

THE REALITY CHOICE**Life's Healing Choices: The Beatitudes - Part 1**

"I don't understand what I do. For what I want to do I don't do, but what I hate to do, I do! ...I know that nothing good lives in my sinful nature. I have the desire to do what is good, but I cannot carry it out." Rom. 7:15+18 (NIV)

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

THE CAUSE: **Playing God**

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

1st CHOICE:

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

I ADMIT I need help;

that I'm powerless to control my tendency to do the wrong thing and that my life is unmanageable.

1. **Humbly Admit I Need Help**

"God opposes the proud but gives grace to the humble." James 4:6 (NIV)

"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." Pr. 28:13 (TEV)

2. **Humbly Ask God for Help**

"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." 2 Cor. 1:9 (LB)

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

3. **Humbly Accept Help from Others**

"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!" Eccl. 4:9-10 (NIV)

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

GROUND RULES:

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