

Philip K. Hardin, M.A., M. Div.
President of Business & Professional Outreach, Intl.
Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach
563 Johnson Avenue - Fairhope, Alabama 36532 OR 1755 Lelia Drive – Suite 105 – Jackson, MS 39216
Email: phil@bpointl.org - **Website**: www.bpointl.org & www.hardinlife.com - **Phone**: 601-925-0707

DATE: March 23, 2026 - Series: Desire: What Do You Want? **Title:** The 7 Desires.

Summary: We are people of longing from the beginning.

Resource: *The Journey of Desire* by John Eldredge. *The Seven Desires of Every Heart* by Mark & Debra Laaser. *The Soul of Desire* by Curt Thompson.

DESIRE: C.S. Lewis said, "Our problem is not that we desire too much, but that we desire too little. Our appetites are not too big; they're too small. Desire was given to us as a good and holy gift. Underneath all our longings is the desire to be known—and what's more, that this fundamental yearning manifests itself in our deep need to make things of beauty, revealing who we are to others. Desire and beauty go hand in hand. But both our craving to be known and our ability to create beauty have been marred by trauma and shame, collapsing our imagination for what God has for us and blinding us to the possibility that beauty could ever emerge from our ashes. This study will offer a powerful picture of the capacity of the believing community to reshape our imagination, hold our desires and griefs together, and invite us into the beauty of God's presence.

Desire: The 7 Desires.

1. To Be _____ Hearing someone involves hearing someone's heart—hearing their feelings. Being heard is part of being known. Psalm 77:1-2; Isaiah 55:3.
2. To Be _____ Approval of who we are and what we do is important. When we live without affirmations or with lots of criticism, we develop self-doubt and guilt … which leads to anxiety. Lack of affirmation often manifests in lying or perfectionism.
3. To Be _____ To be blessed is to be acknowledged as a special person. Lack of blessing can make us feel shameful about who we are. Results of lack of being blessed can be silently angry or sad, feeling like a victim, or martyrdom – belief that "I'm on my own."
4. To Be _____ To be free of all fears and anxieties allows us to be free to explore the world and take risks. God invites us to trust him for our safety. Psalm 55:22; Matthew 6:27
5. To Be _____ We desire to be touched sexually and non-sexually. Touch is critical for our welfare. Matthew 8:11; 9:20-22.
6. To Be _____ We all desire to be selected by someone to be in a special relationship. You feel desired. John 15:16; Luke 15:11-32.
7. To Be _____ We long to belong. This desire is about community. We long to be part of something bigger than ourselves. It helps us to feel that we are not alone and gives us a sense of well-being. This desire starts with being included in our family. Mark 9:37; Romans 12:5,6.