

**FAMILY LIFE CHURCH OF THE VALLEY
LIFE GROUP - RIVERSIDE COUNTY**

TITLE: LIFE'S HEALING CHOICES

SESSION ONE: ADMITTING NEED – THE REALITY CHOICE

**KEY VERSE: "HAPPY ARE THOSE WHO KNOW THEY ARE SPIRITUALLY POOR."
MATTHEW 5:3 (TEV)**

I REALIZE I'M NOT GOD. I ADMIT THAT I AM POWERLESS TO CONTROL, MY TENDENCY TO DO THE WRONG THING AND THAT MY LIFE IS UNMANAGEABLE.

THE BEATITUDES

" Happy are those who know they are spiritually poor...Happy are those who mourn, for they shall be comforted. Happy are the meek...Happy are the pure in heart...Happy are those whose greatest desire is to do what God requires...Happy are the merciful...Happy are those who work for peace...Happy are those who are persecuted because they do what God requires."
Matthew 5:3-10 (NIV/TEV)

The Root Cause of your Problem: Trying to _____.

How We Play God

1. We try to control our _____ by wearing masks, playing games and hiding the truth about ourselves.
2. We try to control _____ by manipulating each other through guilt or shame or praise or even through silence.
3. We try to control our _____ by saying like: "I can handle it; it's not really a problem. I don't need any help. I can quit anytime."
4. We try to control our _____ by avoiding it denying it, escaping it, medicating it, drowning it, or postponing it.

(But the first step toward recovery – the first healing choice you have to make –is the Reality Choice, where you realize and accept the fact that you are not God, and you need help from someone much greater than you to overcome your hurts, hang-ups, and habits.)

LIFE'S HEALING CHOICES SESSION ONE (Cont.)

Consequences of Playing God

1. _____
We fear that someone will find out we really are and reject us.

2. _____
I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to – what I hate. I know perfectly well that what I'm doing is wrong...But I can't help myself...It is sin inside me that is stronger than I am that makes me do those evil things.
Romans 7:15-17 (LB)

My dishonesty made me miserable and filled my days with frustration.
Psalm 32:3 (LB)

3. _____
My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them.
Psalm 32:4-5 (LB)

4. _____
You'll never succeed in life if you try to hide your sins. Confess them and give them up. Then God will show mercy to you.
Proverbs 28:13 (TEV)

We don't change when we see the light. We change when we feel the heat. God whispers to us in our pleasures, but he shouts to us in our pain. The fact is that if you could solve your problems, you would have done it a long time ago and you wouldn't have them anymore. You can't get fixed until you 'fess up, face your faults, and admit, "I am powerless."

Three Important Facts of Life

1. I am powerless to _____ my past.
2. I am powerless to _____ other people.
3. I am powerless to _____ with my hurts, hung-ups, and habits.
 - Good intentions are not enough
 - Willpower is not enough
 - You need another source of power
 - You need God

LIFE'S HEALING CHOICES SESSION ONE (Cont.)

God opposes the proud but gives grace to the humble. (James 4:6 NIV)

- Grace is the power God gives you to make the changes in your life that he wants you to make. How do you get God's grace? There's only one way: God gives it to the humble.
- What needs to change in your life? Make the Reality Choice today.

Discovery Questions

1. We all try to play God by attempting to control our image, other people, our problems, our pain. Why do you feel the need to be in control? Lists some ways you try to control your image, your problems, your pain, or other people.

2. Read the passage again from Romans 7:15-17. Can you relate to that? Share your experiences with this kind of tension.

3. The first healing choice is to admit your powerless to change your past, control other people, And to cope with your problems. Which of these do you struggle with most?

4. The Bible says, "God opposes the proud but gives grace to the humble" (James 4:6 NIV). Why Do you think God "opposes the proud"? What does it mean to humble yourself before God?

5. Where are you in learning to trust God? Share honestly with your group and ask for prayer Grow in this process.
