



Life's Healing Choices

ADMITTING NEED - THE REALITY CHOICE

Life's Healing Choices: The Beatitudes Small Groups – Week 1

*I realise that I'm not God. I admit that I am
powerless to control my tendency to do the wrong
thing and that my life is unmanageable.*

Looking Ahead

Welcome to the Life's Healing Choices small group study! If this is the first you've met as a group, take a few minutes to get to know each other, and share what you are hoping to get out of the study.

Key Verse

"Happy are those that know they are spiritually poor" Matthew 5.3 (TEV)

The Beatitudes

- ³Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
- ⁴Blessed are those who mourn,
for they will be comforted.
- ⁵Blessed are the meek,
for they will inherit the earth.
- ⁶Blessed are those who hunger and thirst for righteousness,
for they will be filled.
- ⁷Blessed are the merciful,
for they will be shown mercy.
- ⁸Blessed are the pure in heart,
for they will see God.
- ⁹Blessed are the peacemakers,
for they will be called children of God.
- ¹⁰Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven. Matthew 5:3-10 (NIV)

The root cause of your problem: Trying to please _____

How we play God

1. We try to control our _____
by wearing masks, playing games, and hiding the truth about ourselves.
2. We try to control _____
by manipulating each other through guilt or shame or praise or even through silence.
3. We try to control our _____
by saying things like 'I can handle it; it not really a problem. I don't need any help. I can quit anytime'.
4. We try to control our _____
by avoiding it, denying it, escaping it, medicating it, drowning it or postponing it.

But the first step towards recovery - the first healing choice you have to make- is the Reality Choice, where you realise and accept the fact that you are not God, and you need help from someone much greater than you to overcome your hurts, hang ups and habits.

Consequences of Playing God

1. _____

We fear that someone will find out who we really are and reject us.

2. _____

"I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to—what I hate. ¹⁶I know perfectly well that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking. ¹⁷But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things." Romans 7:15-17 (TLB)

3. _____

"My strength evaporated like water on a sunny day ⁵until I finally admitted all my sins to you and stopped trying to hide them." Psalm 32:3 (TLB)

4. _____

"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." Proverbs 28:13 (GNT)

We don't change when we see the light. We change when we feel the heat. God whispers to us in our pleasures, but he shouts to us in our pain. The fact is that if you could solve your problems, you would have done it a long time ago and you wouldn't have them anymore. You can't get fixed until you 'fess up, face your faults, and admit 'I am powerless.

Three Important Facts of Life

1. I am powerless to _____ my past.
2. I am powerless to _____ other people.
3. I am powerless to _____ with my hurts, hang ups and habits.

- *Good intentions are not enough.*
- *Willpower is not enough.*
- *You need another source of power.*
- *You need God.*

“But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favour to the humble” James 4:6 (NIV)

Grace is the power God gives to you to make the changes in your life the he wants you to make. How do you get God’s grace? There only one way: God gives it to the humble.

What needs to change in your life? Make the Reality Choice today!

Discovery Questions

1. We all try and play God by attempting to control our image, other people, our problem and our pain. Why do you feel the need to be in control? List some ways you try to control you image, your pain or other people?

2. Read the passage again from Romans 7:15-17. Can you relate to that? Share your experiences with this kind of tension.

3. The first healing choice is to admit you’re powerlessness to change you past, control other people and to cope with your problems. Which of these do you struggle with the most?

4. Read James 4:6. Why do you think God 'opposes the proud'? What does it mean to humble yourself before God?

5. Where are you learning to trust God? Share honestly with your group and ask for prayer to grow in this process.

Living on Purpose: Fellowship

You are not alone on your journey, and the decision to begin this Life's Healing Choices group study is not by accident. This material will help you find freedom from your life's hurts, hang-ups and habits. Your group members can support and encourage you along the way. To best understand what a small group looks like, please review the small group guidelines and commit to following it each session.

Putting It into Practice

C.S. Lewis said, 'God whispers to us in our pleasures, but he shouts to us in our pain'. That pain can be physical, emotional, relational or financial. What might God be saying to you through your pain right now? We are all powerless over something. This week take the first healing choice and admit to God something you are powerless over.

Prayer Direction

Pray for God to give you the willingness and the courage to admit where you are powerless.

My Notes

Answer Key

The root cause of your problem: Trying to PLAY GOD

1. We try to control our IMAGE
2. We try to control OTHER PEOPLE
3. We try to control our PROBLEMS
4. We try to control our FEAR
 1. FEAR
 2. FRUSTRATION
 3. FATIGUE
 4. FAILURE
1. I am powerless to CHANGE my past
2. I am powerless to CONTROL other people
3. I am powerless to COPE with my hurts, hang-ups, and habits.