

“THE HOPE CHOICE”
Life’s Healing Choices – Part 2
April 11th, 2010

First healing choice: Admitting Need - The Reality Choice

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

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

Our hurts, hang-ups, and habits can prevent you from becoming all God wants you to be and from doing all that you know God wants you to do

Second healing choice: Getting help - The Hope Choice

Matthew 5:4 (NIV) “Blessed are those who mourn, for they will be comforted.”

I earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover

The thing that I most often try to avoid is God’s path to real comfort

Our paths to comfort and hope: escape

Escaping only gives me momentary comfort

A comfortable life will not comfort your soul

God’s Path To Comfort & Hope

1. See who God really is

We often think God is out to condemn us

Romans 8:34 (NLT) “Who then will condemn us? Will Christ Jesus? No, for He is the one who died for us and was raised to life for us and is sitting at the place of highest honor next to God, pleading for us.”

Often my feelings don’t match reality

Our God is a God of compassion

Psalms 86:15 (NIV) “But You, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.”

We need to Rewrite some tapes in our minds about God which aren’t the truth

2 Corinthians 1:3 (NCV) “God is the Father who is full of mercy and all comfort.”

Psalms 23:4 (NIV) “Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.”

2. I have to see who I Really am

I am broken

Psalm 3:23 (NLT) "For all have sinned; all fall short of God's glorious standard."

In the end I'm not going to be able to hide from my brokenness

Luke 12:2 (TM) "You can't keep your true self hidden forever; before long you'll be exposed. You can't hide behind a religious mask forever; sooner or later the mask will slip and your true face will be known."

We spend so much time and energy hiding from the truth of who we really are when people already know anyway. We are all the same

I am broken, BUT I am loved

Jeremiah 31:3 (GW) "I love you with an everlasting love. So I will continue to show you My kindness."

Psalm 119:76 (NIV) "May Your unfailing love be my comfort,..."

Romans 3:24 (NLT) "God in His gracious kindness declares us not guilty. He has done this through Christ Jesus, who has freed us by taking away our sins."

Have you received the free gift of a relationship with God through Jesus?

3. I have to see how God can change me

2 Negative Reactions We Have To Change:

1. I'd like to change, but I just don't have the time or energy right now

2. Who am I kidding, God can't change me. I've tried a hundred times

In these mindsets we feel like it's all on my shoulders

Isaiah 40:28-31 (NLT) "Have you never heard or understood? Don't you know that the Lord is the everlasting God, the Creator of all the earth? He never grows faint or weary. No one can measure the depths of His understanding. He gives power to those who are tired and worn out; He offers strength to the weak. Even youths will become exhausted, and young men will give up. But those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint."

The power to change is God's power

God and God alone can give you kind of hope you've never experienced

Philippians 2:13 (Ph) "For it is God who is at work within you, giving you the will and the power to achieve His purpose."