

HEART CHECK & PRAYER

WHEN YOU FEEL *Needed,* BUT *Not Wanted*



Turning to Jesus When Everyone
Seems to Need Something From You

*"Come with me by
yourselves to a quiet
place and get some rest."*

MARK 6:31 (NIV)



PRAYER

Jesus,

You know the quiet ache of feeling needed but
not always wanted.

Forgive me when I measure my worth by how
useful I am to others. When I feel overlooked,
unchosen, or valued mostly for what I provide,
keep that hurt from becoming bitterness.

Remind me that You chose me. You call me friend.
You receive me. You love me before I accomplish
anything for You.

When I am exhausted from pouring myself out,
teach me to hear Your invitation: **"Come with Me."**

Help me sit with You without needing to perform,
prove, fix, serve, or accomplish anything.

Fill what has become empty in me.
Heal what has become hurt.

And when You send me back to serve others,
let me serve from the security of being loved—
not from the fear of being unwanted.



*My worth is not found in being needed.
My security is found in belonging to You.*

In Jesus' name,

Amen.



HEART CHECK

Sit honestly with God:



Have I started measuring how loved
I am by how much people need me?



When someone doesn't need me, do I
begin wondering whether they still
want me?



Have I become so accustomed to caring
for everyone else that I've ignored my
own need to sit with Jesus?



Am I carrying hurt or resentment
toward people because I feel
appreciated for what I do, but
unseen for who I am?



Do I believe Jesus genuinely desires
my presence—or do I secretly think
even He mostly wants something
from me?



What would it look like today to stop
striving, come to Jesus, and simply let
myself be His?



REMEMBER

*"Come with me by yourselves to a quiet
place and get some rest."*

Mark 6:31 (NIV)



KNOWN • CHOSEN • RECEIVED • LOVED • HIS

You are not just useful to Jesus.

You are wanted. Fully. Permanently.



The Anonymous Disciple.

BIBLE • TRUTH • PURPOSE

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