



Life's  
Healing  
Choices  
Freedom From Your Hurts,  
Hang-ups & Habits

## The Reality Choice

### Matthew 5:3



Stress	Diet	Finances
Fears	Worry	Relationships
My overwork	Bad habits	Anger
Painful memories	Perfectionism	Dishonesty
Addiction	Resentment	Regrets
Need to control	Compulsive thoughts	

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

"Blessed are those who recognize they are spiritually helpless." (*Matthew 5:3, GWT*)

### Life's Healing Choice #1

I admit I need \_\_\_\_\_ in my \_\_\_\_\_.

3 ways to become poor in spirit...

1. I must humbly admit I need \_\_\_\_\_.

-What you need is the \_\_\_\_\_ of \_\_\_\_\_.

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

A. I must admit: I am \_\_\_\_\_.

B. I must admit: My \_\_\_\_\_ make me \_\_\_\_\_.

When I refused to confess my sin, I was weak and miserable, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Interlude Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.

(*Psalms 32:3-5, NLT*)



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

C. I must admit: It's my \_\_\_\_\_ and \_\_\_\_\_ that keep me \_\_\_\_\_.

2. I must humbly ask \_\_\_\_\_ for help.

In fact, we expected to die. But as a result, we learned not to rely on ourselves, but on God who can raise the dead.  
(*2 Corinthians 1:9, NLT*)

3. I must humbly accept help from \_\_\_\_\_.

Two people are better than one, because they get more done by working together. 10 If one falls down, the other can help him up. But it is bad for the person who is alone and falls, because no one is there to help. (*Ecclesiastes 4:9 & 10, NLT*)

Confess your sins to each other and pray for each other so that you may be healed. (*James 5:16, NLT*)

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (*Romans 5:8, NIV*)