



Life's Healing Choices



Get Real | Week 1

October 4 & 5, 2025

Romans 7:15-19 (NLT)

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. But if I know that what I am doing is wrong, this shows that I agree that the law is good. So I am not the one doing wrong; it is sin living in me that does it. And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.

Circle All That Apply:

Stress

Anger

Fears

Dishonesty

Overworking

Need for Control

Attractions

Finances

Addiction

Relationships

Regrets

Painful Memories

Diet

Perfectionism

Worry

Resentment

Bad Habits

Compulsive Thoughts

The Cause: _____.

Ezekiel 28:2 (NIV)

Son of man, say to the ruler of Tyre, 'This is what the Sovereign Lord says: "'In the pride of your heart you say, "I am a god; I sit on the throne of a god in the heart of the seas." But you are a mere mortal and not a god, though you think you are as wise as a god.'

My Choice #1 (The Reality Choice):

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

Matthew 5:3 (NIV)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Matthew 5:3a (GW)

Blessed are those who recognize they are spiritually helpless.

3 Keys to Get Real:

1

I must humbly _____ I need help.

James 4:6 (NIV)

But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble."

1 John 5:14-15 (NIV)

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

4 Reasons We Don't Admit Our Need for Help:

- _____ says, "I've got this."
- _____ shouts, "What will people think if they know..."
- _____ whispers, "God doesn't want someone like you."
- _____ repeats, "If you let go, everything will fall apart."

4 Admissions to be Truly Changed:

- I need to admit I am _____.
- I need to admit my secrets make me _____.
- I need to admit my sin to _____ it.

Proverbs 28:13a (GNT)

You will never succeed in life if you try to hide your sins.

- I need to admit my _____ and _____ keep me stuck.

2

I must sincerely _____ God for help.

2 Corinthians 1:9 (LB)

We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead.

If I don't ask God for help, I pay the price in 3 ways:

- _____: Stress, anxiety, guilt
- _____: Walls go up and intimacy breaks down
- _____: Sin creates distance from God

**The problem is, we rarely change
until our fear of change is exceeded by our pain.**

Isaiah 59:2 (NIV)

But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.

Question: What is denial stealing from me right now?

(Peace, freedom, relationships, etc.)

I must willingly _____ help from other people.

Job 6:14 (GNT)

In trouble like this I need loyal friends—whether I've forsaken God or not.

James 5:16 (GNT)

So then, confess your sins to one another and pray for one another, so that you will be healed. The prayer of a good person has a powerful effect.

Galatians 6:2 (GNT)

Help carry one another's burdens, and in this way you will obey the law of Christ.

Romans 15:1 (GNT)

We who are strong in the faith ought to help the weak to carry their burdens. We should not please ourselves.

What new freedom awaits me if I finally say

"I can't, but _____"?

3 Fears to Overcome:

- The fear of my own _____.
- The fear of the _____ of others.
- The fear that being honest is _____.

Romans 8:1, 3 (NLT)

So now there is no condemnation for those who belong to Christ Jesus. ... The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins.



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The Cause: I am playing God.

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4 Reasons We Don't Admit Our Need for Help:

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- Fear shouts, "What will people think if they know..."
- Shame whispers, "God doesn't want someone like you."
- Control repeats, "If you let go, everything will fall apart."

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- I need to admit my secrets make me sick.
- I need to admit my sin to defeat it.

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“I can’t, but God can”?**

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