

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)

**Stress
Fears
My overwork
Attractions
Addiction
Regrets**

**Diet
Worry
Bad habits
Anger
Dishonesty
Need to control**

**Finances
Relationships
Painful memories
Perfectionism
Resentment
Compulsive thoughts**

THE CAUSE: _____

*"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. _____

"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. _____

“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. _____

“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!”

Ecc. 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)

The Hope You Need For Change

Life's Healing Choices: The Beatitudes - Part 2

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

Matt. 5:4 (CEV)

"No one can live with a broken spirit."

Pr. 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."*

Ps 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."*

Lam 3:21-23 (NCV)

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

Ps. 103:13-14 (LB/GN)

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

Rom. 5:8 (LB)

3. REMEMBER HE KNOWS _____

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

Ps. 56:6 (GN)

“...You have seen the crisis in my soul.”

Ps. 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.”

Rom. 4:18a (Mes)

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

Phil. 2:13 (Ph)

5. REMEMBER HE’S PROMISED _____

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

Ps. 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.”

Heb. 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 Tim. 1:7 (GN)

Letting Go and Letting God

Life's Healing Choices: The Beatitudes - Part 3

“God blesses those people who are meek.”

Matt. 5:5 (CEV)

“The meek shall be satisfied.”

Ps. 22:26

“The meek he will guide and teach”

Ps. 25:9

“The meek become wise.”

Pr. 11:2

“The meek will be filled with fresh joy.”

Isa. 29:19

MEEKNESS IS _____

HOW TO LET GO & LET GOD

MAKE JESUS _____ OF MY LIFE.

“Stop quarreling with God! If you agree with Him, you will have peace at last, and things will go well for you.”

Job 22:21 (NLT)

Jesus: “Anyone who intends to come with Me has to let me lead. You’re not in the driver’s seat; I am...”

Matt. 16:24 (Mes)

“Give yourself to the Lord; trust in Him, and He will help you.”

Ps. 37:5 (GN)

ESTABLISH GOD’S WORD _____ FOR MY LIFE.

“Place yourselves under God’s authority.”

James 4:7a (GW)

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right.”

2 Tim. 3:16 (NLT)

“I have made up my mind to obey Your laws forever, no matter what.”

Ps. 119:112 (CEV)

“I will never lay aside Your laws, for You have used them to restore my joy and health.”

Ps. 119:93 (LB)

EMBRACE GOD’S SPIRIT _____ FOR MY LIFE.

“I will put My Spirit in you and enable you to live by My laws.”

Ezek. 36:27 (GW)

“Anyone who tries to live by his own effort, independent of God, is doomed to failure.”

Gal. 3:10a (Mes)

“You began your life in Christ by the Spirit. Now are you trying to make it complete by your own power? That is foolish!”

Gal. 3:3 (NCV)

“I have the strength to face all conditions by the power that Christ gives me.”

Phil. 4:13 (GN)

KEEP JESUS _____ OF MY LIFE.

“We must keep our eyes on Jesus, who leads us and makes our faith complete.”

Heb. 12:2 (CEV)

“If I keep my eyes on God, I won’t trip over my own feet.”

Ps. 25:15 (Mes)

“Listen for God’s voice in everything you do, everywhere you go; He’s the one who will keep you on track.”

Pr. 3:6 (Mes)

STEP 3

Consciously choose to commit all my life and will to Christ's care and control.

"The payoff for meekness... is plenty and honor and a satisfying life."

Pr. 22:4 (Mes)

"Don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time."

Matt. 6:34 (LB)

The Transformaton Choice

Life's Healing Choices: The Beatitudes - Part 4

FIVE PHASES GOD USES TO CHANGE US

1. _____

“Jacob heard that Laban’s sons were saying, ‘Jacob has taken everything our father owned and has gained all this wealth from what belonged to our father.’ And Jacob noticed that Laban’s attitude toward him was not what it had been.”

Gen. 31:1-2 (NIV)

“The messengers returned to Jacob and said, ‘We went to your brother Esau, and now he is coming to meet you, with an army of 400 men!’ Jacob was terrified at the news.”

Gen. 32:6-7 (NLT)

“Then Jacob prayed, ‘O God ...O Lord... I am unworthy of all the kindness and faithfulness you’ve shown me... save me I pray... for I am afraid...’”

Gen. 32:9-11 (NLT)

REALITY CHOICE:

Realize I’m not God; I admit that I am powerless to control my tendency to do the wrong thing & my life is unmanageable.

“God blesses those who realize their need for him.”

Matt. 5:3 (NLT)

2. _____

“Jacob got them safely across the brook Jabbok along with all his possessions. But Jacob stayed behind and was left all alone in the camp, and a Man came and wrestled with him until dawn. When the Man saw that he couldn’t win the match, he struck Jacob’s hip and knocked it out of joint at the socket.”

Gen. 32:23-25 (NLT/MSG)

“Before Jacob was born, he struggled with his brother; when he became a man, he even fought with God.”

Hosea 12:3 (NLT)

HOPE CHOICE:

Earnestly believe that God exists, that I matter to him, & that he has the power to help me recover.

3. _____

“Then the Man said, ‘Let me go, for it is dawn.’ But Jacob panted, ‘I won’t let you go unless you bless me!’”

Gen. 32:26 (NLT)

COMMITMENT CHOICE:

Consciously choose to commit all my life and will to Christ’s care and control.

“Do not let any part of your body become a tool of wickedness, to be used for sinning. Instead, give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God.”

Rom. 6:13 (NLT)

4. _____

“The man asked him, ‘What is your name?’ ‘JACOB’, he answered.”

Gen. 32:27 (NIV)

Jacob = deceiver/manipulator

HOUSECLEANING CHOICE:

Openly examine & confess my faults to myself, to God, & to someone I trust.

5. _____

“Then the Man said, ‘Your name will no longer be Jacob, but ISRAEL ... Then he blessed him there. So Jacob called the place Peniel, saying, ‘It is because I saw God face to face...’”

Gen. 32:28-30 (NIV)

Israel = “Prince of God”

“Blessed are those who hunger and thirst for righteousness, for they will be filled.”

Matt. 5:6 (NIV)

TRANSFORMATION CHOICE:

Voluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects.

“The sun rose as Jacob left Peniel, and he was limping because of his hip.”

Gen. 32:31 (NLT)

The Growth Choice

Life's Healing Choices: The Beatitudes - Part 5

I reserve a daily time with God for Bible reading, self-examination, and prayer in order to know God and his will for my life and to gain the power to follow his will.

“Continue to grow in the grace and knowledge of our Lord and Savior Jesus Christ.”

2 Peter 3:18 (TEV)

HOW TO CONTINUE GROWING

1. _____

“And now, dear children, continue to live in fellowship with Christ...”

1 John 2:28 (NLT)

“Everyone who lives in union with Christ does not continue to sin...”

1 John 3:6 (TEV)

“Continue praying, keeping alert, and always thanking God.”

Col. 4:2 (NCV)

2. _____

“The truly happy people are those who carefully study God’s perfect law that makes people free, and they continue to study it. They do not forget what they heard, but they obey what God’s teaching says.”

James 1:25 (NCV)

“If you continue in my word, then you are my disciples indeed; And you shall know the truth, and the truth shall make you free.” John 8:31-32 (KJV)

3. _____

“I do not mean that I am already as God wants me to be. I have not yet reached that goal, but I continue trying to reach it and to make it mine. Christ wants me to do that, which is the reason he made me his.”

Phil. 3:12 (NCV)

“No, I’m still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.”

Phil. 3:13-14 (TLB)

4. _____

“Let us examine our ways and test them, and return to the Lord.”

Lam. 3:40 (NIV)

“If we examine ourselves, we will not be examined by God and judged in this way.”

1 Cor. 11:31 (NLT)

5. _____

“Be alert. Continue strong in the faith. Have courage, and be strong.”

1 Cor. 16:13 (NCV)

“Do not be fooled. Bad companions ruin good character.”

1 Cor. 15:33 (TEV)

6. _____

“... We are confident that God will continue to rescue us, since you are also joining to help us when you pray for us...”

2 Cor.1:10-11 (GW)

“We should not stop gathering together with other believers, as some of you are doing. Instead, we must continue to encourage each other...”

Heb. 10:25 (GW)

7. _____

“I am sure that God, who began the good work within you, will continue his work until it is finally finished on that day when Christ Jesus comes back again.”

Phil. 1:6 (NLT)

“So don’t get tired of doing what is good. Don’t get discouraged and give up, for we will reap a harvest of blessing at the appropriate time!”

Gal. 6:9 (NLT)

The Sharing Choice

Life's Healing Choices: The Beatitudes - Part 6

"Blessed are the peacemakers."

Matt. 5:9 (NIV)

"God was in Christ, offering peace and forgiveness to the people of this world. And he has given us the work of sharing his message about peace."

2 Cor. 5:19 (CEV)

THE SHARING CHOICE:

I choose to yield myself to God to be used to bring the Good News to others, by both my example and by my words.

"I pray that God our Father and the Lord Jesus Christ will be kind to you and will bless you with peace! ... The Father is a merciful God, who always gives us comfort. He comforts us when we are in trouble, so that we can share that same comfort with others in trouble. We share in the terrible sufferings of Christ, but also in the wonderful comfort he gives."

2 Cor.1:2-4 (CEV)

WHAT CAN I SHARE TO HELP OTHERS?

1. _____.

"Sometimes it takes a painful situation to make us change our ways."

Pr. 20:30 (GN)

"I am glad ... not because it hurt you but because the pain turned you to God."

2 Cor. 7:9 (LB)

TO HELP OTHERS I MUST BE HONEST ABOUT...

• MY _____

"We have spoken frankly to you; we have opened our hearts wide."

2 Cor. 6:11 (GN)

• MY _____

“Each of us must bear the faults and burdens of his own. For none of us is perfect!”

Gal. 6:5 (LB)

• MY _____

“Christ Jesus came into the world to save sinners – of whom I am the worst.”

1 Tim.1:15 (NIV)

• MY _____

“I have the desire to do what is right, but I cannot carry it out... I keep on doing the evil I don’t want to do.”

Rom. 7:18b-19 (NIV)

• MY _____

“I do admit that I have fears that when I come you’ll disappoint me and I’ll disappoint you, and in frustration with each other everything will fall to pieces...”

2 Cor. 12:20 (MSG)

2. _____.

• I LEARNED _____.

“We were crushed and overwhelmed...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... and he did help us.”

2 Cor. 1:8-10 (LB)

• I LEARNED _____.

“... it was the best thing that could have happened to me, for it taught me to pay attention to your laws!”

Ps. 119:71-72 (LB)

• I LEARNED _____.

“Remember that in God’s plan men and women need each other.”

1 Cor. 11:11 (LB)

“Two people are better than one...If one falls down, the other can help him up. But it is bad for the person who is alone and falls, because no one is there to help.”

Eccl. 4:9-10 (NCV)

3. _____.

“We know that God causes everything to work together for the good of those who love God...”

Rom. 8:28 (NLT)

“(They) intended it to harm me, but God intended it for good.”

Gen. 50:20 (NIV)

4. _____

“Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.”

1 Peter 3:15a (NIV)

Who will you tell?

Breaking Free From Abuse

Life's Healing Choices: The Beatitudes - Part 7

“Why do you keep tormenting me with words? Time after time you insult me and show no shame for the way you abuse me.”

Job 19:1-3. (TEV)

HOW TO HELP SOMEONE BREAK FREE

1. _____

Jesus: “The truth will set you free.”

John 8:32

David: “I said, ‘I will not say anything while evil people are near.’ So I kept quiet, not saying a word... but my suffering only grew worse, and I was overcome with anxiety. The more I thought, the more troubled I became; I could not keep from asking: ‘Lord, how long will I live? When will I die? Tell me how soon my life will end.’”

Psalms 39:1-4 (TEV)

2. _____

Marks of Emotional Abuse – David’s Descriptions

“My enemies taunt me day after day. They mock and curse me.”

Psalms 102:8

“...they tell lies about me and threaten me.”

Psalms 109:20

“...they make fun of me and ridicule me.”

Psalms 22:7

“I have been insulted, put to shame, and humiliated.”

Psalms 69:19

“Using words to kill; they bully their way with words.”

Psalms 73:8 (Mes)

“They push hard to make me fall.”

Psalms 118:13 (GW)

“They spread rumors about me, and conspire against me.”

Psalms 31:13

“They mock me with the worst kind of profanity, and snarl at me.”

Psalm 35:16

3. _____

*“Don’t be fooled by those who try to excuse these sins,
for the anger of God comes upon all those who disobey him.”*

Ephesians 5:6 (NLT)

4. _____

“Look on victims of abuse as if what happened to them happened to you.”

Hebrews 13:3b (Mes)

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Galatians 6:2 (NIV)

5. _____

“By yourself you’re unprotected. With a friend you can face the worst. Can you get a third person? A three-stranded rope isn’t easily snapped.”

Ecclesiastes 4:12 (Mes)

“Take no part in the worthless deeds of evil and darkness; instead, rebuke and expose them. It is shameful even to talk about the things that ungodly people do in secret. But when the light shines on them, it becomes clear how evil these things are. And where your light shines, it will expose their evil deeds.”

Ephesians 5:11-13 (NLT)

6. _____

Advice to Job: “Put your heart right. Reach out to God. Put away any evil and wrong from your home. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more! Your life will be brighter than sunshine at noon, and life’s darkest hours will shine like the dawn!”

Job 11:13-17 (TEV)

7. _____

“Never repay one wrong with another, or one abusive word with another; instead, repay with a blessing. That is what you are called to do, so that you inherit a blessing.”

1 Peter 3:9 (NJB)

“Christ never verbally abused those who verbally abused him. When he suffered, he didn’t make any threats but left everything to the one who judges fairly.”

1 Peter 2:23 (GW)