

Life's Healing Choices: The Beatitudes - Part 1

THE REALITY CHOICE

April 11, 2010

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*

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

1st Choice: I 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*

"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*

Four Facts We All Need to Admit:

1) I'm broken

"Creation is confused" *Romans 8:20 CEV*

2) 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 I stopped trying to hide them and you forgave me. **All my guilt is gone!**" *Psalms 32:3-5 NLT*

3) 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*

4) 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 MSG*

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*

Ground Rules

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