



# The Notes

## TRIGGERED

### Part 4: “That’s Just What I Needed”

May 23, 2021  
Pastor Chris Jung

*“Dear friend, I pray that you may prosper in every way and be in good health physically just as you are spiritually.”*

**3 John 1:2** (HCSB)

## BEING OPEN AND HONEST ABOUT MY NEEDS TRIGGERS...

### 1. ...A **STRONGER PASSION** TO LIVE THE LIFE I AM SUPPOSED TO LIVE

*“Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.” The second command is this: ‘Love your neighbor as you love yourself.’ There are no commands more important than these.”*

**Mark 12:30-31** (NCV)

*“I pray that God, who gives peace, will make you completely holy.”*

*And may your spirit, soul, and body be kept healthy and faultless until our Lord Jesus Christ returns.*

**1 Thessalonians 5:23 (CEV)**

**2.     ...A DEEPER DRIVE TO CHANGE MY WAYS AND BUILD BETTER HABITS**

*“Don’t you know that your bodies are temples of the Holy Spirit? The Spirit is in you, and you have received the Spirit from God. You do not belong to yourselves. Christ has paid the price for you. So use your bodies in a way that honors God.”*

**1 Corinthians 6:19-20 (NIRV)**

*“Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any virtue and if there is anything worthy of praise—dwelt on these things.”*

**Philippians 4:8 (TLV)**

*“Trust in and rely confidently on the Lord with all your heart and do not rely on your own insight or understanding.”*

**Proverbs 3:5 (AMP)**

*“So if you eat or drink or whatever you do,  
do everything to honor God.”*

**1 Corinthians 10:31** (NLV)

**3.     ...A QUICKER WILLINGNESS TO LEAN  
          ON OTHERS AND ACCEPT HELP**

*“The Lord God said, ‘It is not good for the  
man to be alone. I will make a helper who is  
just right for him.’”*

**Genesis 2:18** (NIRV)

*“Always be humble, gentle, and patient,  
accepting each other in love. You are joined  
together with peace through the Spirit, so  
make every effort to continue together in this  
way.”*

**Ephesians 4:2-3** (NCV)

*“So support one another. Keep building  
each other up as you have been doing.”*

**1 Thessalonians 5:11** (TVB)

*“Anxious hearts are very heavy, but a word  
of encouragement does wonders!”*

**Proverbs 12:25** (TLB)