

The Reality Choice

"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." Romans 7:15, 18

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

THE CAUSE: _____

"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

"A man's pride will bring him low" Proverbs 29:23

THE FIRST HEALING CHOICE

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

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

1. _____

"God resists the proud but gives grace to the humble." James 4:6

a. _____

"For we know that the whole creation groans and labors with birth pangs together until now." Rom. 8:22

b. _____

"When I kept silent, my bones wasted away through my groaning all day long...my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the LORD'—and you forgave the guilt of my sin." Psalm 32:3-5

c. _____

"He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy." Proverbs 28:13

d. _____

"...I was afraid because I was naked; and I hid myself." Genesis 3:10

"And I was afraid, and went and hid your talent in the ground." Matthew 25:25

"For My people have committed two evils: they have forsaken Me, the fountain of living waters, and hewn themselves cisterns—broken cisterns that can hold no water." Jeremiah 2:13

2. _____

"Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead." 2 Corinthians 1:9

3. _____

"Confess your trespasses to one another, and pray for one another, that you may be healed." James 5:16

"You see, at just the right time, when we were still powerless, Christ died for the ungodly."
Romans 5:6