

# Life's Healing Choices

## Letting Go – The Commitment Choice

January 24, 2010

Gerald Thurman & Wes Porter

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)

Our efforts to put up a good front in the face of our troubles usually results in a **cycle** of despair:

First we start to feel **guilty** about our behavior.

Next, we get **angry** with ourselves and others

Eventually our anger turns to **fear** that things will never change.

Our fear then turns to **depression**.

Finally we **give** up.

Our inability to make the right choices in the face of our troubles usually results in the cycle **starting** again.

**Matthew 5:5** *They are blessed who are humble, for the whole earth will be theirs.*

**3<sup>rd</sup> Healing Choice** – consciously choose to **commit** our lives and wills to Christ's care and control.

### Five Barriers to Commitment of our lives and wills to Christ:

#### 1. Our **pride**.

**Proverbs 18:12** *Pride leads to destruction; humility leads to honor.*

### Consider 5 facts about pride . . .

#### 1. Pride is based on **false** assumptions.

**1 Corinthians 4:7** <sup>6</sup> *Dear brothers and sisters, I have used Apollos and myself to illustrate what I've been saying. If you pay attention to the Scriptures, you won't brag about one of your leaders at the expense of another.* <sup>7</sup> *What makes you better than anyone else? What do you have that God hasn't given you? And if all you have is from God, why boast as though you have accomplished something on your own?*

#### 2. Pride is irreverent and **ungrateful**.

#### 3. Pride is **ugly** and **offensive**.

#### 4. Pride is repeatedly and severely condemned by God as a **serious sin**.

**Proverbs 8:13** <sup>13</sup> *To fear the Lord is to hate evil. I hate pride, arrogance, evil behavior, and twisted speech.*

**Psalms 138:6** <sup>6</sup> *Even though the Lord is high above, he sees humble people {close up}, and he recognizes arrogant people from a distance.*

#### 5. Pride is spiritually hazardous at a very **high degree**.

**Proverbs 10:8** *A wise heart takes orders; an empty head will come unglued.*

#### 2. Our **guilt**.

**Genesis 3:6-10** <sup>6</sup> *When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.* <sup>7</sup> *Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.* <sup>8</sup> *Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden.* <sup>9</sup> *But the LORD God called to the man, "Where are you?"* <sup>10</sup> *He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."*

**We can successfully eliminate the guilt barrier when we understand that...**

...God **knows** all about our sins and our failures, and **loves** us **anyway**.

**Romans 5:7-8** <sup>7</sup> *Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die.* <sup>8</sup> *But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

...God is **ready** to forgive **all** of our sins when we **humble** ourselves and **ask** Him to forgive them.

**1 John 1:9** *But if we confess our sins, he will forgive our sins, because we can trust God to do what is right. He will cleanse us from all the wrongs we have done.*

**Psalm 32:5** *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.*

...God's ability to forgive is limited **only** by our **pride** and our **guilt**.

3. Our **fear**.

4. Our **worries**.

**Philippians 1:6** *And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.*

5. Our **doubt**.

**Mark 9:23-24** <sup>23</sup> "What do you mean, 'If I can'?" Jesus asked. "Anything is possible if a person believes." <sup>24</sup> The father instantly replied, "I do believe, but help me not to doubt!"

## Four Steps of the Commitment Choice

1. I **accept** God's Son as my **Savior**.

**Acts 16:31** *Believe in the Lord Jesus and you will be saved.*

2. I accept God's **Word** as my standard.

**2 Timothy 3:16** *All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.*

3. I accept God's **Will** as my **strategy**.

**Philippians 2:13**

<sup>13</sup> *For God is working in you, giving you the desire to obey him and the power to do what pleases him.*

God made us for a **purpose** that He wants us to **fulfill**.

4. I accept God's **power** as my **strength**.

**Philippians 4:13** *I can do all things through Christ, because he gives me strength.*

## Turning Point . . .

**The Commitment Choice is possible when we realize...**

...meekness is not about **weakness**; meekness is about strength under **control**.

...the commitment choice is about **surrendering** control of our lives to a power much **greater** than ourselves.

**Matthew 11:28-30** *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."*

**Our Challenge...**

**Believers** – simply ask God, *"Father God, how much control of my life am I willing to give you?"*

**Seekers** – Making the choice to surrender control of your life to God involves two simple things – believe and receive. All it takes is simply inviting Christ into your heart through a prayer like this:

*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.*