



How to Deal with Unmet *Desires* & Satisfy Your *Heart*

A Resource from
Kindred*Soul* Counseling

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Introduction

“If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world.”

About this Study

When is it wrong to want what you want? How do you deal with the disappointment of not getting what you want? Often times when our desires go unmet we face frustration, worry, and disappointment. In this 6 day study we are going to closely examine desires and how they impact our lives and relationships.

We'll look at:

- a Biblical view of desires
- the difference between a good desire & a sinful demand
- how to overcome idolatry
- the process of embracing God

DAY ONE
WHEN DESIRES
BECOME
DEMANDS

When Desires Become Demands

Desires we value and treasure in our hearts can often become demands. We turn good desires into sinful demands when we believe we cannot be satisfied or fulfilled without them. When we come to see our desires as something we need in order to be truly happy, we will begin to live for those above all else. We face frustration and disappointment when these desires we've turned into demands go unmet. Read James 4:1-3:

- “What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.”

Application

Think about a time recently when you got angry or frustrated.

What were the circumstances? What was your desire?

Read over the example statements. Then reflect on times this week or today that you've turned good desires into sinful demands.

Example Statements

- "I do so much for them, all I want is a little gratitude."
- "If only I could have a relationship like that - then I'd be happy."
- "Why can't they treat me with a little respect? I've earned it."
- "I've been working hard all week, I deserve a little time to myself."
- "It's not like I ask for a lot, couldn't he spend a little time with me."
- "I just want to make my own decisions."
- "Why does she always get her way? What about me?"
- "If they would just listen to me, they would understand."

Times I Have Turned Good Desires into Sinful Demands

Reflect on times this week or today that you've turned good desires into sinful demands. Write these down.

DAY TWO
DESIRES WE
TURN INTO
DEMANDS (LUSTS)

Desires We Turn Into Demands

Most of the things we desire are not wrong to want. For example, it is not a sin to want affection, however, when we move from simply wanting affection to being willing to sin to get it or sin when we don't get it, we have elevated this good desire into a sinful demand. The Bible calls these sinful demands lusts. Read James 1:14-15:

- “But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.”

Application

Which desires have you turned into sinful demands? Look over the list and write down or circle all that apply.

- Security
- Acceptance
- Approval
- To be understood
- Comfort
- Respect
- Getting your way
- To be loved
- Affection
- Happiness
- Pleasure
- To be admired
- To be viewed as Competent

DAY THREE
SATISFYING OUR
SINFUL DEMANDS

Satisfying our Sinful Demands

We use people, things, and circumstances as avenues to satisfy our sinful demands/lusts. This is idolatry. An idol is anything we put in place

of God in order to satisfy the lusts we crave. When we are consumed with our own lusts we will not see people, things, and circumstances as opportunities to love God and others, but as mere avenues to serve our sinful appetites. Yet, the truth is that even if we get what we want, we will never be satisfied. We will always want more from our idols.

This brings about worry, anger, and depression: we worry we will lose the thing giving us what we want; we feel anger and frustration when our idols fail to give us what we want; we feel an overwhelming sense of depression at the thought that we will never get what we want or that what we get is not enough to satisfy us. Read Proverbs 27:20b:

- “...Nor are the eyes of man ever satisfied.”

Cycle of Sinful Demands

- Desire (something we want; not wrong until it turns into a demand)
- Demands/Lusts (what we are willing to sin to get or sin when we don't get)
- Idols (avenues we use to satisfy our sinful demands/lusts)

Leads to (worry, anger & depression as we are always preoccupied with whether or not the idols are giving us what we want)

Application

What idols have you been using to satisfy your sinful demands/lusts? Look over the list and write down or circle all that apply.

- People
- Relationships
- Positions
- Possessions
- Money
- Medicine
- Control
- Conversation
- Politics
- Educations
- Entertainment
- Sex
- Social Media

DAY FOUR
EVALUATING
YOUR OWN
HEART

Application

Use these questions to evaluate yourself and see where you are allowing good desires to become sinful demands/lusts?

- What did you want or expect to happen today?
- What desire(s) would this fulfill in your life?
- What ways did you sin in thoughts, words, or actions to get what you wanted?
- What were your attitudes & actions like towards God & others as a result of getting what you wanted today?

- Who/what did you want it from or expect it to come from?

- Answer: If only (blank), then I would be happy & satisfied.

- What ways did you sin in thoughts, words, or actions when you did not get what you wanted?

- What were your attitudes & actions like towards God & others as a result of not getting what you wanted today?

Words

- What topics consume your conversations during the day?

- How much of your time was spent speaking about what you wanted?

Actions

- Were your actions towards others today based primarily on how you felt or what God commanded?

- Were your choices self-centered or God-centered today?

DAY FIVE
EMBRACING
GOD

Embracing God

- “Sin is what you do when you’re not satisfied in God.” - John Piper

The process of moving away from living to satisfy our sinful demands begins with assessing what we believe about God. All of our sin struggles are rooted in our failure to embrace God properly according to who He really is. For example, if we truly believed that God is enough and that He is doing enough in relation to our lives, would we complain about our circumstances as much as we do? Our view of God determines how we think and live in relation to Him and others.

Application

Think about the sinful demands/lusts you struggle with. Which attribute(s) of God do you need to embrace in relation to those struggles? Review over the chart on the following page and then write down an attribute of God. Spend time focusing on embracing that attribute today.

Write down an attribute of God (from the chart) to focus on embracing today:

Embracing God

ATTRIBUTE OF GOD TO EMBRACE	HOW EMBRACING THIS ATTRIBUTE AFFECTS MY THINKING	HOW EMBRACING THIS ATTRIBUTE AFFECTS MY RELATIONSHIP WITH GOD	HOW EMBRACING THIS ATTRIBUTE AFFECTS MY RELATIONSHIPS WITH OTHERS
Supreme—He is first & foremost before all things; all created things were designed to reflect the greatness of God; His glory is our goal. <i>Colossians 1:15-19</i>	I exist for His glory. <i>Romans 11:36</i>	Live for the audience of God alone, put God first. <i>1 Corinthians 10:31</i>	Consider God's glory, not your personal gain when relating to others. <i>Philippians 2:1-4</i>
Sovereign—God controls all things; nothing happens unless God allows it or ordains it; He upholds all things by His power. <i>Ecclesiastes 7:13-14</i>	My life is in the hands of God and He has it under control. <i>Ecclesiastes 9:1</i>	Trust God with all your heart by focusing on what you are called to do and stop trying to play God with your circumstances. <i>Proverbs 3:5-8</i>	Stop trying to control what others think, say, and do in relation to you or with anything and accept your role under God with them. <i>Matthew 22:34-40</i>
Sufficient—God is enough and He is doing enough in relation to my life. <i>Psalms 145:17-21</i>	God is enough and He is doing enough for me. <i>Psalms 73:25-28</i>	Enjoy what God provides without complaining about what you do not have. <i>Philippians 4:10-14</i>	Give to others knowing God will supply your needs. <i>Luke 6:30-36</i>
Holy—God is unique and set apart from sin while dedicated to His Glory. <i>Isaiah 6:1-4</i>	I must be in the world but be set apart for Christ. <i>1 Peter 1:13-16</i>	Present your body as a living and holy sacrifice to God. <i>Romans 12:1</i>	Treat others as precious and valuable to God. <i>1 Thessalonians 4:1-8</i>
Loving—God seeks the highest good of others; gives Himself for the good of others; gives Himself to be a blessing to others. <i>Romans 5:8-11</i>	God is always looking out for me no matter what happens. <i>Hebrews 13:5-6</i>	Live to be a blessing to God. <i>1 Corinthians 10:31</i>	Bear burdens and meet others needs. <i>Galatians 6:1-2; Titus 3:14</i>
Wise—He knows and works the best course of action to bring about His greatest glory and our greatest good. <i>Job 9:4-12</i>	God knows how to bring about the best results for my life. <i>Romans 8:28-39</i>	Listen to God and follow Him accordingly. <i>Ecclesiastes 5:1-2</i>	Listen to others with the intent to learn what to do or what not to do accordingly. <i>Proverbs 18:15</i>
Gracious—Showing favor, being of benefit, and being generous to people who deserve punishment without them having to earn it or work for it. <i>Ephesians 2:8-10</i>	I will receive blessings that I don't deserve because of my relationship with God. <i>Psalms 103:1-8</i>	Give thanks to God and enjoy what He provides. <i>1 Thessalonians 5:18</i>	Be kind and beneficial to people who don't deserve it. <i>Luke 6:30-36</i>
Faithful—God will always be true to His Word; He will always do whatever He says or promises. <i>Numbers 23:19</i>	The Lord will never leave me nor forsake me. He will always be there. <i>Hebrews 13:5-6</i>	Serve God faithfully while continuing to wait on His return. <i>1 Corinthians 15:58</i>	Be faithful to others according to the level of the relationship. <i>Proverbs 27:6</i>
Merciful—Not giving people the punishment they deserve. <i>2 Samuel 24:14-25</i>	God shows me leniency when He shouldn't. <i>Psalms 103:9-10</i>	Respond to God with thanksgiving in view of His mercy. <i>2 Corinthians 7:10-11</i>	Show others mercy without diminishing their sin. <i>Romans 12:17-18</i>
Forgiving—God cancelled the debt owned by sin; He will not hold sin against us. <i>Psalms 103:1-14</i>	God will always forgive me if I ask for it. <i>1 John 1:9</i>	Confess sin to God accordingly. <i>Psalms 32:1-5</i>	Forgive others as you have been forgiven by God. <i>Matthew 18:21-35</i>

DAY SIX
MAKE THE
CONNECTION

Make the Connection

Step one: Identify

Identify unmet demands/desires and avenues used to satisfy those demands/desires & then evaluate your thoughts, words and actions.

- Example: sinful demands/lusts - acceptance; idol - people (this could also be a specific person, or maybe you are seeking out acceptance in guys, friendships, etc. the more specific you can be when identifying the better) — Use the chart and questions to help you do this.

Step two: Confess

Confess and repent sinful demands/lusts and sinful thoughts, words & actions.

- Example: "Lord, I confess my desire for acceptance and for using people to gain this acceptance. Please forgive me for seeking out others acceptance above You. Help me in my thoughts, words and actions to better love You and others."

Step three: Replace

Replace sinful demands/lusts with God-centered desires by focusing on God.

- Example: I need to embrace the reality that God is Sufficient instead of trying to seek acceptance from other people in my life. God is enough and He is always doing enough for me. I'll read and reflect on Psalm 73:25-28 this week to help remind me of this truth.

Resource Guide

Concepts covered in this study have been adapted from the following:

With All Your Heart? Identifying and Dealing with Idolatrous Lust - by Dr. Nicolas Ellen; Expository Counseling Center; available on Amazon

The Peacemaker: A Biblical Guide to Resolving Personal Conflict - by Ken Sande; Baker Books; available on Amazon & ChristianBook

About *Us*

We exist to offer Gospel-centered soul care for women seeking spiritual and emotional support at any stage of life. We believe that the Bible speaks into our struggles, and in certain seasons of life, each of us may need the careful encouragement and wisdom of another to help us make the connections between Scripture's truth and our human experience.

Spiritual and Emotional
Support / “Bear one another’s
burdens, and so fulfill the law
of Christ. Galatians 6:4 / A
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