

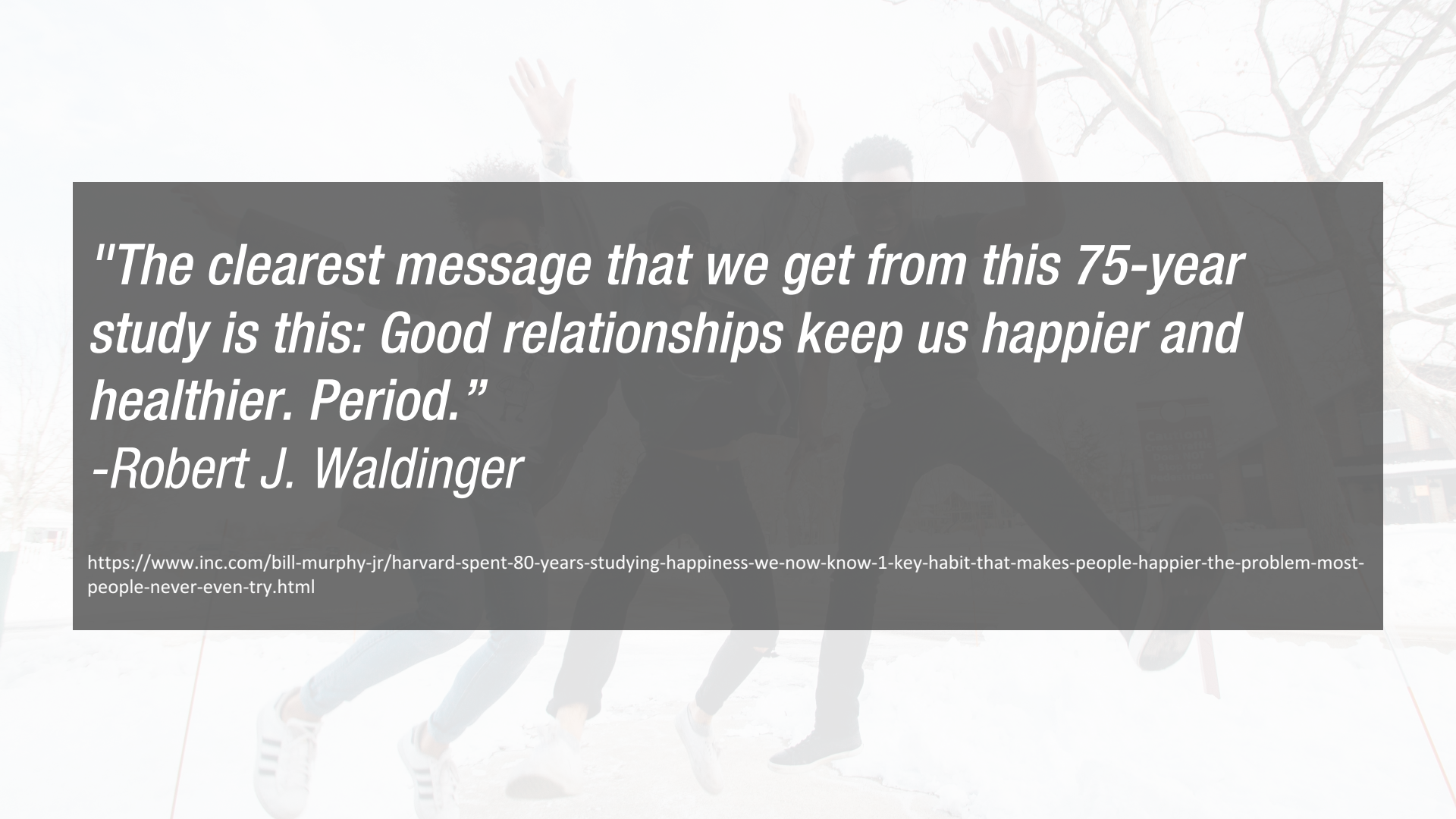
A photograph of three people standing on a rooftop, looking out at a city skyline during sunset. The scene is bathed in warm, golden light. The people are seen from behind, leaning on a light-colored railing. The person on the left has long dark hair and is wearing a dark top with a light-colored jacket draped over their shoulders. The person in the middle is wearing a light-colored t-shirt and a cap. The person on the right is wearing a dark t-shirt. The city skyline in the background features various buildings and structures under a hazy, orange sky.

# THE SEVEN LONGINGS OF THRIVING

A PREVENTATIVE & RESTORATIVE  
APPROACH TO UNWANTED SEXUAL BEHAVIOR

**RESOLUTION**

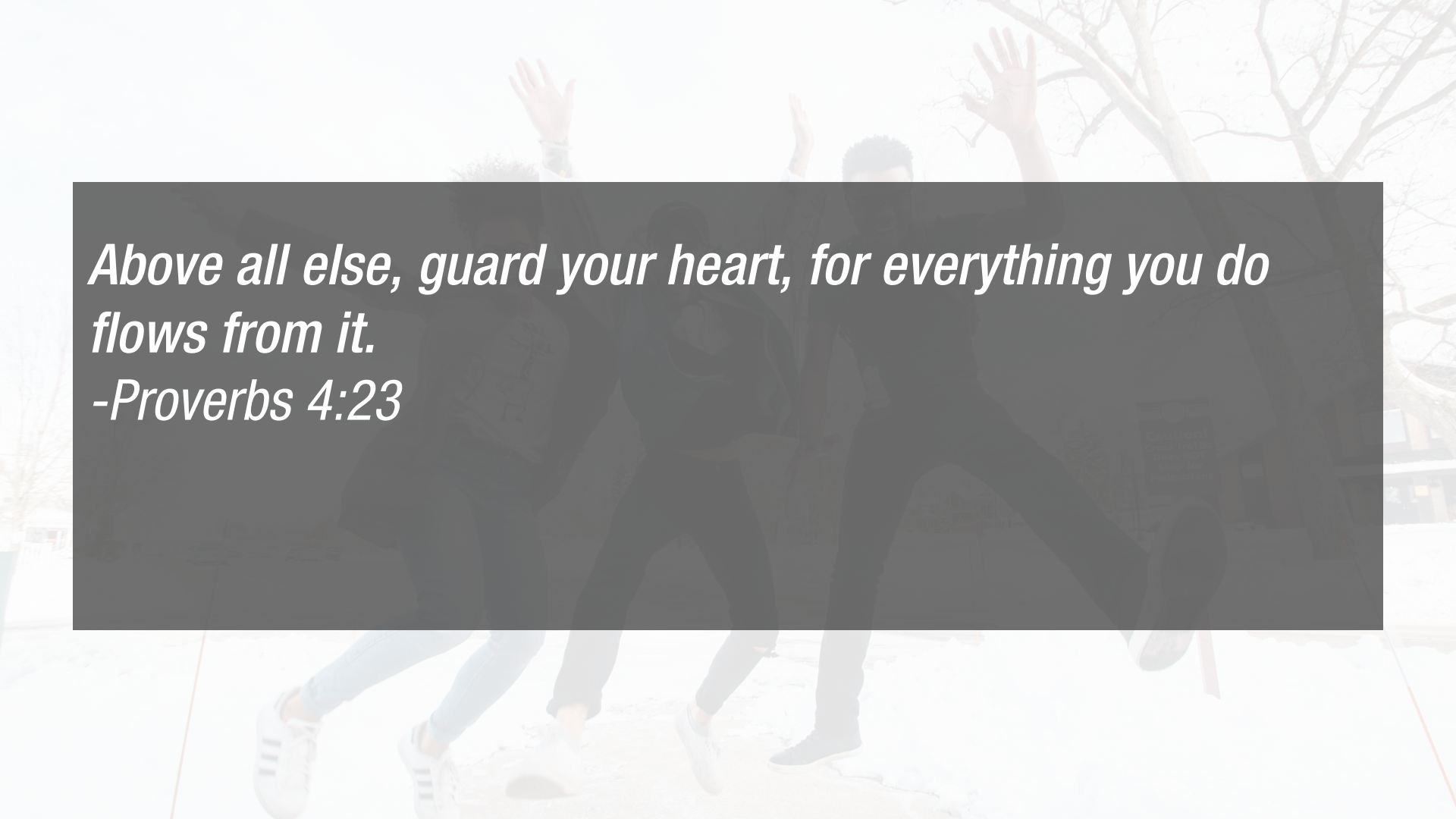
**jm** Josh McDowell  
A CRU MINISTRY



*"The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period."*

*-Robert J. Waldinger*

<https://www.inc.com/bill-murphy-jr/harvard-spent-80-years-studying-happiness-we-now-know-1-key-habit-that-makes-people-happier-the-problem-most-people-never-even-try.html>

A group of people in winter clothing are running in a snowy field. Their arms are raised in the air, suggesting a joyful or energetic activity. The background shows bare trees and a bright, overcast sky. A dark grey rectangular box is overlaid on the image, containing white text.

*Above all else, guard your heart, for everything you do flows from it.*

*-Proverbs 4:23*



# THE SEVEN LONGINGS

**Acceptance** - to be included, loved, and approved of as you are, no matter what.

(Romans 15:7, Titus 3:5, 1 John 3:1)

A group of people are running in a snowy field, their arms raised in celebration. The scene is bright and festive, with snow on the ground and trees in the background. The text is overlaid on a dark grey rectangular background.

# THE SEVEN LONGINGS

**Appreciation** - to be thanked or encouraged for what you have done.

(2 Timothy 1:3-5, 2 Corinthians 9:13-14, 2 Samuel 2:6)



# THE SEVEN LONGINGS

**Affection** - to be cared for with gentle touch or emotional engagement.

(Romans 16:16, Matthew 19:13, Ephesians 4:29, Colossians 3:12)



# THE SEVEN LONGINGS

**Access** - to have the consistent emotional and physical presence of key figures.

(Psalm 73:23, John 1:14, Exodus 25:8, Isaiah 41:10)



# THE SEVEN LONGINGS

**Attention** - to be known and understood with someone entering your world.

(Psalm 139:1,3,17, Jeremiah 1:5, Luke 12:7)





# THE SEVEN LONGINGS

**Affirmation of Feelings** - to have our feelings affirmed, validated, or confirmed by others.

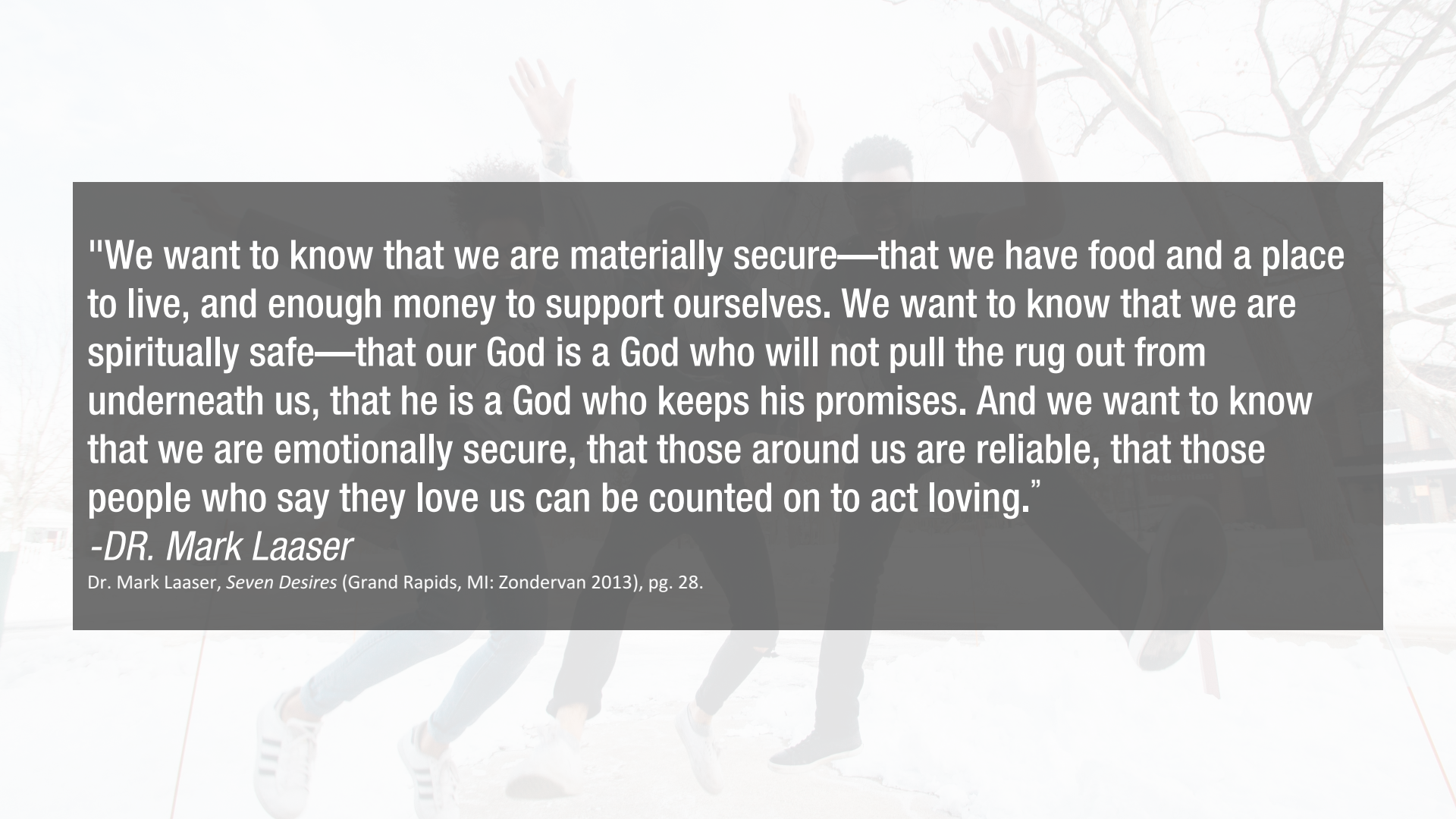
(Romans 12:15, John 11:35, 2 Corinthians 1:4)



# THE SEVEN LONGINGS

**Assurance of Safety** - to feel safe, protected, and provided for emotionally, physically, and financially.

(Matthew 6:26-27, Psalm 46:1, 1 Peter 5:7, Psalm 91)

A group of people, mostly seen from the waist down, are standing in a snowy outdoor area. They are wearing winter clothing like jackets and pants. Several of their hands are raised in the air, suggesting a gesture of praise or joy. The background shows bare trees and a bright, overcast sky.

**"We want to know that we are materially secure—that we have food and a place to live, and enough money to support ourselves. We want to know that we are spiritually safe—that our God is a God who will not pull the rug out from underneath us, that he is a God who keeps his promises. And we want to know that we are emotionally secure, that those around us are reliable, that those people who say they love us can be counted on to act loving."**

***-DR. Mark Laaser***

Dr. Mark Laaser, *Seven Desires* (Grand Rapids, MI: Zondervan 2013), pg. 28.

A photograph of three people standing on a rooftop, looking out at a city skyline during sunset. The scene is bathed in warm, golden light. The people are seen from behind, leaning on a light-colored railing. The person on the left is a woman with long dark hair, wearing a dark top and a light-colored jacket draped over her shoulders. The person in the middle is a woman with long dark hair, wearing a dark dress. The person on the right is a man with short hair, wearing a dark t-shirt. The city skyline in the background features various buildings and structures, with the sun low on the horizon, creating a silhouette effect on the buildings.

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