

“THE REALITY CHOICE”

Life’s Healing Choices – Part 1

April 4th, 2010

About the time you have one problem under control, another pops up
Romans 7:15,18 (NIV) “I don’t understand what I do. For what I want to do I do not do, but what I hate I do... I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.”

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|-----------------|---------------------|------------|------------------|
| Stress | Diet | Finances | Fears |
| Relationships | My overwork | Bad habits | Painful Memories |
| Worry | Attractions | Anger | Perfectionism |
| Addiction | Dishonesty | Resentment | Regrets |
| Need to control | Compulsive thoughts | | |

The Cause of these problems: Playing God

I do what “I” want instead of what God tells me to do

Ezekiel 28:2 (NIV) “In the pride of your heart you say, ‘I am a god’... But you are a man and not a god, though you think you are as wise as god.”

Proverbs 29:3 (NCV) “Pride will ruin people...”

You cause yourself the most problems

First healing choice: I admit I need help - The Reality Choice

Matthew 5:3 (NIV) “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

Matthew 5:3 (GW) “Blessed are those who recognize that they are spiritually helpless.”

I ADMIT I need help; that I’m powerless to control my tendency to do the wrong thing and that my life is unmanageable.

How Do I Develop This Attitude In My Life – “To be poor in spirit...”

1. I must humbly admit I need help

John 8:32 (NIV) “Then you will know the truth, and the truth will set you free.”

You don’t like the truth about you, but you love the truth about everybody else
James 4:6 (NIV) “God opposes the proud but gives grace to the humble.”

What I need to admit about me:

- I am broken
- My secrets make me sick
Psalms 32:3-5 (NLT) “When I refused to confess my sin, I was weak and miserable, and I groaned all day long... My strength evaporated like water in the summer heat. Finally I confessed all my sins to You and stopped trying to hide them...And You forgave me! All my guilt is gone.”
- I must admit it to defeat it
Proverbs 28:13 (GN) “You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.”
- My pride and fear keep me stuck

Because of our pride and fear, we try to fix ourselves

Jeremiah 2:13 (NIV) "My people have committed two sins: They have forsaken Me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water."

We try everything to get our lives together instead of God

2. I need to humbly ask God for help

1 Corinthians 1:9 (LB) "We...saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for He can even raise the dead."

Don't wait until you hit bottom to ask God for help

Matthew 5:3 (TM) "You're blessed when you're at the end of your rope. With less of you there is more of God and His rule."

3. I must humbly accept help from other people

If you could have already gotten rid of the problem that plaques you, you already would
Ecclesiastes 4:9 (NIV) "Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"

God wired us so we only get well in community - that's why we have small groups

James 5:16 (LB) "Admit your faults to one another and pray for each other so that you may be healed."

Revealing your feeling is the beginning of healing

If all you want to do is be forgiven, tell God, but if you want to be healed, you've got to tell other people

Three Fears That Satan Keeps You Stuck With

1. The fear of your own emotions

2. The fear of the reaction of others

3. The fear that being honest is useless

Romans 5:6 (NCV) "When we were unable to help ourselves, at the moment of our need, Christ died for us..."

My Next Step Today Is:

- I admit there are areas of my life where I need help from God
- I will be in a small group during "Life's Healing Choices" to get support & help from others
- I will memorize Matthew 5:3
- I plan to attend Class 101 next Sunday, April 11th with Pastor Russ at 1 PM