



# Life's Healing Choices

## MAINTAINING MOMENTUM - THE GROWTH CHOICE

### Life's Healing Choices: The Beatitudes

### Small Groups – Week 7

*I reserve a daily quiet time with God for self-examination, Bible reading and prayer in order to know God and His will for my life and to gain the power to follow His will.*

#### Catching Up

1. Were you able to read chapter 6 in Life's Healing Choices this week? Share your thoughts about Carl's and Bill's stories.
2. Would anyone like to share your experience this week with offering forgiveness and making amends?

#### Key Verse

"Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups."  
2 Corinthians 13:5 (MSG)

#### Maintaining Momentum - The Growth Choice

#### Four Causes of Relapse

1. Reverting to \_\_\_\_\_.

"How can you be so foolish! You began by God's Spirit; do you now want to finish by your own power?"  
Galatians 3:3 (TEV)

***God will let you relapse if that's what it takes for you to realise you can't do it on your own!***

"You won't succeed by might or by power, but by my Spirit, says the Lord."  
Zechariah 4:6 (GWT)

2. Ignoring one of the \_\_\_\_\_.

"You were doing so well! Who made you stop obeying the truth?"  
Galatians 5:7 (TEV)

***You didn't get into your problem overnight; you are not going to get out of them overnight either.***

3. Trying to recover without \_\_\_\_\_.

“Two are better off than one... If one of them falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him.”  
Ecclesiastes 4:9-10 (TEV)

4. Becoming \_\_\_\_\_.

“Pride leads to destruction, and arrogance to downfall.”  
Proverbs 16:18 (TEV)

“If you think you are standing firm you had better be careful that you do not fall.”  
1 Corinthians 10:12 (TEV)

*If you think you've got it all together and under control, that's when you're really in danger, because pride is one of the most destructive forces in your life.*

“Watch and pray that you will not fall into temptation. The spirit is willing, but the body is weak.”  
Mark 14:38 (NIV)

**Maintenance Tools for Preventing Relapse**

1. \_\_\_\_\_

“Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups.”  
2 Corinthians 13:5 (MSG)

“Let's take a good look at the way we're living and reorder our lives under God.”  
Lamentations 3:40 (MSG)

**Four Kinds of Evaluation**

I. \_\_\_\_\_ WHAT IS MY BODY TELLING ME?

II. \_\_\_\_\_ WHAT AM I FEELING RIGHT NOW?

*Give yourself a heart check! Am I?*

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

III. \_\_\_\_\_ AM I AT PEACE WITH EVERYONE?

IV. \_\_\_\_\_ AM I RELYING ON GOD?

*When you do an evaluation don't just ask 'What's bad in my life?' You also want to ask,*

***'What's good in my life?'. You want to keep your inventory balanced.***

***How often should I evaluate myself?***

- \_\_\_\_\_ INVENTORY THROUGHOUT THE DAY
- \_\_\_\_\_ REVIEW
- \_\_\_\_\_ CHECKUP

2. \_\_\_\_\_

***Biblical meditation means to fill your mind with the Word of God and think deeply about what it says. It is thought digestion.***

"Happy are those who... are always meditating on (God's) laws and thinking about ways to follow him more closely. They are like trees along a riverbank... Their leaves shall never wither, and all they do shall prosper."  
Psalm 1:1-3 (MSG)

"Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."  
Joshua 1:8 (NIV)

"I have thought much about your words and stored them in my heart so that they would hold me back from sin."  
Psalm 119:11 (LB)

***If you want to avoid temptation and prevent a relapse, then you need to hide God's Word in your heart by memorising it and meditating on it.***

3. \_\_\_\_\_

Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers.  
Philippians 4:6 (LB)

***Getting quite time alone with God is the secret to spiritual strength. Return to God on a daily basis.***

## Discovery Questions

1. A relapse occurs when you return to a hurt, hang-up or habit. What would a relapse look like for you?

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2. Re-read 2 Corinthians 13:5. What are some physical, emotional, or spiritual signs you can be watching for in your check- up that will alert you to a possible relapse? Under what conditions - such as time of day, location, alone or in a particular group etc.- do the signs most commonly occur?

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3. Now you have identified the causes and conditions, what practical steps can you take to stay healthy and guard against a relapse?

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4. Maintaining momentum is more than just preventing relapse. You also need to celebrate your victories and focus on things that give you joy and hope. Re-read Philippians 4:8. Share with the group some of the good things that are going on in your life.

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## Living on Purpose: Discipleship

***Practice a daily quiet time. Take the next 5 minutes to read and meditate on the following Bible verse. Read it quietly to yourself several times, focusing and emphasising different words or phrases at time. The write down your thoughts and prayers in the space below.***

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness,  
faithfulness, gentleness and self-control  
Galatians 5:22 (NIV)

## Putting it into Practice

***Pastor Rick said, 'If you want to avoid temptation and prevent a relapse, then you need to hide God's Word in your heart by memorising and mediating on it'.***

***Some of the benefits of memorising Scripture are:***

- It helps you to resist temptation.

“I have hidden your word in my heart, that I might not sin against you.”  
Psalm 119:11 (NIV)

- It helps you to make wise decisions.

“Your word is a lamp to guide me and a light for my path”  
Psalm 119:105 (NIV)

- It strengthens you when you are under stress.

“... Your promises to me... are my only hope. They give me strength in all my troubles;  
how they refresh and revive me!”  
Psalm 119:49 (LB)

***Go back to the verses you wrote on your Scripture cards. Choose one verse that is particularly meaningful to you and memorise it. Here are some easy steps for memorisation.***

- Pick a verse that speaks to you.
- Say the reference before and after the verse.
- Read the verse aloud many times.
- Write out the verse on several flash cards.
- Display your verse in prominent places.
- Always memorise the verse word-for-word.

**Prayer Direction**

“Don’t worry about anything; instead, pray about everything; tell God your needs,  
and don’t forget to thank him for his answers.”  
Philippians 4:6 (LB)

1. Pray that God will give each of you the strength and discipline to maintain your momentum.
2. Share your prayer requests and pray for each other,

**Diving Deeper**

This week read chapter 7 of Life’s Healing Choices and be ready to share your thoughts in the next session. Pay particular attention to the stories from Regina and Steve at the end of the chapter.

*This book is available to purchase in various formats from Amazon UK*

[https://www.amazon.co.uk/Lifes-Healing-Choices-Revised-Updated-ebook/dp/B00AHEBEJU/ref=sr\\_1\\_12?dchild=1&keywords=lifes+healing+choices&qid=1587371910&s=digital-text&sr=1-12](https://www.amazon.co.uk/Lifes-Healing-Choices-Revised-Updated-ebook/dp/B00AHEBEJU/ref=sr_1_12?dchild=1&keywords=lifes+healing+choices&qid=1587371910&s=digital-text&sr=1-12)

## My Notes

CCCWL website - [www.cccwl.co.uk](http://www.cccwl.co.uk)  
(Please visit the Knowing Jesus Page)

CCCWL Prayer email - [prayer@cccwl.co.uk](mailto:prayer@cccwl.co.uk)  
CCCWL Office email - [office@cccwl.co.uk](mailto:office@cccwl.co.uk)

### **Answer Key**

1. Reverting to WILL POWER.
2. Ignoring one of the STEPS.
3. Trying to recover without SUPPORT.
4. Becoming PRIDEFUL.
1. EVALUATION.
  - I. PHYSICAL: What is my body telling me?
  - II. EMOTIONAL: What am I feeling right now?

**Hurting**

**Exhausted**

**Angry**

**Resentful**

**Tense**

- III. RELATIONAL: Am I at peace with everyone?
- IV. SPIRITUAL: Am I relying on God?
  - STOP-CHECK: Inventory throughout the day.
  - DAILY: Review.
  - ANNUAL: Check-up.
2. MEDITATION.
3. PRAYER.