

# Life's Healing Choices

## Part # 2

### Getting Help – The Hope 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.

The Biblical blueprint for making healing choices is provided by Jesus in the **Beatitudes** (Matthew 5:3-10)

Regardless of how we address the broken areas in our lives, we cannot ignore the presence of **grief** and **pain**.

The hurt and sense of loss that we experience is the process of **mourning**.

Matthew 5:4

<sup>4</sup> Blessed are those who mourn, for they will be comforted.

Our mourning should be focused on . . .

- **Sin** the cause of our fall.
- Sin's **cost** to God.

Even though the mourning process is essential, God does not want you to get stuck in this mode. He wants you to use it as the pathway to the comfort He offers through His **help** and **hope**.  
2<sup>nd</sup> Healing Choice – Earnestly believe that God exists, that I matter to Him, and that He has the power to **help** me recover.

## Choosing Hope

Three key actions:

1. Acknowledge God's **existence**.

**Hebrews 11:6** *And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.*

The pressing question should not be, "**Is** there a God?"; instead it should be, "**What** kind of God is He?"

2. Understand God's **character**.

God's character is revealed to us through the person of **Jesus Christ**.

**Colossians 1:15** *Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation*

Three things we learn about God's character from Christ:

- God **knows** about our situation.

**Psalms 31:7** *I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul.*

**Psalms 56:8** *You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.*

**Psalms 56:8** *O God, you know how foolish I am; my sins cannot be hidden from you.*

- God **cares** about our situation.

**Jeremiah 31:3** *And from far away the LORD appeared to his people and said,*

*"I love you people  
with a love that will last forever.  
That is why I have continued  
showing you kindness.*

**Romans 5:8** *But God shows his great love for us in this way: Christ died for us while we were still sinners.*

- God can **change** me and my situation.

**2 Corinthians 5:17** *This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

### 3. Accept God's **offer** to help us.

Help and Hope start to flow the moment we **believe** in Christ as our Lord and Savior but that is only the beginning.

To experience the change God plans for us, we have to **plug** into His power.

**Philippians 2:13** *For God is working in you, giving you the desire and the power to do what pleases him.*

The only way to experience God's power is to **surrender** to Him and **let** Him fill you with His Spirit.

**2 Timothy 1:7** *The Spirit that God has given us...fills us with power, love, and self-control"*

## *Turning Point . . .*

The Hope Choice is possible when we realize...

...we are not really in control of our circumstances until **Christ** is in control.

...when we **decide** to call to God for help, He has promised to **respond**.

### **Isaiah 43:2**

<sup>2</sup> *When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.*

### **Our Challenge...**

Seekers – Making the choice to plug into God's power involves a simple ABC. Admit that you have left God out of your life, believe that Christ is God's Son who died for your sin, and Confess Jesus as the new Lord or Controller of your life. A prayer might go something like this . . .

*"Heavenly Father I **admit** that I have left you out of my life, but this morning, I **believe** that Christ is your Son and that He died for my sin of rejecting you and that you raised Him from the dead. I **confess** Him to be my Lord and Savior. In Jesus' Name, Amen*

Believers – simply ask God, "Heavenly Father do I rely on you to help me?"