

Life's Healing Choices

THE BEATITUDES

THE HOPE YOU NEED FOR CHANGE

Part 1

"God blesses those people who grieve. They will find comfort!"

MATTHEW 5:4 (CEV)

"No one can live with a broken spirit."

PROVERBS 18:14 (NCV)

WHERE TO GET HOPE WHEN CHANGE SEEMS HOPELESS

1. REMEMBER GOD _____

"Those who forget God have no hope."

JOB 8:11A (LB)

*"Lord, when doubts fill my mind, when my heart is in
turmoil, quiet me and give me renewed hope and cheer."*

PSALM 94:19 (LB)

2. REMEMBER HE CARES _____

*"I have hope when I think of this: The Lord's love never ends;
His mercies never stop. They are new every morning."*

LAMENTATIONS 3:21-23 (NCV)

*"He is like a father to us, tender and sympathetic...
for He knows what we are made of – dust."*

PSALM 103:13-14 (LB/GN)

"God showed His great love for us by sending Christ to die for us."

ROMANS 5:8 (LB)

3. REMEMBER HE KNOWS _____

"You know how troubled I am; You have kept a record of my tears."

PSALM 56:6 (GN)

"...You have seen the crisis in my soul."

PSALM 31:7 (LB)

4. REMEMBER HE HAS _____

"What is impossible for men is possible with God."

LUKE 18:27 (GN)

"When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he couldn't do but on what God said He would do."

ROMANS 4:18A (MES)

“For God is at work within you, giving you the will and the power to achieve His purpose.”

PHILIPPIANS 2:13 (PH)

5. REMEMBER HE’S PROMISED _____

“I expect Your help, for You have promised it.”

PSALM 119:81 (LB)

“God cannot lie when He makes a promise, and He cannot lie when He makes an oath. These things encourage us...They give us strength to hold on to the hope we have been given.”

HEBREWS 6:18 (NCV)

STEP 2

Earnestly believe that God exists; that I matter to Him, and that He has the power to help me recover.

“The Spirit that God gives us ... fills us with power, love, and self-control.”

2 TIMOTHY 1:7 (GN)