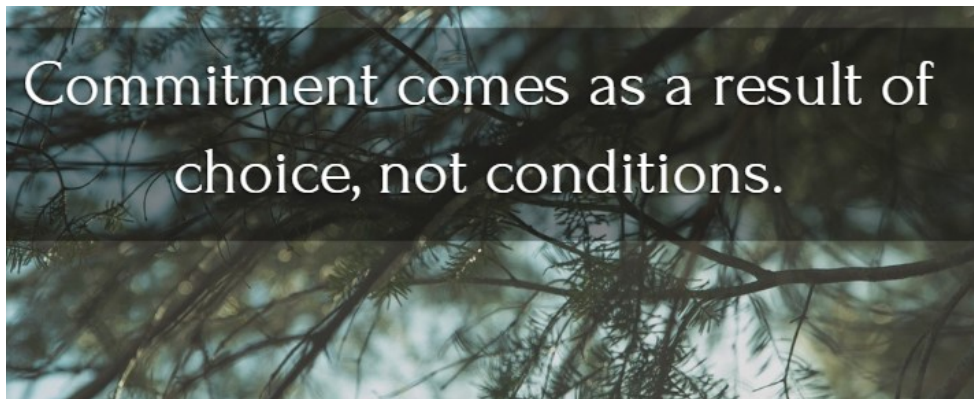


Week Four Life's Healing Choices - Healing Choice Three

- The Commitment Choice

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11:29 (NIV)



Healing Choice 3

The Commitment Choice

➤ **Consciously choose to commit all my life and will to Christ's care and control. (Step3)**

- "Happy are the meek." Matthew 5:5

Key points:

- ✓ We make a decision to accept Jesus Christ as Lord and Savior.
- ✓ We consciously turn our wills and ways over to Jesus on a daily basis in prayer and in accordance to His Word.

1. Cycle of Pain

- _____ begins when we wish we could get out of our mess but we can't control after a number of failed attempts, even after years.
- _____ grows out of repeated frustration for changes we cannot make ourselves.
- _____ develops when we think things are never going to change.
- _____ begins as we recognize that our hurt, bad habit or hang-up has control of us.
- We start feeling sorry for ourselves and develop _____ and reengage by repeating the cycle related to. Our hurt, habit or hang-up.

2. What keeps us from Commitment

- _____ keeps us from admitting we need God's help. *A self-sufficient fool falls flat on his face.* Proverbs 10:8 TLB
- _____ makes us ashamed to ask for God's help.*"my sins are too many to countand I am ashamed to look up"* Psalm 40:12 TLB
- _____ to trust in God or in losing control stops us. *"I have swept away your sins like the morning mists.... Oh, return to me for I have paid the price to set you free."* Isaiah 44:22 TLB
- _____ and _____ can cause us confusion and keep us from making the commitment choice.

3. To make the "Commitment Choice" to Christ we must become _____.

- God doesn't ask us to become weak, but He asks to lay down _____ and to become _____.
- Meekness = _____ under _____.
- Meekness has always been God's way for _____.
- Meekness means I acknowledge _____.

- Confidence in _____.
- Confidence in _____.

4. Healing Choice Three - The Commitment Choice

- Consciously: _____.
- Choose to commit: _____.
- All my life and my will: _____.
- To Christ's care and control: _____.
- _____ is sufficient to carry you through your commitment to Him.

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

2 Corinthians 12:9 NIV

Homework Assignment:

1. Read Chapter 4 of Life's Healing Choices
2. What is keeping you from turning loose everything over to God's control?
Write it down.
3. Decide on one new thing that you will turn over to His control this week.
Share it with an accountability partner

(End of Week Four)