

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. Romans 7:15+18b (NIV)

Stress	Diet	Finances
Fears	Worry	Relationships
My overwork	Bad habits	Painful memories
Attractions	Anger	Perfectionism
Addiction	Dishonesty	Resentment
Regrets	Need to control	Compulsive thoughts

THE CAUSE: **Playing God**

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: **Admit**

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Matthew 5:3 (NIV)

ADMIT I need help; that I'm powerless to control my tendency to do the wrong thing and that my life is unmanageable.

HOW DO I CULTIVATE A 'POOR IN SPIRIT' ATTITUDE?

1. **Humbly admit I need help**

God opposes the proud but gives grace to the humble. James 4:6 (NIV)

Four Facts We All Need to Admit:

I'm broken

Creation is confused. Romans 8:20 (CEV)

My secrets make me sick

When I refused to confess my sin, I was weak and miserable, and I groaned all day long...My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and you forgave me. All my guilt is gone!

Psalms 32:3-5 (NLT)

Admit it to defeat it

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." Proverbs 28:13 (TEV)

My pride& fear keep me stuck

Adam: "I was afraid because I was naked so I hid." Genesis 3:10 (NCV)

I was afraid, and I went and hid your talent. Matthew 25:25 (ESV)

My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own broken cisterns that can't hold water!

Jeremiah 2:13 (NIV)

2. Humbly ask God for help

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 Corinthians 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. Matthew 5:3 (Mes)

3. Humbly accept help from others

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! Ecclesiastes 4:9-10 (NIV)

A despairing man should have the devotion of his friends, even though he forsakes the fear of the Almighty. Job 6:14 (NIV)

Admit your faults to one another and pray for each other so that you may be healed. James 5:16 (LB)

When we were unable to help ourselves, at the moment of our need, Christ died for us..." Romans 5:6 (NCV)