

Dr. Kathy Koch's **FIVE CORE NEEDS** Wholeness Model

God created human beings incomplete with “holes” that represent our core needs. These desires of our heart must be met and drive us to seek wholeness. God’s design is for us to turn to Him to meet those needs, as Psalm 23:1 says — “The Lord is my shepherd, I shall not want.”

Tragically, people may seek to meet these needs in unhealthy and ungodly ways, what Dr. Koch calls “counterfeit solutions.” These will inevitably leave us feeling incomplete, broken, and disappointed.

Five Core Needs

The five needs are progressive — we start with security and build upon our needs from there. All of these needs are connected and affected by each other; they are inseparable.

- SECURITY** **Where we ask the question: WHO can I trust?** We must learn to trust God, trustworthy people and ourselves — but never things (eg...power, popularity, etc)
- IDENTITY** **Where we ask: WHO am I?** God’s Word, the Bible, is filled with life-giving verses about our true identity that comes from God alone. (See Genesis 1:27, Ephesians 2:10, Colossians 2:13, etc)
- BELONGING** **Where we ask: WHO wants me?** With today’s social media, we tend to value a quantity of friends over quality friends. God created us for community, but first and foremost meets this need Himself as we relate to Him.
- PURPOSE** **Where we ask: WHY am I alive?** You may never ask this question aloud, but all of your choices, commitments, and priorities reflect your purpose. God created you on purpose with purpose!
- COMPETENCE** **Where we ask: WHAT do I do well?** Competence means you have the required skill, knowledge, qualification or capacity to do something. You can learn it and God will supply it. Competence is what you need to fulfill God’s purpose for your life.