

At the River with Jesus

**“And my God will meet all your needs
according to the riches of his glory in Christ Jesus.”
Philippians 4:19**

On the following page you will find a list of statements illustrating how Jesus meets our basic human emotional needs. Each of us has all these needs, but for each of us the list would be in a different order depending on our personality and life experiences.

Go through the list and ask yourself which needs are most compelling for me right now? Meditate on the verses. What truth can you glean from them?

Imagine you and Jesus sitting on the banks of a river. Your feet are bare, the rushing water is cooling and cleansing. The trees above dapple the sparkles from the sun. The rocks beneath the water are smooth and shiny.

Turn to Jesus and tell him about your struggle. Ask him to be there for you in this need you have. Picture how that will look to you. Imagine the love in Jesus’ eyes as he listens to you. You have his undivided attention.

As you finish asking your questions, Jesus will smile, and you know in an instant that he was just waiting and hoping that you would ask. And you will know deep in your soul that your request has been granted.

It’s what he wanted to give you all along.

...because U count, deb

He accepts you: Jeremiah 1:4-10	He acknowledges you: Psalm 62:12, Isaiah 43:4
He admires you: Proverbs 4:9	He finds you capable: Isaiah 65:23, Proverbs 4:12
He appreciates you: Isaiah 64:3	He challenges you: John 16:33, Romans 12:21
He approves of you: Proverbs 4:8	He finds you competent: Isaiah 54:15, Proverbs 2:7
He forgives you: Isaiah 1:18; 38:17; 46:22	He gives you confidence: Isaiah 45:2-3, Psalm 16:3
He sets you free: John 8:32, Galatians 5:1	He allows you to be helpful: John 6:28-29
He hears you: Isaiah 30:19	He gives you responsibilities: Proverbs 4:26, Jeremiah 1:4-10
You are important to Him: Isaiah 64:4	He gives you power: Isaiah 40:29-31
He loves you: Proverbs 8:17, John 3:16, 1 John 3:1	He makes you productive and useful: Isaiah 46:10-11
He recognizes you: Isaiah 54:17	He trusts you: Matthew 25:21,23
He asks you to be forgiving: Luke 6:27, Matthew 6:12, 14	He believes in you: Jeremiah 1:4-10
He fulfills you: Isaiah 65:13-14	He cares about you: Isaiah 49:13; 54:8
He helps you: Isaiah 40:11, 44:2, 57:14	He clearly instructs you: Isaiah 33:6
He includes you in His plans: Isaiah 57:15d, Jeremiah 29:11	He needs you: 1 Peter 4:10, Joshua 22:5
He listens to you: Isaiah 65:24	He allows you privacy: Psalm 17:8, Psalm 18:1-2
He notices you: Isaiah 49:15-16	He reassures you: Isaiah 41:10, 1 Peter 5:7
He respects you: Isaiah 45:4	He keeps you safe: Isaiah 43:2,5; Proverbs 1:33
He understands you: Proverbs 1:1-7	He supports you: Isaiah 33:2; 46:3-4
He values you: Isaiah 43:4	He treats you fairly: Isaiah 45:19, Proverbs 2:8
He counts you worthy: Isaiah 44:21, Jeremiah 1:4-10	He understands you: Psalm 139:23