



Life's Healing Choices

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



Session Three:

“The Commitment Choice”




The Commitment Choice:

**Consciously choose to
commit all my life and
will to Christ's care
and control.**



Conscious

relating to or concerned with a part of the mind that is capable of thinking, choosing, or perceiving



A conscious choice is
a decision that you make
deliberately - you think about
the decision before making it.




**Blessed are the meek, for
they will inherit the earth.**

**Matthew 5:5
New International Version**




Meek is:
Strength under
control




**Christ, who suffered for you,
is your example. Follow in
His steps. He never sinned,
and He never deceived
anyone. He did not retaliate
when He was insulted. When
He suffered, He did not
threaten to get even. He left
His case in the hands of God,
who always judges fairly.**

**1 Peter 2:21-23
New Living Translation**




**Meekness has
always been
God's way for
humanity.**



**Now the man Moses was
very meek, more than all
men that were on the face
of the earth.**


**Numbers 12:3
Revised Standard Version**



Meekness means
I acknowledge:
God's holiness



> Confidence in
who I am




I praise you because I am
fearfully and wonderfully
made; your works are
wonderful; I know that
full well.

Psalm 139:14, (NIV)




>> Confidence in
whose I am



**Everyone who believes
that Jesus is the Christ is a
child of God.**


**1 John 5:1a
New Living Translation**



Consciously:
It's my decision




choose to commit:
Over & over




Don't you realize that whatever you choose to obey becomes your master? You can choose sin, which leads to death, or you can choose to obey God and receive His approval.

**Romans 6:16
New Living Translation**




**So no one can become my
disciple without giving up
everything for me.**

**Luke 14:33
New Living Translation**



**“Come to me, all of you
who are weary and
over-burdened, and I will
give you rest!”**

**Matthew 11:29
Phillips**



**I [Jesus] came so they can
have real and eternal life,
more and better life than
they ever dreamed of.**

**John 10:10b
Message**



The Hope Choice:

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