

# Life's Healing Choices

## Admitting Need – The Reality Choice

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Hurts, Hang-ups, Habits. There's not a person in the world who doesn't deal with at least one of these on some level – and many of us struggle with all three. Life is tough. We live in an imperfect world. We experience brokenness and need healing.

As with most of life's issues, the remedy involves a choice. We are able to find healing in our lives when we embrace **healing** choices.

Jesus provides a blueprint for healing choices in the Beatitudes:

**Matthew 5:3-10** *"They are blessed who realize their spiritual poverty, for the kingdom of heaven belongs to them.*

<sup>4</sup> *They are blessed who grieve, for God will comfort them.*

<sup>5</sup> *They are blessed who are humble, for the whole earth will be theirs.*

<sup>6</sup> *They are blessed who hunger and thirst after justice, for they will be satisfied.*

<sup>7</sup> *They are blessed who show mercy to others, for God will show mercy to them.*

<sup>8</sup> *They are blessed whose thoughts are pure, for they will see God.*

<sup>9</sup> *They are blessed who work for peace, for they will be called God's children.*

<sup>10</sup> *They are blessed who are persecuted for doing good, for the kingdom of heaven belongs to them.*

One of the most difficult things for any of us to do is admit that we have a **need**. Society tells us we should rely on our resources and live **independent** of God. God assures us that the first step in realizing our need is allowing ourselves to be **dependent** on Him.

The root cause of our problem: trying to play **God**.

Why? Because we want to be in **control**.

We try to control:

- our **image** by wearing masks, playing games, and hiding the truth about ourselves.
- **other people** by manipulating each other through guilt or shame or praise or even silence.
- our **problems** by saying things like: "I can handle it; it's not really a problem..."
- our **pain** by avoiding it, denying it, escaping it, etc.

### 1<sup>st</sup> Healing Choice –

- realize and accept the fact that we are not **God**.
- realize and accept that we need help from someone much **greater** than ourselves.
- Then with God's help we are on the road to **overcoming our** hurts, hang-ups, and bad habits.

**Matthew 5:3** *"They are blessed who realize their spiritual poverty, for the kingdom of heaven belongs to them.*

### Consequences of Playing God

Four important consequences:

1. **Fear** – of someone finding out who we really are and reject us.

2. **Frustration**.

**Romans 7:15-20** *Yes. I'm full of myself—after all, I've spent a long time in sin's prison. What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise. So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary. <sup>17-20</sup>But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! I realize that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time.*

3. **Fatigue**.

**Psalms 32:4-5** *Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. 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.*

#### 4. **Failure.**

**Proverbs 28:13** *If you hide your sins, you will not succeed.  
If you confess and reject them, you will receive mercy.*

### **Steps to Relinquishing Control**

We commit to relinquishing control when we admit:

- we are powerless to **change** our past.
- we are powerless to **control** other people.
- we are powerless to **cope** with our hurts, hang-ups and habits in our own power.

## *Turning Point . . .*

The Reality Choice is easier when we realize...

...good **intentions** are not enough  
...**willpower** is not enough.

We need another **source** of power. We need **God**.

**2 Corinthians 12:9** *But he said to me, "My grace is enough for you. When you are weak, my power is made perfect in you." So I am very happy to brag about my weaknesses. Then Christ's power can live in me.*

**Our Challenge...**

**Believers – simply ask God, "Father God, do my choices reflect that I have relinquished control of my life to you?"**

**Seekers – Grace is the power God gives us to make the changes in our lives that He wants us to make. The key is, we have to accept His grace by asking Him to be in control. The good news is, all it takes is a simple prayer:**

*Father God – I come before you today, asking you to save me. I invite your Son Jesus Christ into my heart, and ask Him to be my Lord and my Savior. Father, please forgive me of all sin in my life, and cleanse me from every unclean thing within me. I want to begin to make healing choices in my life, starting with admitting my need for You. And with your help, I want to be the person you created me to be. In Jesus' Name, Amen.*