

Episode 2: How We Are Made Podcast Highlights

"Answer To Life:

Do you like me? I Like You.

Circle 'Yes' or 'No'"

The brain is always asking, "Are you safe?" and "Do you care?"

["The Perfect Loss" by Chip Dodd](#)

Quote from Chapter 3, p. 51

I don't see...so that I won't feel...so that I won't wind up being needy...so that I won't wind up trusting that someone is going to risk or be with me in the midst of that...and then also I can't talk about what is actually happening inside me.

Redemption, restoration, recreation, and recovery are real and can occur at any time. As long as there is breath, there is hope.

God's first question is "Where are you?" **Genesis 3:9**

We are designed by God to be needy. Our hearts are bigger than our biochemistry.

Neediness is the key that unlocks the treasure trove of God's blessings in our lives.

"The LORD is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who hear him; he hears their cry and saves them." **Psalms 145:18**

"The LORD upholds all who fall and lifts up all who are bowed down." **Psalms 145:14**

"...the word is very near you; it is in your mouth and in your heart so you may obey it."
Deuteronomy 30:14

We are feeling creatures who can think, NOT thinking creatures who have to feel.

The heart takes precedence over everything.

Virginia Apgar

Apgar Score

Will the baby cry out...feel? (feelings)

Will the baby reach out their hands to the person they are looking for? (needs)

Will the baby crave?

Babies come out of the womb looking for who is "looking" for them. They come out craving emotional and spiritual connection with their caregiver (usually their mother) before they ever seek biological food. They don't come out of the womb seeking milk. They come out of the womb seeking the sustenance of emotional and spiritual connection to the being of another person. They come out craving relationship and connection.

Ask . Seek . Knock

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”

Matthew 7:7-8

Ask - articulate the feelings, needs, desires, and longings of your heart (a cry out.)

Seek – (a reach out.)

Knock – (crave.)

“And he said: ‘Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.’” **Matthew 18:3**

8 Feelings – Sad, Hurt, Fear, Anger, Shame, Guilt, Lonely, Glad

Spiritual Root System – Feelings, Needs, Desire, Longings, Hope

You can’t change yourself. You have to admit the need for change and surrender to The Changer. So, you have to make yourself vulnerable to becoming yourself again.

Confession means to admit that I’m human.

[“Needs of the Heart” by Chip Dodd](#)