

STUDY CARD

WHEN YOU FEEL *Needed, BUT Not Wanted*

TURNING TO JESUS WHEN EVERYONE
SEEMS TO NEED SOMETHING FROM YOU



ANCHOR VERSE

— *Mark 6:31* —

"Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'"

— Mark 6:31 (NIV)

THE BIG TRUTH

When everyone wants something from you,
Jesus wants you.



THE DIFFERENCE

Being needed gives you a role.
Being wanted gives you belonging.



**Jesus gives you both—
but your belonging
comes first.**

THE INVITATION

"Come with Me."

- Away from the crowds.
- Away from the pressure.
- Away to be seen, known, and restored by Jesus.

WHAT SCRIPTURE TEACHES



JESUS SEES YOU
Mark 6:30–32

Jesus saw the disciples' exhaustion, not just their usefulness. He invites you to rest.



JESUS UNDERSTANDS YOU
John 6:26–27, 66

Jesus was wanted for what He could provide, not always for who He was. He understands when you feel that way too.



YOU ARE LOVED, NOT JUST USEFUL
Isaiah 43:1, 4 | John 15:16

You are His—precious, chosen, and loved before you do anything for Him.



JESUS WANTS YOUR PRESENCE
Luke 10:38–42

You are invited to sit at His feet, not just serve in His house. Presence before performance.



HE FEEDS YOU BEFORE HE SENDS YOU
John 21:9–17

Jesus said, "Come and have breakfast." He fills you before He asks you to feed others.



HE RECEIVES YOU
Psalm 27:10

Even if others forsake or overlook you, the Lord will receive you. You belong to Him.

HEART CHECK

- ☐ Do I measure my worth by how useful I am?
- ☐ Do I feel guilty when I can't meet everyone's needs?
- ☐ Do I fear that people won't want me if I stop doing for them?
- ☐ Am I running on empty because I keep pouring out without coming to Jesus for rest?



WHAT TO REMEMBER

- I am known by God.
- I am chosen by Jesus.
- I am received by the Father.
- I can rest in His love.
- I can serve from overflow, not from exhaustion.

**My identity is not
NEEDED.
My identity is HIS.**

HOW TO RESPOND



Come to Jesus daily.
He invites you first.



Spend time in His Word.
Let Him remind you who you are.



Rest in His love.
You don't have to earn it.



Serve others from fullness,
not for approval.



Trust His timing for your calling,
not the world's expectations.

A PRAYER TO PRAY



Jesus, when I feel needed but not wanted, remind me that You want me. Teach me to rest in Your love and find my worth in You alone. Fill me with Your presence so I can serve from overflow, not emptiness. Help me remember that I am Yours—known, chosen, received, and deeply loved. Amen.



The Anonymous Disciple.

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