



# 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**