

April 12, 2015

## Life's Healing Choices: The Beatitudes THE REALITY CHOICE

**Romans 7:15+18b (NIV)** 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.

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:** It's called playing \_\_\_\_\_ .

**Ezekiel 28:2 (NIV)** 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.

**Proverbs 29:23 NLT** Pride ends in humiliation, while humility brings honor.

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

**1st CHOICE:** 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 CULTIVATE A 'POOR IN SPIRIT' ATTITUDE?

1. I must \_\_\_\_\_ admit I need help.

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

**Four Facts We All Need to Admit:**

a. I am \_\_\_\_\_ .

**Romans 3:23 NLT** For all have sinned; all fall short of God's glorious standard.

b. My \_\_\_\_\_ 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 I stopped trying to hide them and you forgave me. All my guilt is gone!

c. I must \_\_\_\_\_ it 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."

d. It's my \_\_\_\_\_ and \_\_\_\_\_ that keep me stuck.

**Genesis 3:10 (NCV)** Adam: "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 broken cisterns that can't hold water!

2. I need to humbly ask \_\_\_\_\_ for help.

**2 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.

**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. I must humbly accept help from other \_\_\_\_\_ .

**Ecclesiastes 4:9-10 (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!

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