

Week Three Life's Healing Choices - Healing Choice Two

- The Hope Choice

“When we admit we’re powerless, we go on to recognize that we need a power greater than ourselves to restore us. That power is the one and only true Higher Power, Jesus Christ.”

John Baker



Healing Choice 2

The Hope Choice

➤ **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. (Step 2)

- “Happy are those who mourn, for they shall be comforted.” Mathew 5:4

Key points:

- ✓ We come to believe by faith in Jesus Christ.
- ✓ We learn that He wants to fill our lives with His love, joy and presence.

1. Grief is God's pathway to _____.

- We mourn our _____.
- We mourn our loss of _____.
- We admit that we are powerless to control our tendency to do the _____.
- We discover God's pathway to _____.

2. Pain is God's antidote for denial.

- Pain is God's _____.
- God does not cause pain but allows pain for _____.
- To deny your pain is to refuse God's help for you to _____.

3. God's Denial Busters!

- God uses the pain of an _____ to shatter our denial.
- God can use the people in our lives who care for us to _____ us.
- When the bottom falls out - physically, emotionally, spiritually, mentally, financially, relationally.... God lets us feel the _____.

3. God's path to hope!

- See who _____

Who then will condemn us? Will Christ? No! For he is the one who died for us and came back to life again for us and is sitting at the place of highest honor next to God, pleading for us there in heaven. Romans 8:34 (TLB) But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. Psalm 86:15 (NIV)

- See who _____

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

But there is nothing covered up that will not be revealed, and hidden that will not be known. Luke 12:2 (NAS)

- See how _____

Have you never heard or understood? Don't you know that the Lord is the everlasting God, the Creator of all the earth? He never grows faint or weary. No

one can measure the depths of his understanding. He gives power to those who are tired and worn out; he offers strength to the weak. Even youths will become exhausted, and young men will give up. But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:28-31 (NLT)

3. You are God's _____.

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.! Ephesians 2:10 (NLT)

Home work

- 1. Read Chapter 3 of Life's Healing Choices**
- 2. Identify those you have blamed for your issues.**
- 3. What denial busters has God been using on you?**

(End of Week Three)

