



Life's Healing Choices

**“Freedom from your
Hurts, Hang-ups &
Habits”**




Healing

1. (*noun*)

the process of making or becoming sound or healthy again.

2. (transitive verb) to make free one from injury or disease




Admitting Need— The Reality Choice

Part 1



**Blessed are the poor in
spirit, for theirs is the
kingdom of heaven.**

**Matthew 5:3
New International Version**



*“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)



The Reality Choice:

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



The Hope Choice:

**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
New International Version**




1. **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
The Living Bible**



10 When Jesus had raised Himself up and saw no one but the woman, He said to her, "Woman, where are those accusers of yours? Has no one condemned you?"

11 She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more."

John 8:10-11, (NKJV)




**But You, O Lord, are a
compassionate and
gracious God, slow to
anger, abounding in love
and faithfulness.**

**Psalm 86: 15
New International Version**



**God is the Father who is
full of mercy and all
comfort.**

**2 Corinthians 1:3
New Century Version**



**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.**

**Psalm 23:4
New International Version**




2. See who
I really am




**For all have sinned; all fall
short of God's glorious
standard.**

**Romans 3:23
New Living Translation**



**But there is nothing
covered up that will not be
revealed, and hidden that
will not be known.**

**Luke 12:2
New American Standard**




**You can't keep your true
self hidden forever; before
long you'll be exposed.
You can't hide behind a
religious mask forever;
sooner or later the mask
will slip and your true face
will be known.**

**Luke 12:2
Message**



**May Your unfailing love be
my comfort...**

**Psalm 119:76a
New International Version**




**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
New Living Translation**




3. 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; ...

**Isaiah 40:28-31
New Living Translation**



... 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
New Living Translation**



**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**