

THE REALITY CHOICE

Life's Healing Choices: The Beatitudes - Part 1 October 4, 2009

Romans 7:15 &18 (NIV) *"I do not understand what I do. For what I want to do I do not do, but what I hate I do...¹⁸ 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."*

Circle Those That Apply To You...

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

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 they are spiritually helpless."*

FIRST HEALING CHOICE

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

HOW DO YOU CULTIVATE A POOR IN SPIRIT ATTITUDE?

1. HUMBLY _____ YOU NEED HELP.

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

James 4:6b (TEV) *"God resists the proud, but gives grace to the humble."*

Σ You are _____.

Isaiah 1:28 (NIV) *"But rebels and sinners will both be broken, and those who forsake the LORD will perish."*

Σ Your _____ make you sick.

Psalms 32:3-4 (NLT) *"When I refused to confess my sin, I was weak and miserable, and I groaned all day long.⁴ ...My strength evaporated like water in the summer heat."*

Σ You must _____ sin to defeat it.

Proverbs 28:13 (TEV) *"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."*

Σ Your _____ and _____ keep you stuck.

Genesis 3:10 (NIV) *"I heard You in the garden, and I was afraid because I was naked; so I hid."*

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."*

2. HUMBLY _____ GOD FOR HELP.

2 Corinthians 1:9 (TLB) *"We felt we were doomed to die and 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."*

Matthew 5:3 (MSG) *"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. HUMBLY _____ HELP FROM OTHER PEOPLE.

Ecclesiastes 4:9-10 (NIV) *"Two are better than one, because they have a good return for their work:¹⁰ If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"*

James 5:16 (TLB) *"Admit your faults to one another and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and wonderful results."*