

Longing

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MOVE FROM DEMAND TO VULNERABLE DESIRE

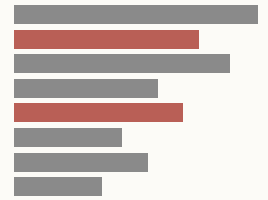


TABLE OF DECISION / HOT SEAT

LOVE
SAFETY
BELONGING
MEANING



Longing names the good desire beneath the self-protective way we tried to secure it.

Good Questions

- What did you really want?
- What were you longing for?
- What good desire was underneath your reaction?
- How can you reframe the demand as a desire?
- What did you hope the other person would understand about you?
- How were you wanting to be seen?
- What felt so necessary that you tried to get it for yourself?
- What were you longing to receive that felt out of reach?
- What would have helped you feel safe, welcome, loved, or able to rest?
- What did the relief promise to give you?
- If Jesus met you in that exact place, what would you want to ask Him for?

Rules of Thumb

- Longing is a deep personal desire; it is not automatically sinful.
- Demand is what happens when we insist that God, people, or circumstances must satisfy the longing on our terms.
- Use language that feels vulnerable and human, not abstract.
- Do not rush past longing into advice or correction.
- Longing prepares the heart to listen to Jesus with open hands.

REMEMBER

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