

# Life's Healing Choices

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




# *Session Five:* “The Transformation Choice”



# Transformation Choice:

**Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.**




**“Blessed are those who  
hunger and thirst for  
righteousness, for they  
will be filled.”**

**Matthew 5:6  
New International Version**



1. Conflict: A  
struggle with  
others




**“Jacob heard that Laban’s sons were saying, ‘Jacob has taken everything our father owned and has gained all this wealth from what belonged to our father.’ And Jacob noticed that Laban’s attitude toward him was not what it had been.”**

**Genesis 31:1-2  
New International Version**



**“The messengers  
returned to Jacob and  
said, ‘We went to your  
brother Esau, and now  
he is coming to meet  
you, with an army of 400  
men!’ Jacob was terrified  
at the news.”**

**Genesis 32:6-7  
New Living Translation**



**“Then Jacob prayed, ‘O  
God ...O Lord... I am  
unworthy of all the  
kindness and faithfulness  
You’ve shown me... save  
me I pray... for I am  
afraid...’ ”**

**Genesis 32:9-11  
New Living Translation**




**“God blesses those who  
realize their need for  
Him.”**

**Matthew 5:3  
New Living Translation**



## 2. Crisis: I struggle with God




**“Jacob got them safely  
across the brook Jabbok  
along with all his  
possessions. But Jacob  
stayed behind and was left  
all alone in the camp, and  
a Man came and wrestled  
with him until dawn. When  
the Man saw that He  
couldn’t win the match, ...**

**Genesis 32:23-25  
New Living Translation/Message**



**... He struck Jacob's hip  
and knocked it out of  
joint at the socket."**

**Genesis 32:23-25  
New Living Translation/Message**




**“Before Jacob was born,  
he struggled with his  
brother; when he  
became a man, he even  
fought with God.”**

**Hosea 12:3  
New Living Translation**




3. Commitment:  
I commit to  
God's changes




**“Then the Man said, ‘Let  
me go, for it is dawn.’  
But Jacob panted, ‘I  
won’t let you go unless  
you bless me!’ ”**

**Genesis 32:26  
New Living Translation**




**“Do not let any part of your body become a tool of wickedness, to be used for sinning. Instead, give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God.”**

**Romans 6:13  
New Living Translation**




4. Confession:  
I admit I'm  
the problem




**“The Man asked him,  
‘What is your name?’  
‘JACOB’, he answered.”**

**Genesis 32:27  
New International Version**



Jacob =  
“deceiver/  
manipulator”




**“The Lord is close to the  
brokenhearted and saves  
those who are crushed in  
spirit.”**

**Psalm 34:18  
New International Version**



5. Conversion:  
I get a new  
identity!




**“Then the Man said,  
‘Your name will no longer  
be Jacob, but ISRAEL ...  
Then He blessed him  
there. So Jacob called  
the place Peniel, saying,  
‘It is because I saw God  
face to face...’ ”**

**Genesis 32:28-30  
New International Version**




Israel =  
“Prince with  
God”




**“The sun rose as Jacob  
left Peniel, and he was  
limping because of his  
hip.”**

**Genesis 32:31  
New Living Translation**



**PAUL:** “To keep me from becoming conceited... I was given a thorn in my flesh, to torment me. Three times I pleaded with the Lord to take it away from me. But He said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ ...

**2 Corinthians 12:7-9**  
**New International Version**



**... Therefore I boast  
about my weaknesses,  
so that Christ's power  
may rest on me."**

**2 Corinthians 12:7-9  
New International Version**