we have as women and how God is the Only One who satisfies:

The Lord meets our needs for:

Unconditional love: "Nothing" will be able to separate us from the love of God! (Romans 8:39, NIV)

Understanding: "You perceive my thoughts from afar." (Psalm 139:2, NIV)

Security: "Never will I leave you; never will I forsake you." (Hebrews 13:5b, NIV)

Comfort: "God comforts us in all our troubles." (2 Corinthians 1:3, NIV)

Someone to "be there": "Where can I go from Your Spirit? (everywhere I go) you are there." (Psalm 139:7-8, NIV)

Wanting to be cherished: "How precious to me are your thoughts, O God!" (Psalm 139:17, NIV)

Tenderness: "He heals the brokenhearted and binds up their wounds." (Psalm 147:3, NIV)

Someone to believe in me: "He who began a good work in you will perfect it!" (Philippians 1:6b, NASB)

Purpose: "He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago." (Eph. 2:10b, NLT)

Peace of mind: "Let your requests be made known and the peace of God shall guard your hearts and your minds." (Phil. 4:6b-7, NASB)

Confidence: "I can do all things through Him who strengthens me." (Philippians 4:13, NASB.)

"Safe" Communication: "Trust in Him at all times; pour out your heart before Him: God is a refuge for us." (Psalm 62:8, NASB)

Hope: "For I know the plans I have for you; plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11, NIV)

To be completely known: "(Thou) art intimately acquainted with all my ways." (Psalm 139:3, NASB)

Stability, protection: "He alone is my rock; I will never be shaken." (Psalm 62:2, NIV)

A forgotten past and a fresh start: "If anyone is in Christ, he is a new creation; the old has gone, the new has come!" (2 Corinthians 5:17, NIV)



Cindi McMEnamin is a pastor's wife, mother, and national speaker who learned early on in life that God is the Only One who satisfies. She is the author of several books on intimacy with God, including *When Women Walk Alone*, *When God Pursues a Woman's Heart*, and *Letting God Meet Your Emotional Needs*. For more on Cindi's books and ministry, see her website: www.StrengthForTheSoul.com.