

Sunday Sermon Notes

THE REALITY CHOICE

Life's Healing Choices: The Beatitudes - Part 1

Week of October 7, 2018

"I don't understand what I do. For what I want to do I don't do, but what I hate to do, I do! ...I know that nothing good lives in my sinful nature. I have the desire to do what is good, but I cannot carry it out." Rom. 7:15+18 (NIV)

*Stress
Fears
My overwork
Attractions
Addiction
Regrets*

*Diet
Worry
Bad habits
Anger
Dishonesty
Need to control*

*Finances
Relationships
Painful memories
Perfectionism
Resentment
Compulsive thoughts*

THE CAUSE: _____ PLAYING GOD _____

"In the pride of your heart you say, 'I am a god...' But you are just a man and not a god, though you think you are as wise as a god." Ezekiel 28:2 (NIV)

The first choice is: THE REALITY CHOICE – Admitting that I need help.

I ADMIT I need help; that I'm powerless to control my tendency to do the wrong thing and that my life is unmanageable.

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." Matt. 5:3 (NIV)

1. FIRST, TO BE POOR IN SPIRIT, I MUST HUMBLY ADMIT I NEED HELP
"God opposes the proud but gives grace to the humble." James 4:6 (NIV)

"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you." Pr. 28:13 (TEV)

2. I NEED TO HUMBLY ASK GOD FOR HELP

"We saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead." 2 Cor. 1:9 (LB)

"You're blessed when you're at the end of your rope. With less of you there is more of God and his rule." Matt. 5:3 (MSG)

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3. I MUST HUMBLY ACCEPT HELP FROM OTHER PEOPLE

“Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” Eccl. 4:9-10 (NIV)

“Admit your faults to one another and pray for each other so that you may be healed.”
James 5:16 (LB)

THERE ARE THREE FEARS WHICH SATAN WILL USE TO KEEP YOU STUCK IN A RUT:

1. Fear of your own emotions
2. Fear of the reactions of others
3. Fear that being honest is useless

GROUND RULES FOR YOUR SMALL GROUP

1. What is said in the group, stays in the group
2. Don't try to fix people
3. Don't minimize another person's pain
4. When it is time for the discussion, have the men meet with men and the women meet with women.
5. Focus on my own brokenness.

“When we were unable to help ourselves, at the moment of our need, Christ died for us...”
Rom. 5:6 (NCV)