



**“Life’s Healing Choices”**

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



# **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.**



# **The Commitment Choice:**


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





## **The Housecleaning Choice:**

**I openly examine and  
confess my faults to  
myself, to God, and to  
someone I trust.**



**“Happy are the pure in  
heart, for they will see  
God.”**

**Matthew 5:8  
Good News Bible**



**“All of us have sinned and  
fallen short of God’s  
glory.”**


**Romans 3:23  
Contemporary English Version**



**“I have come in order that  
you might have life - life  
in all its fullness.”**


**John 10:10  
Good News Bible**





Jesus doesn't  
want me to be  
religious.

He wants me  
to be real.



**“Jesus cried with a loud voice, ‘Lazarus, come forth!’ And he who had died came out bound hand and foot with graveclothes, and his face was wrapped with a cloth. Jesus said to them, ‘Loose him, and let him go.’ ”**

**John 11:43-44  
New King James Version**




**“If the Son sets you free, you  
will be free indeed.”**

**John 8:36**

**New International Version**






**“Anyone who belongs to  
Christ has become a new  
person. The old life is  
gone; a new life has  
begun!”**

**2 Corinthians 5:17  
New Living Translation**






The basis for a  
pure heart is not  
how good  
you've been,  
but how good  
God is.



**“You have looked deep  
into my heart, Lord, and  
You know all about me.”**


**Psalm 139:1  
Contemporary English Version**



**“If we confess our sins,  
He is faithful and just and  
will forgive us our sins  
and purify us from all  
unrighteousness.”**

**1 John 1:9  
New International Version**






**“Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases Him.”**

**Philippians 2:12-13  
New Living Translation**





**“Finally, I confessed all  
my sins to You and  
stopped trying to hide my  
guilt. I said to myself, ‘I  
will confess my rebellion  
to the LORD.’ And You  
forgave me! All my guilt is  
gone.”**

**Psalm 32:5  
New Living Translation**



**Remember God's**  
kindness



**“God’s kindness leads  
you toward repentance.”**


**Romans 2:4  
New International Version**



**“Therefore, there is now  
no condemnation for  
those who are in Christ  
Jesus.”**

**Romans 8:1  
New International Version**






**“God has shown us how  
much He loves us---it was  
while we were still  
sinners that Christ died  
for us!”**

**Romans 5:8  
Good News Bible**



**Remember God's**  
faithfulness



**“I’m convinced that God,  
who began this good  
work in you, will carry it  
through to completion on  
the day of Christ Jesus.”**

**Philippians 1:6  
God's Word**




**“I will never leave you; I  
will never abandon you.”**

**Hebrews 13:5  
Good News Bible**






# Remember God's promises



**“If we confess our sins,  
He is faithful and just and  
will forgive us our sins  
and purify us from all  
unrighteousness.”**

**1 John 1:9  
New International Version**



**“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”**

**Ezekiel 36:26  
New International Version**