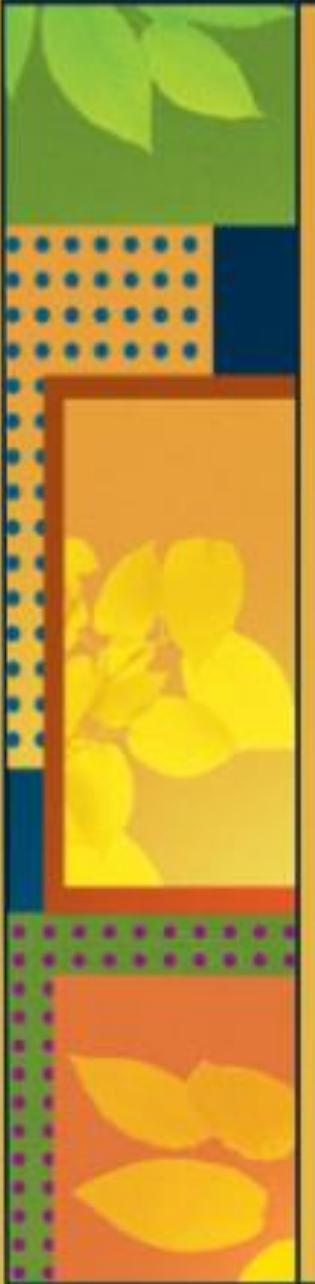
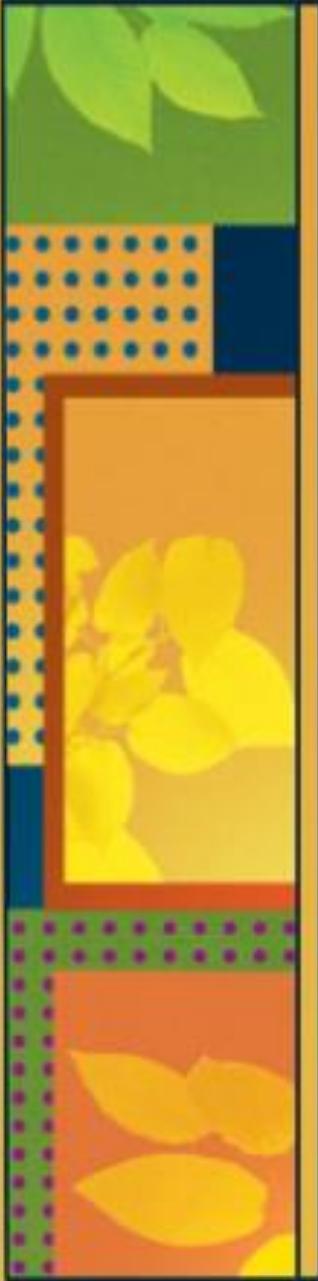


Life's Healing Choices

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



Session Two: Getting Help – The Hope Choice



“Happy are those who mourn; God will comfort them!”

Matthew 5:4, (TEV)



“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
New International Version

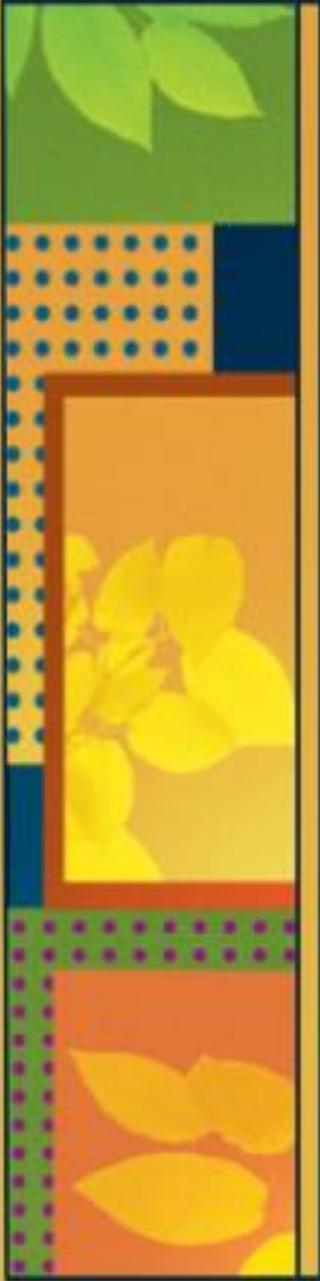


The cause: Playing God

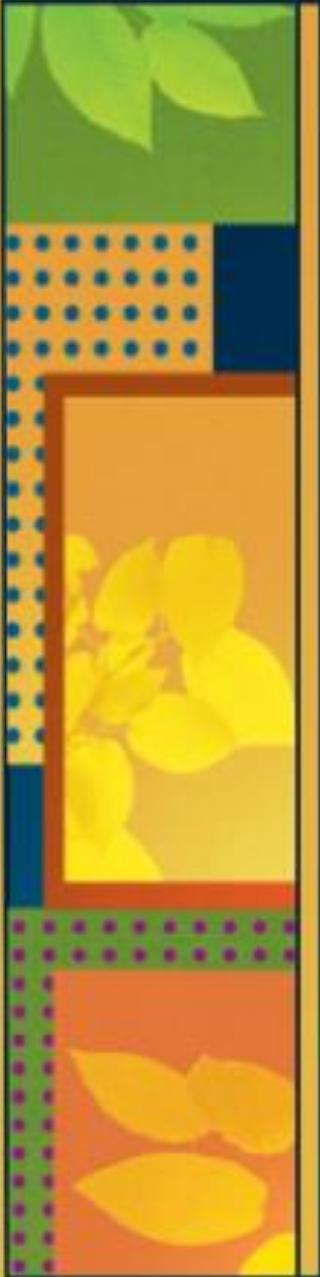


“In the pride of your heart you say, ‘I am a god...’ But you are just a man and not a god, though you think you are as wise as a god.”

**Ezekiel 28:2
New International Version**



Pride will ruin people,
but those who are
humble will be honored.
Proverbs 29:23, (NCV)



“In his pride the wicked man does not seek him; in all his thoughts there is no room for God” (Psalm 10:4) and that “I hate pride and arrogance, evil behavior and perverse speech” (Proverbs 8:13)



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.**



1. Humblly admit
I need help



**“God opposes the proud
but gives grace to the
humble.”**

**James 4:6
New International Version**



- I'm broken

- _____
- _____
- _____
- _____



The Prodigal son came to his senses:

His son said to him, “Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son.”

Luke 15:20-21



- I'm broken
- 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!”

Psalm 32:3-5
New Living Translation



- I'm broken
- My secrets make me sick
- 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.”

Proverb 28:13
Today's English Version



- I'm broken
- My secrets make me sick
- Admit it to defeat it
- My pride & fear keep me stuck



Adam: “...I was afraid because I was naked; so I hid”

Genesis 3:10
New International Version



“...I was afraid, and I went and hid your talent...”

Matthew 25:25
English Standard Version



“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
New International Version

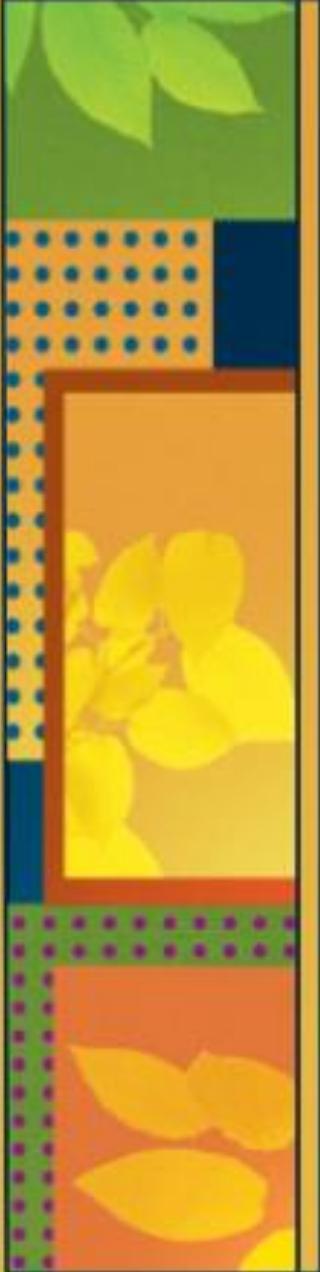


2. Humbly ask
God for help



“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
Living Bible



"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





3. Humbly accept
help from others



“Admit your faults to one another and pray for each other so that you may be healed.”

James 5:16
Living Bible



**“When we were unable to
help ourselves, at the
moment of our need,
Christ died for us...”**

**Romans 5:6
New Century Version**