

LIFE'S HEALING CHOICES

The REALITY Choice: Part 1

Realize I'm not God, admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." **Matthew 5:3**

The HOPE Choice: Part 2

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me change.

"Blessed are those who mourn, for they will be comforted." **Matthew 5:4 (NIV)**

Our paths to comfort & hope:

Different ways of escape...

God's path to comfort & hope:

SEE WHO God really is

"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." **Psalms 86:15 (NIV)**

"God is the Father who is full of mercy and all comfort." **2 Corinthians 1:3 (NCV)**

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." **Psalms 23:4 (NIV)**

SEE WHO I really am

"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)**

"I love you with an everlasting love. So I will continue to show you my kindness." **Jeremiah 31:3 (GW)**

"May your unfailing love be my comfort..." **Psalms 119:76a (NIV)**

"God in his gracious kindness declares us not guilty. He has done this through Christ Jesus, who has freed us by taking away our sins." **Romans 3:24 (NLT)**

SEE HOW God can change me

"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)

"For it is God who is at work within you, giving you **the will and the power** to achieve his purpose."
Philippians 2:13 (Phillips)

"Anyone who comes to (God) must believe that he exists and that he rewards those who earnestly seek him." **Hebrews 11:6** NIV