



# Finding Fulfillment in God

A Mini Study Companion to Session One

## Why Do We Feel Unfulfilled?

In Session One, we discover that our greatest needs are *security, identity, acceptance, and purpose*. We learn that the first step toward true fulfillment is recognizing that God placed our deepest needs in us to draw us into relationship with Him. We commonly make the mistake of anticipating that our husband (or someone else, or even something else) will fulfill us, when in reality only God can meet our needs. No person is capable of bringing completion to another; humans cannot possibly fill this God-sized void within us. If we feel unfulfilled, it is because we have not fully grasped our ultimate purpose for living—to know and please God.

## Why Were We Created?

Revelation 4:11 in the King James Version tells us, “Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.” We were created by God and for God. Allow the last part of this verse in Revelation to take residence in your heart: *you were created for His pleasure*.

We might then immediately want to ask, *How can we bring pleasure to God?*

We can learn about this concept of pleasing God from the life of someone who pleased God—Enoch. Scripture doesn’t provide much information on the life of Enoch, but what we learn can help us understand what brings God pleasure. Let’s look at the Scriptures about his life:

“It was by faith that Enoch was taken up to heaven without dying—‘he disappeared, because God took him.’ For before he was taken up, he was known as a person who pleased God. And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him” (Hebrews 11:5,6, NLT).

We also find out more about Enoch by looking back to Genesis 5:21-24:

“When Enoch was 65 years old, he became the father of Methuselah. After the birth of Methuselah, Enoch *lived in close fellowship* with God for another 300 years, and he had other sons and daughters. Enoch lived 365 years, *walking in close fellowship with God*. Then one day *he disappeared* because God took him” (NLT, emphasis added).

The New International Version tells us in this same passage (Genesis 5:24) that Enoch “walked with God.” Enoch pleased God so much that He didn’t allow Enoch to taste death—God literally took him to heaven. Amazing!

Reviewing the above two passages side by side, we see what pleases God:

- **believing He exists,**
- **sincerely seeking Him, and**
- **continuing to seek Him as we enjoy close fellowship with Him.**

Hebrews 11:5 tells us that Enoch was “known as a person who pleased God” (NLT). As we walk with God, our desire to please Him grows. Hebrews 11:6 moves on to say that God rewards those who seek Him. Seeking Him will lead us to a righteous, fruitful, and fulfilling life.


We were created to be in close fellowship with our Creator. Knowing why we were created helps us to understand we are not complete until we have entered into relationship with Him.

*How should our pursuit of God change when we understand that we were created for a relationship with Him, and that seeking Him pleases Him?* \_\_\_\_\_

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Earlier, we discussed the basic human needs for security, identity, acceptance, and purpose. Discovering that we are created to connect with God helps us understand why God has placed these deep needs in us—so we would be drawn into fellowship with Him.

Now let's explore how a relationship with God brings fulfillment.

## How Can A Relationship With God Bring Fulfillment?

“O God, you are my God; I earnestly search for you.  
My soul thirsts for you; my whole body longs for you  
in this parched and weary land where there is no water.  
I have seen you in your sanctuary and gazed upon your power and glory.  
Your unfailing love is better than life itself; how I praise you!  
I will praise you as long as I live, lifting up my hands to you in prayer.  
You satisfy me more than the richest feast. I will praise you with songs of joy.  
I lie awake thinking of you, meditating on you through the night.  
Because you are my helper, I sing for joy in the shadow of your wings.  
I cling to you; your strong right hand holds me securely”  
(Psalm 63:1-8, NLT).

King David, described as a man after God's own heart, wrote Psalm 63. This psalm is a beautiful illustration of finding fulfillment in our relationship with God. In these verses we discover the following principle:

	<b>Desire for God</b>	<b>(verse 1)</b>
+	<b>Relationship with God</b>	<b>(verses 4,6-8)</b>
=	<b>Fulfillment in Life</b>	<b>(verses 3,5)</b>

### Desire for God:

“O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water” (Psalm 63:1, NLT).

### Relationship with God:

“I will praise you as long as I live, lifting up my hands to you in prayer” (Psalm 63:4, NLT).

“I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely” (Psalm 63:6-8, NLT).

**Fulfillment in Life:**

“Your unfailing love is better than life itself; how I praise you!” (Psalm 63:3, NLT).

“You satisfy me more than the richest feast” (Psalm 63:5, NLT).

The New International Version translates verse five this way, “My soul will be satisfied as with the richest of foods.”

*How have you found your desire for God and your relationship with Him to be fulfilling?* \_\_\_\_\_

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*If it has been less than fulfilling, what can you learn from the following verses?*

○ *Psalm 90:14 (What are the effects of God’s love?)* \_\_\_\_\_

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○ *Psalm 19:7-11 (What are the benefits of knowing His Word?)* \_\_\_\_\_

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○ *Psalm 37:4 (Whom are we to “delight” in? How do we do that?)* \_\_\_\_\_

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*What can you do to allow God to meet your deepest needs this week?* \_\_\_\_\_

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