

KEY #1 - EIGHT CORE THIRSTS EXERCISE

Taken from Michael John Cusick, "Surfing for God," Chapter 3: "Insatiable Thirst."

Now on the last day, the great day of the feast, Jesus stood and cried out, saying, 'If anyone is thirsty, let him come to Me and drink. He who believes in Me, as the Scripture said, "From his innermost being will flow rivers of living water."' -- **John 7:37-38 (NASB)**

"All of these core thirsts are God-given appetites and longings. When they are suppressed, cut off, or shut down, we resemble an Indy car running on four cylinders. Because of this, we fail to live from our hearts. To run on 12 cylinders, we need to acknowledge that we are thirsty and identify what our thirsts are." Why? Because only when we identify them will we begin moving toward those desires according to God's design (Excerpt from: Surfing for God by Michael Cusick pg. 31). The world is really good at appealing to these desires (try and spot it when you see commercials, movies, online ads, etc.)

Place a number from 1 to 8 on the line to the left. Assess each of the eight core thirsts by placing the #1 beside the thirst you currently most crave or yearn for, and the #8 beside the one that you hunger for the least (tip: what do you desire/enjoy the most/least in a best friend, group of friends, family or spouse...or one that you want in the future)?

_____ **1. Attention**—I long for people to like me. I long for your embrace.

_____ **2. Affection**—I long to be enjoyed & delighted in. Also, to take pleasure in who I am.

_____ **3. Affirmation**—I long to know I have what it takes. I long for your blessing.

_____ **4. Acceptance**—I long to belong. I long to be desired.

_____ **5. Satisfaction**—I long for fullness. I long for well-being.

_____ **6. Significance**—I long for impact. I long for meaning. I long to be powerful.

_____ **7. Security**—I long to know I will be okay.

_____ **8. Adventure**— I long to experience new frontiers/the unknown

KEY EXERCISE #2

Where might I be going to have my core desires fulfilled and why? The 5T Test can give us insight on this. Don't overthink it. This is a good test to revisit and pass onto others as a discipleship tool.

Take a moment to think about an answer to the following questions. You can write it down if that is helpful.

5Ts Test

1. Time - When I have free time, I usually do this? _____
2. Treasure - What do I spend extra money on? _____
3. Talents - How do I often use my skills and talents? _____
4. Thoughts - What do I think about the most? _____
5. Talk - What do I get most excited about discussing? _____

Key Questions after Exercises #1 and #2

Key #1 - Identify Core Desires - What are my core desires/thirsts? How am I trying to satisfy them? How can I satisfy them with Jesus?

Key #2 - Based on the **5Ts Test**, what is my greatest potential idol or very good thing? Where is my relationship with Jesus when it comes to that thing? What is the main core desire that I am trying to fulfill with that thing and why?

Key #3 - Deepen Your Relationship with Jesus...

1. What are ways I can include Jesus in my daily life/activities?
2. How can I give Him the opportunity to satisfy my core desires?

KEY PRAYERS (General framework, but you can put it into your own words).

Pray - Our Calling - Know Christ (*John 17:3; Psalm 139*), Make Him Known (*Matt. 28:16-20; Romans 1:16*), and Help Others Do the Same (*2 Tim. 2:2*).

Reveal

Jesus, show me the potential idol in my life, the false promise (lie) that the idol can satisfy my core desires and how I can find satisfaction in You on a daily basis. (*Jeremiah 2:13; John 4; Psalm 62:8; Matt. 28:20; John 10:27*)

Forgiveness, Power and Desire related to the area of sexuality

Lord, forgive me for _____, and help me keep you at the center of my life, and help me deepen my relationship with You. Satisfy my core thirsts/desires. Give me the power and the desire to know you, live life with you and live for you (*1 John 1:9; Philippi. 2:13*).

Discipleship (Friendship with spiritual intentionality)

Lord, help me make it a priority to help someone in these areas, and help give them a vision to help others in this way (*Matt: 28:16-20; 2 Tim. 2:2*)

Resources

Pure Desire/7 Pillars of Freedom by Dr. Ted Roberts - An in-depth study of Biblical sexual health and framework for leading a men's group for healing, discipleship, and accountability. I recommend the book, workbook, and journal for men called to shepherd those suffering from the wounds of sexual sin—both direct (offender) and indirect (victim). If meeting weekly, it requires about 9 months to complete and steady devotion from the participants.

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The Purity Principle by Randy Alcorn - A very short and easy-to-read book. I recommend this for new believers growing in their knowledge of Biblical holiness and purity.

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Holy Sexuality and the Gospel by Dr. Yuan - Book that provides solid doctrine on Biblical sexuality with specialized advice for reaching those with same-sex attractions for Christ

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A.N.T.H.E.M. by John Piper. This is my favorite acronym for practicing spiritual discernment and warfare against sexual temptation. Each letter has a reminder:

- AVOID carnal influences
- Say, "NO!" in the name of Jesus
- TURN away and to Jesus
- HOLD onto His promises
- ENJOY Him!
- MOVE! Do not remain idle.

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H.A.L.T. - Another helpful self-assessment tool to recognize moments when we're susceptible to temptation

- HUNGRY
- ANGRY
- LONELY
- TIRED

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Why Live Today Freedom Resources (Bible Apps, Bible Verses, Books Websites, Recovery Programs, Prayers, Software, Exercises and Practices) -

<https://whylivetoday.com/freedom-resource-guide/>

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Why Live Today - Freedom From Addiction and Loneliness Video Series -

<https://youtube.com/playlist?list=PL56UdUkKOoaKHwtLZmm4mt7Rzf6Q0TQC4>