

Week Two: Life's Healing Choices - Healing Choice One - The Reality Choice

You can't heal a wound by saying it's not there! ... Yet the Lord pleads with you still: Ask where the good road is, the godly paths you used to walk in, in the days of long ago. Travel there, and you will find rest for your souls. But you reply, "No, that is not the road we want!"

Jeremiah 6:14-16 ESV



you can't heal
what you refuse to
confront

Healing Choice 1 The Reality Choice

➤ **Realize I'm not God: I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.**

- "Happy are those who know they are spiritually poor." Matthew 5:3

Key points:

- ✓ We are powerless over our hurts, habits, and hangups in life.
- ✓ We need God in our lives as our power.

1. The Purpose of Life's Healing Choice Class and that of Celebrate Recovery

- "God blesses those who realize their _____ for him" (Matthew 5:3).
- I must choose to accept the reality that I am not God before I can ever receive His _____.

2. We must choose to accept reality that we are not in control. We try to control four major areas of our lives:

- We try to control our _____.
- We try to control other _____.
- We try to control our _____.
- We try to control our _____.

3. There are at least four consequences of trying to play God:

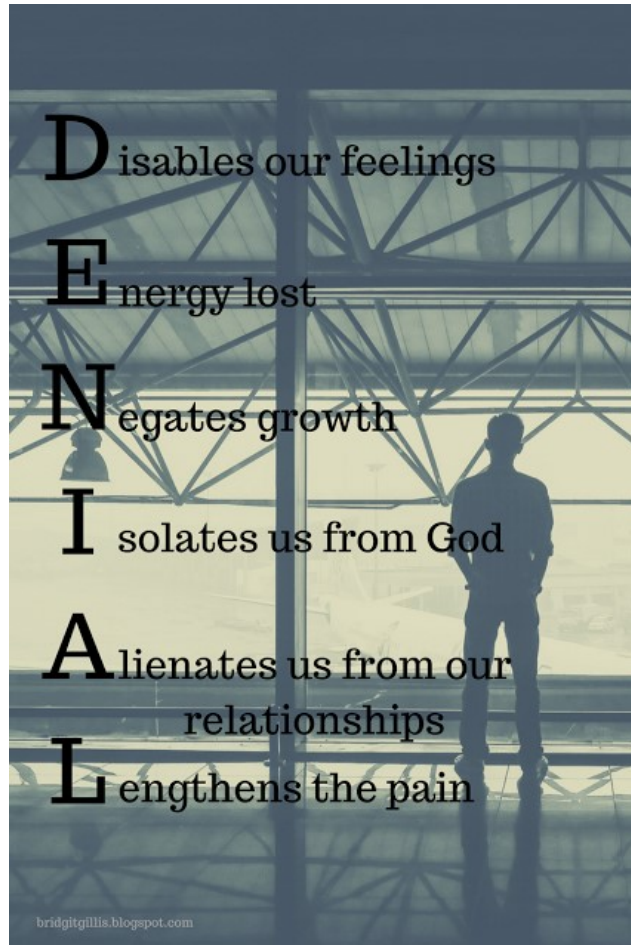
- The first consequence is _____.
- The second consequence is _____.
- The third consequence is _____.
- The fourth consequence is _____.

2. Admitting I'm not God means I recognize three important facts:

- I'm powerless to change my _____.
- I'm powerless to control other _____.
- I'm powerless to cope with my _____, _____ and _____.

Homework Assignment:

1. Read Life's Healing Choices, "The Hope Choice" Chapter Two
2. Identify two areas of your life which you cannot control but that you are trying to do so.
3. Share these weaknesses in a confidential way with a Christian friend of the same sex.



(End of Week Two)