

# The 7 Needs



And no, fancy cars are not a part of them

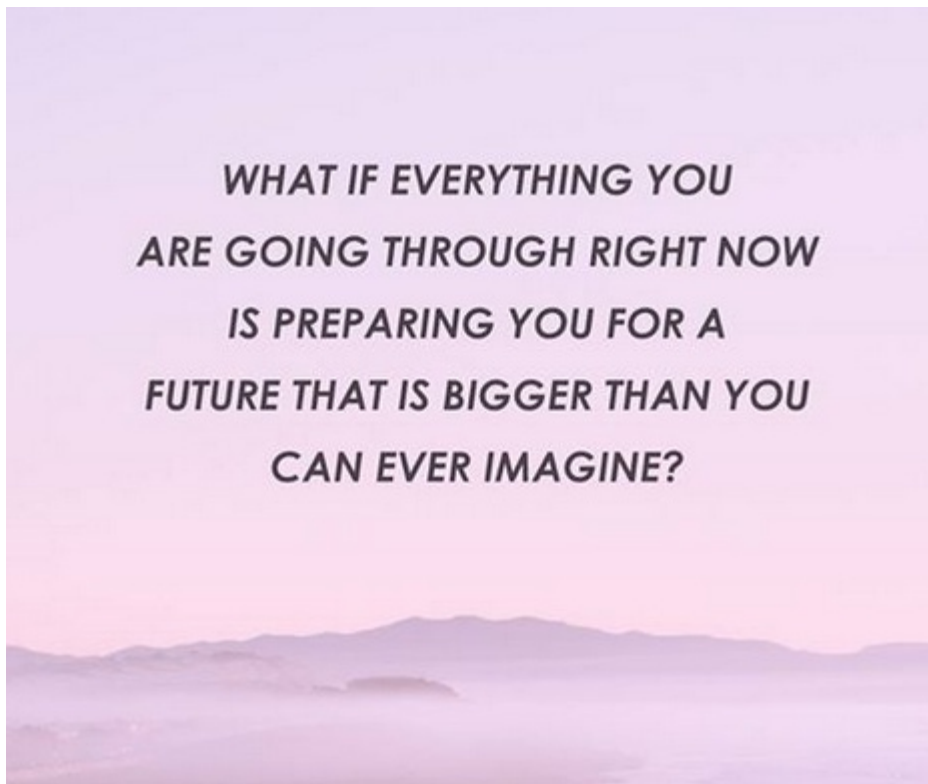
*Old Man River*

## Welcome to this 'Quick Read'.

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*And this is a 'thank you' to our Lakes Area Men's Group because it was in thinking and sharing the initial thoughts on all of this, that lead to this deeper look. So, ponder as desired and leverage anything that you find helpful.*

## Introduction

*This mini book is dedicated to my 3 sons [Zach, Alex & Corey] and my son-in-law [JJ]. The four of them are now well into their lives and as these years roll on – I thought . . . 'What do I know now that I wish I would have known years earlier?'*

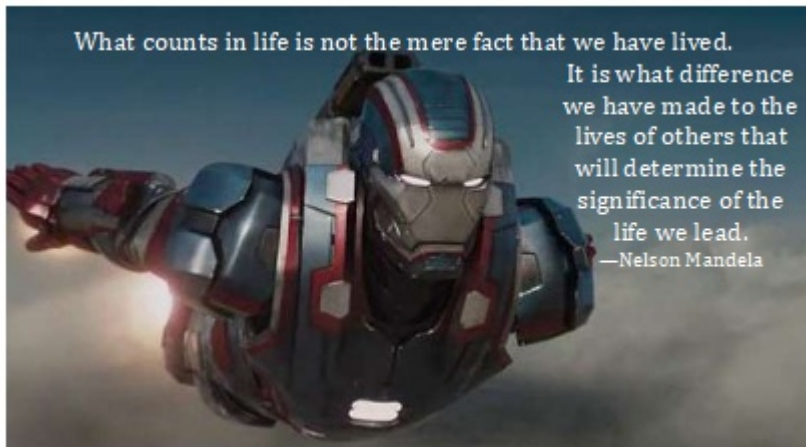
*Those thoughts are what lead to the creation of this collection that I wish they and other young men would ponder and then decide if any of it makes sense or if it triggers them to think and to share their own '7 Needs' with their children some day.*



*As for me, I believe we all have to take time periodically to look at our wants verses our needs and to then make decisions that move us forward as we wish to grow. I also know that I have appreciated the insights shared by others – for example, Andy*

## The 7 Needs

Andrews is one via his books, podcasts, etc. He challenges us to think, to decide and to take action on the critical things in life and from that, I have drafted 'my 7 needs' [which I will touch on further as to understandings of them and actions for them].



They are . . .

- 1) FAITH to grow in.
- 2) RULES to live by.
- 3) PRINCIPLES to guide me.
- 4) VALUES to strengthen me.
- 5) INSPIRATION that moves me.
- 6) ACTIONS that help others.
- And 7) SACRIFICE for doing good.

*So then, what say you?* Do those above help trigger any ideas or actions that you would embrace? If you are not sure, keep reading the pages that follow – they may give you some things to ponder and some insights to pursue and remember . . .

Proverbs 3:31-33 *"Do not envy the violent or choose any of their ways. For the LORD detests the perverse but takes the upright into His confidence. The LORD's curse is on the house of the wicked, but He blesses the home of the righteous."*

(So let's first look at . . .)

## Need #1 – FAITH to grow in

If anyone has not made a decision by now, as to their faith and if they will or will not pursue it . . . is making a mistake. How? Because you don't know what you are missing.

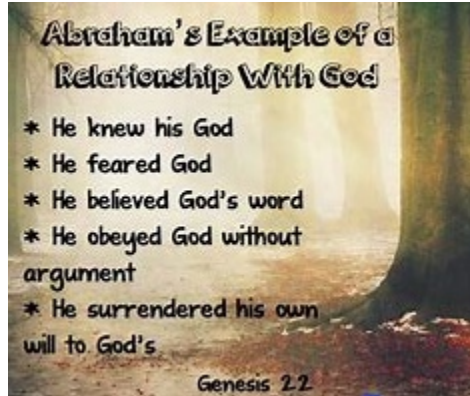


But you are possibly thinking . . . **Is FAITH Needed?** Some would say you don't need faith to be a good person – you can be kind, respectful and even successful and not be a person of faith. But you can also be cruel, resentful and sinister and if you are, there is a good chance you are not a person of faith.

So then, what is faith? The dictionary states: "a confidence in someone or something e.g. a strong belief in God or in the doctrines of a religion, based on spiritual apprehension rather than proof."

Now that you know the definition, you have to decide – do I want to pursue a religious faith? If you don't, then pursue life as best you can and in my opinion – you should not have any complaints [it is what it is]. But if you do, then remember – a bike or a lawn mower is not a car, just because they sit in the same garage as a car.

The same is true for a Christian. You can't just say you are one or just go to church – if you are a true Christian, you will see that you are changed, that you are on a faith journey.



Let me use myself as an example. Oversimplified, I was raised as a Catholic but in reality – for all my youth years, it was basically not much more than gaining a beginner's insight to Christianity.

Luckily, I learned enough to be aware of God and challenged Him; that for me to stay in faith – nothing bad better happen to me or to my loved ones. Well, guess what? Bad did happen.

Although the bad did happen [in fact a bunch did] I did not realize at the time that there were people in my life that had been at work . . . stirring the 'faith thoughts' in me that put me in a position to make a decision. That was; was I going to trust God and work to grow my faith or was I going to step away?

My decision at the time was actually an easy one to make. I was overwhelmed and as soon as I told God that I needed His help – His peace, His comfort was so fantastic that I was hooked.

I thought, if this was so good, I wanted to go further. I made the decision that I would put God first in my life, my wife second, our kids third and everything else would then follow.

And with all of that, did that faith decision then make everything fall into place and bad things never happened after that? No, but it gave me a framework to live within, to learn from, to move forward on – I would pursue and trust God.

*My world and the actions around me . . . began to slow down where I could see things better, understand things better and I could appreciate them more and more as time continued on.*

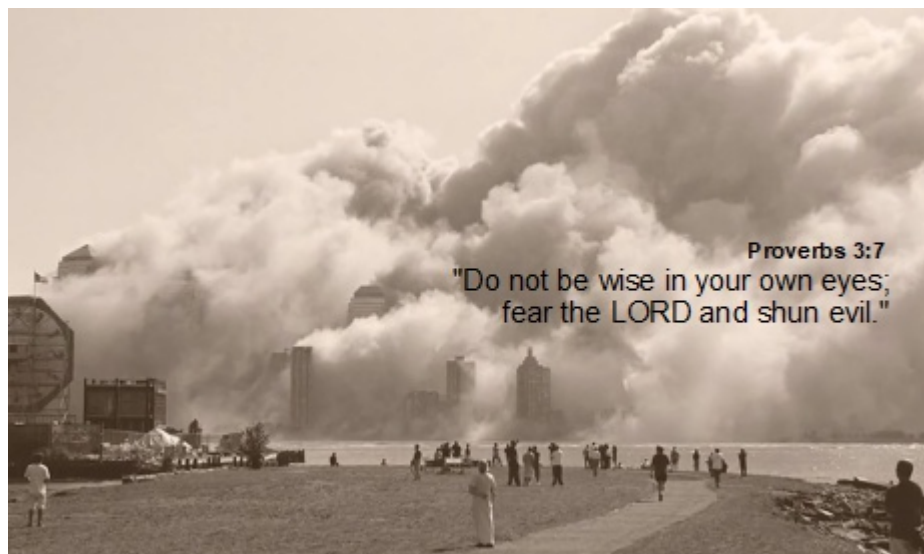


*I have found that if I work to grow my faith, that I will grow as a Christian. And in that growth pursuit, I have seen blessing after blessing*

*unfold in my life and in the lives of my family (for my wife, our children and grand-children).*

*Which now brings us back to you. You have to decide; is your faith a priority or a side action or not for you? If you want to pursue your faith, then it needs to be seen as growing. Not as one that is pompous but one that your loved ones and friends can see as*

*moving forward. Now I'll touch a bit further on this at the end of this book for those interested.*

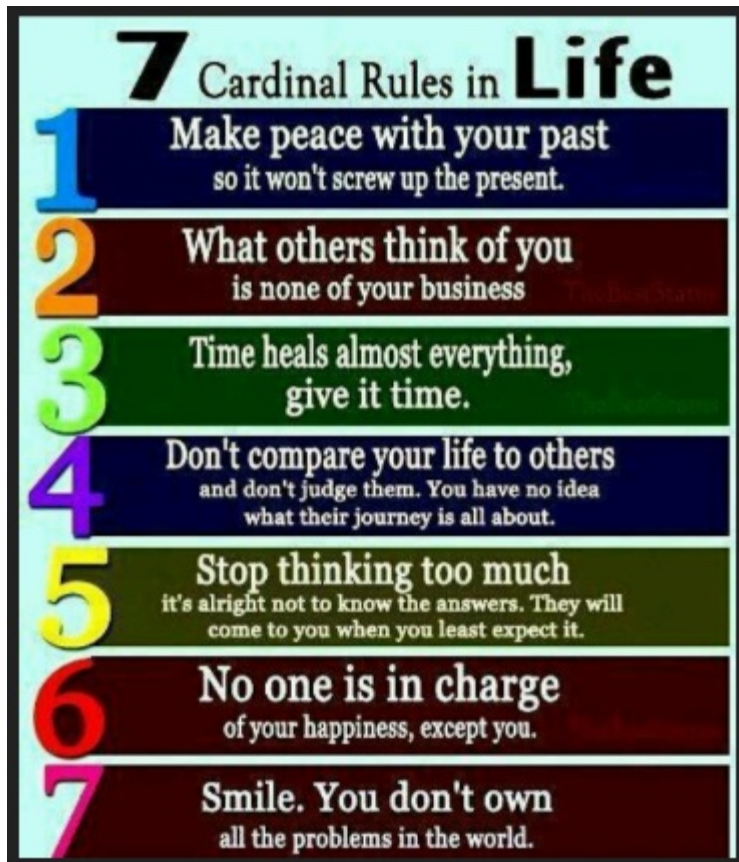


As for those that will decide . . . nope, this is not for me or this is no big deal. That is okay because we all get to decide what matters or not in our lives. For you on that non-faith path, my prayers and best wishes for you. My hope is that you will circle back to this down the road if you change your mind.

(So then, with that covered – let's look next at . . . )

## Need #2 – RULES to live by

Now I will admit, this one came to me later in my life. Why? Because I had seen over the years, numerous examples of 'Rules of Life' that caught my eye . . . like these 7 rules:

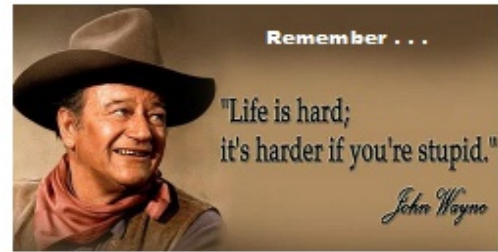


When I first read these I thought they were pretty good . . . but then I challenged myself to really think on this and to ask myself, what are my 7 rules to live by?

It was when I thought deeper on these, I then realized they were not for me and that's okay.



*I've learned by now that if anything means something to us, we will make it a priority, we will do our best on it and we'll embrace it.*



*But before we go further – **Do Rules Matter?** Many think that we have too many rules and yes, there could be some rules that exist somewhere that are more frustrating than effective. It all depends on how we view rules and if we are 'rule followers'.*

*So then, what are rules? The dictionary states: "rules are a set of explicit or understood regulations or principles governing conduct within a particular activity or sphere of."*

*Now then with that definition in front of us, we have to make some decisions. In society, we either follow the rules and laws or we are punished in some way. In our faith, God knows that we will stumble and He will also know if we are or are not trying to grow in our faith. He will humble us and He will punish us as He works in our lives to encourage us on our life journey.*

*Here is an example – **would they be good for you?***

- 1) **Honor God** [love God, love others & grow in faith].
- 2) **Have character** [respect others, be compassionate & have integrity].
- 3) **Embrace humility** [life is not all about us].
- 4) **Ponder God** [when tempted or struggling or happy – He is with us always].
- 5) **Appreciate others** [be understanding & be forgiving because envy & bitterness are poisons to happiness].
- 6) **Pursue perspective** [develop a longer view of time, a broader view of life and a deeper view of values].
- 7) **Trust God** [have patience and know that it is okay for things to not always work out as you wanted].

And if you are interested, how I view each one is as follows (but what you pursue is up to you): #1 **Honor God**, has me trying to always pursue my relationship with our Triune God, His desire upon me and His purpose for my life. #2 **Have character**, is what I do regardless if others see me or not and it should always be honorable. #3 **Embrace humility**, is showing that I do not need accolades for doing the right things and it helps me to thwart pride (which can trip me up). #4 **Ponder God**, is my reminder that He is always watching me and for when I do so, I find it is easier to make better decisions. #5 **Appreciate others**, is my challenge to remember that it is not all about me (and for when I do, I am on track). #6 **Pursue perspective**, helps me to move beyond my thoughts for the moment, and to remind me of the greater, broader aspects of life. And in closing, #7 **Trust God**, is the peace I have because I know that God is at work in my life and that I can trust that His timing is good [it is either 'no, not now, yes, or I have a better plan', and these are okay as I move forward in life].

(Which leads us to . . . )

### Need #3 – PRINCIPLES to guide me

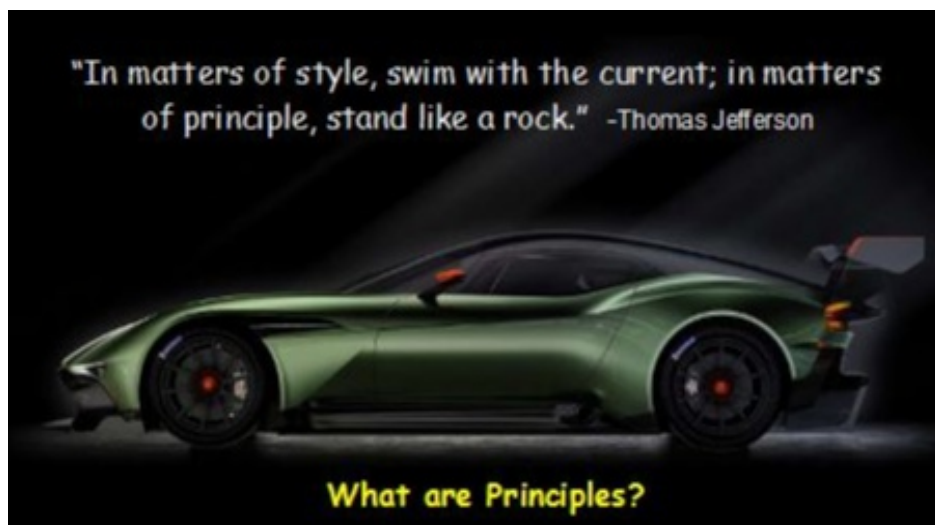
Okay, some of you are wondering – why is he writing about those school principles :( who basically scolded you for when you were sent to their office – back in the day? Well, we are not

*talking about those people, we are talking about those things that we embrace that govern our personal behavior.*

*So then, to make sure we are in sync - what are principles?*

*The dictionary states: principles are a truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning.*

*And you are probably now thinking, okay, that is nice but your follow up question is most likely - **Why Pursue Principles?***



*Sadly, too many people don't have an immediate response to that because they don't really think about it. Which for them is too bad because we all should identify the principles that help to guide [govern] our actions. As for me, what helped me to get my mind first wrapped around this - was when our Lakes Area Men's Group were studying Dr. Robert Lewis' program on the makings of 'REAL Men' and within that study, we looked at principles and we were challenged to define our own. From that study, I drafted my own principles and have those listed below.*

To me, principles are like a fence around your yard; something that you can see, that gives you that feeling of protection, of goodness.

And I use the 'fence' visual as a reminder. I keep this list of principles visible, as an ongoing

challenge as to how I want to think and to act. That is why I am sharing this and the rest of these '7 Needs'. If we are not thinking, seeing, reminding ourselves in an ongoing way of the things that we want to be accountable to . . . we then are no different than the majority of those across this world – people with good intentions and too often, many regrets. With that shared, I'll close on this with these two sets of words to ponder as you determine if having a set of principles makes sense:

### **My Principles:**

I am a man of honor, forged by my experiences.

I am responsible for all my decisions.

I will make sure my wife and children know that I love them.

I do what is hard, what is needed, and with no regrets.

I am dedicated to continuous learning.

I know that the true me will get me through all trials.

I know that the world can affect me but I will impact the world.

I will stand for what is right even if I stand alone.

I will apologize when I am wrong, do what is needed to learn and make it right.

I am a man of faith and will grow that faith until the day I die.

I will live by my principles, values and beliefs.

**No Principles, Know Trouble;  
Know Principles, No Trouble.**

*"Where there is no guidance the people fall,  
but in abundance of counselors there is victory."*

Proverbs 11:14

(and with all of that covered, we go next to . . . )

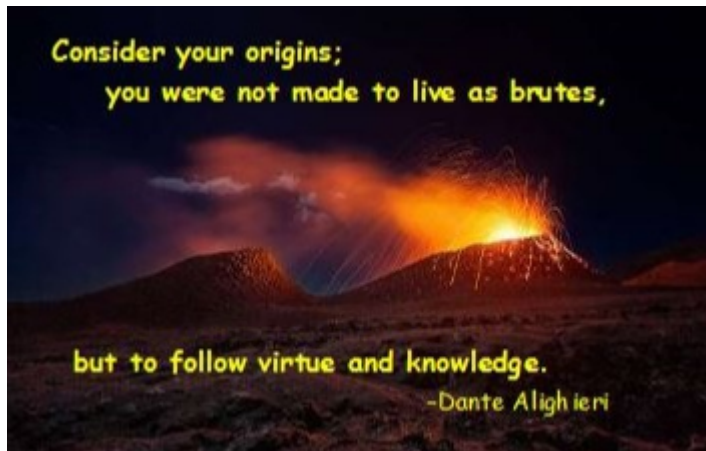
## Need #4 – VALUES to strengthen me

But we know that some of you are wondering . . . **What are VALUES?**

First, consider these that some would say are a good wrap around of values (and as you read them, you should decide if you agree with them).

Second, now those equations listed can get us to thinking but are there other values that you would say are not a part of this list shown – but should be? All good to ponder so . . . what are values? The dictionary states: values are important and lasting beliefs embraced as to what is good or bad.

Values (do they add up?)  
Love + Belief = Faith  
Faith - Commitment = Sin  
Sin + Repentance = Forgiveness  
Forgiveness + Empathy = Compassion  
Compassion x Honesty = Perspective.  
Perspective + Reflection = Insight.  
Insight x Experience = Wisdom.  
Wisdom / Challenge = Courage.  
Courage + Integrity = Character.  
Character x Principles = Honor.  
Honor + Sacrifice = Love



Which has us ending with the question . . . do you embrace values? If yes, great but if not, why not change that? And please know this. There probably is not a

specific list of 'values to embrace' – just embrace your values.

Matthew 16:26 **For what will it profit a man if he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul?**

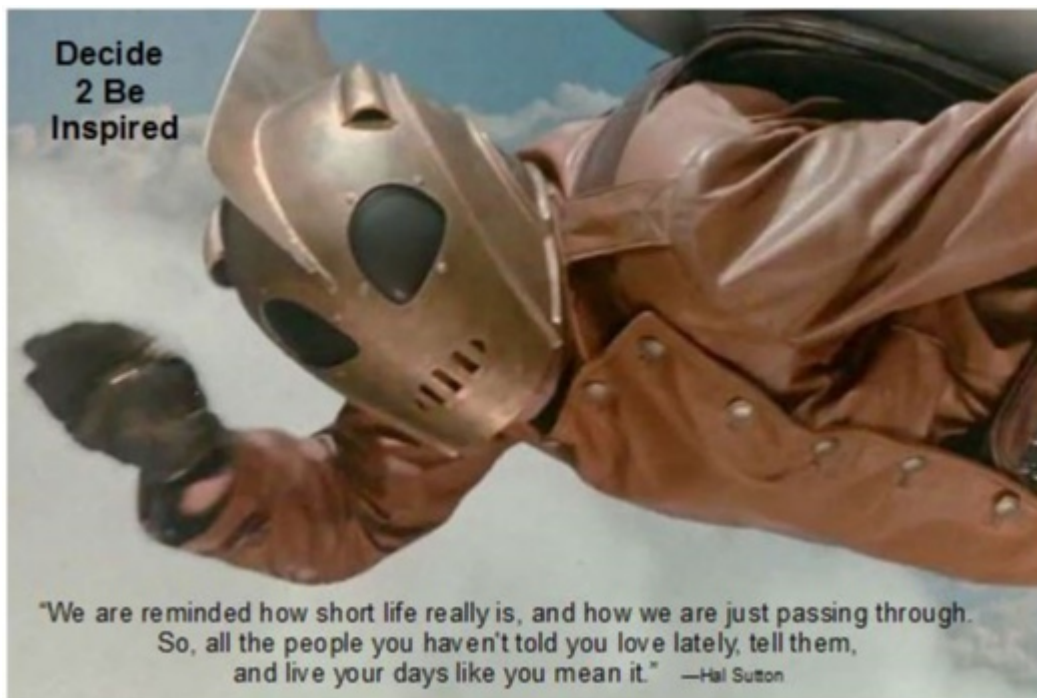
(which brings us to . . .)

## Need #5 – INSPIRATION that moves me

In today's hectic world, we all basically jump from challenge to challenge, trying to do the best we can. What all we do and how well we do it, often depends on our inspiration.

*If this intrigues you, consider the following.*

*First, you have to decide if you want to be inspired.*



*Second, you have to know what inspiration is. The dictionary states: inspiration is the process of being mentally stimulated to do or feel something, especially to do something creative.*

*Third, you have to then decide . . . what inspires you.*

### **But, why then pursue INSPIRATION?**

*Because we all can plug away at the things we should do. It is in looking for and pursuing 'the more' of life that needs fuel.*



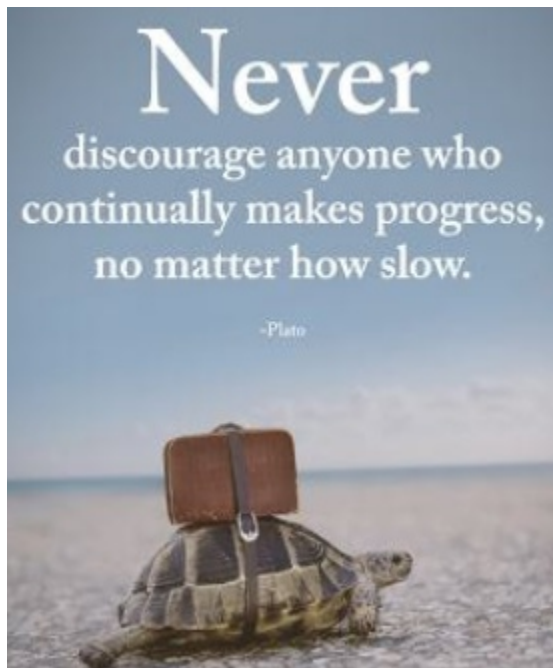
*Which brings everything back to you (and me). Finding out what inspires us is like finding a key. And that key can be experiences, sites to see, words to read or hear or pictures that*

*prompt us to think deeper . . . or the loved ones in our life.*

*For me - it must be inspiration that moves me. To think, to strive, and to be better. How about you, do you like inspiration?*

**2 Corinthians 4:16** "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."

**(And then there is . . . )**



**Need #6 -**

**ACTIONS that help others**

*I've always thought that it is easy to have good intentions, to try and help but in reality, if we are not careful, our actions may not be helpful at all. So then, how should look at this [what should we do]?*

It starts with knowing, so *what are actions?* The dictionary states: actions are the fact or process of doing something, typically to achieve an aim. With that known, then consider the following.

First, ask – **what ACTIONS hurt?** and then validate your perceptions; like being mean or violent, or doing unlawful things are wrong and hurtful actions. Second, step up to the challenge to make the time to reflect and then to act upon or to correct 'bad actions' (that you either see or were a part of) Third, remember that we can try to be helpful and we don't help or even sometimes we can make things worse or we don't take action . . . and that doesn't help. Each of us have to decide what or what not to do and when.

As for me, it boils down to my embrace of *actions that help others* (that they feel is helpful). *Because . . . if our actions aren't helpful, they're probably hurtful.*

(And finally . . .)



## Need #7 – SACRIFICES for doing good

Now I saved the best – the hardest – for last. *Why?* Because most don't think of sacrifices being needed in their lives . . . it is in life, we most often are doing whatever is needed to get what is wanted (and unfortunately, a lot of people will 'cut corners').



I know, you are already wondering . . . **is SACRIFICE needed?** And the answer is yes if the need is critical. For example, you cut back on expenses to save up for a big purchase, or you stop eating junk food and you start exercising because you want to be healthy and to live a good long life. But as you think on this, you may find that what you are 'sacrificing' is actually more like trade offs than true sacrifices.

So then, what is sacrifice?

The dictionary states: sacrifice is an act of slaughtering an animal or person or surrendering a possession as an offering to God or to a divine or supernatural figure. Which makes it easier



to think only in faith terms for sacrifice versus putting it into our thoughts for daily living.



This is a challenge for us all. As I think on this, I like the saying Jesus died for our souls and the American service member died for our freedom (it really reminds us of the ultimate sacrifice that some have done for others). I don't know about you but for me – I wonder, am I really pushing myself to

*sacrifice something for good? [a good question to ponder]*

*At this time, I know I am using my time to help others when I can but is there more I should do? That is a good question for us all to ask of ourselves.*

**Romans 5:8 "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."**

### *So then, what's next?*

*After sharing all of the above on our D2B blog, it happened to be the Friday before Veteran's Day – the 100<sup>th</sup> anniversary of the end of WW1. I shared the following . . .*



Yes, **'what is next'** is a good question for us all. If you look at the tragic loss of lives in Wisconsin because of a man on drugs, or of the horror that just happened at the shooting in California by a disturbed man; **you may think we have a new norm.**

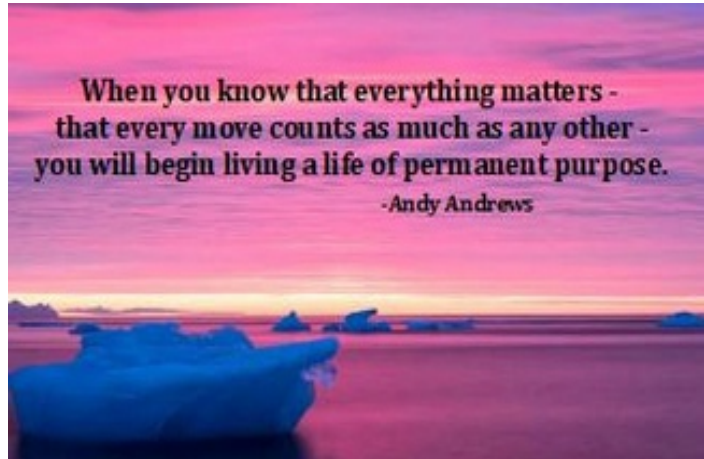
Or if you look ahead to Sunday, the 11th of November, we will pause.

The reason, **Veterans Day**. A time we can say thank you and to appreciate what all Veterans have done for us - ensured our freedoms. **But then what?**

*And as I thought on the 'what' . . . I realized that there is a lot that could be said or done. I then decided to just use these few words and pictures [below]. Ponder as you wish and decide to pursue those actions that make sense to you.*

So then, as to where did I close on that blog?

It was with these quotes and final words . . .



Yes, everything we do and don't do matters so then, embrace these 7 Needs as you would adapt them or come up with your own 3, 7, 11 or whatever. You'll be glad that you did.

The bad with our freedoms, some will take the path of harm and hate.

So reference the previous week's blogs if needed. Then decide what do you need, what do you want and what will you give? Your legacy will then show it.

Isaiah 1:17 reminds us . . . "Learn to do good; Seek justice, Rebuke the ruthless, Defend the orphan, Care for the widow."

All good to ponder.

Everything comes down to what we decide and what we do.

Choose well.

## In Closing – Remember . . .

We need FAITH to grow in because it keeps our heart, mind and soul at the surface – to help us see the good that we are doing and to repent on the bad that trips us up.

We need RULES to live by because they become the framework to how we think, speak and act – which is our gift to God.

We need PRINCIPLES to guide us because the world desires to distract us and to encourage us on actions that we would regret.

We need VALUES to strengthen us because challenging events can weaken our will to do what is right, what is needed.

We need INSPIRATION to fuel us because . . . as the old saying goes, 'when the going gets tough, the tough gets going.'

We need ACTIONS to push us because thoughts, like faith are of limited benefit unless we take action as we should.

We need SACRIFICE to show the commitment required because anyone can do simple day by day actions . . . it is the life impacting actions that are of true significance.

But those are my thoughts.

*What say you – would you agree?*

