

Learning to Believe That Your Needs Matter Too

*Understanding Biblical Love,
Healthy Boundaries and the Wisdom
of Human Limitations*

A BIBLICAL PERSPECTIVE FOR EVERYDAY LIFE

*"Love your
neighbour
as yourself."*

Mark 12:31

THE REAL-LIFE STRUGGLE

You care deeply about others and want to meet their needs, but you often put yours last. It can feel selfish to rest, ask for help or set a boundary, even when you are exhausted. Over time, constantly neglecting your own needs can lead to stress, resentment and a sense of being invisible. You can love others faithfully without ignoring your own humanity.

You are a human being made in God's image, with genuine needs and limitations. The Father knows them, cares about them and provides for you.

DISCOVER THE TRUTH

Scripture shows us that loving others does not require neglecting our own needs. Jesus calls us to love our neighbour as ourselves, recognises the need for rest, and demonstrates compassion towards human weakness. God created us with real limitations, invites us to ask for what we need and calls us to steward our lives wisely.

Mark 12:28–34

Love your neighbour as yourself.

Mark 6:30–32

Jesus recognises the need for rest.

Galatians 6:2

Bear one another's burdens.

Matthew 6:25–34

The Father knows your needs.

1 Corinthians 6:19–20

You are called to steward your life.

THREE STEPS TO RENEW YOUR THINKING

1

IDENTIFY THE PATTERN

Notice where you consistently put your own needs last and the thoughts or fears that make it difficult to respond to them.

2

EXAMINE THE TRUTH

Consider what Scripture teaches about love, human limitations, rest and mutual care, and how it challenges your familiar assumptions.

3

CHOOSE A FAITHFUL RESPONSE

Take a practical step to meet one legitimate need with wisdom, seeking healthy boundaries and appropriate support.

A RENEWED UNDERSTANDING

Old thought:

My needs are selfish and should always come last.

Renewed understanding:

I am a human being made in God's image, with genuine needs and limitations. I can love others faithfully while also recognising and responding to my own needs with wisdom.

PAUSE AND REFLECT

- 1 What thoughts or feelings make it difficult for me to respond to my own needs?
- 2 Have I been confusing biblical selflessness with self-neglect?
- 3 In which relationships is it most difficult for me to set boundaries, and what am I afraid might happen?
- 4 What do Jesus' example of rest and Paul's teaching about mutual care reveal to me?
- 5 What is one legitimate need I can begin responding to this week?

A PRAYER OF RESPONSE

Heavenly Father,
Thank You that You know my needs,
understand my limitations
and care about every part of my life.
Help me to love others faithfully
without neglecting my own humanity.
Give me wisdom to recognise
what is truly mine to carry,
courage to set healthy boundaries,
and a humble heart to receive help
when I need it.
May I steward the life You have
entrusted to me with gratitude,
wisdom and peace.
In Jesus' name,
Amen.

NEXT STEP

Continue exploring
The Garden Study
and discover more
articles to encourage
a life increasingly
shaped by
God's truth.