



Life's Healing Choices

Choosing Commitment | Week 3

October 18 & 19, 2025

My Choice #1 (The Reality Choice):

Realize 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.

My Choice #2 (The Hope Choice):

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

My Choice #3 (The Commitment Choice):

Consciously choose to commit all my life and will to Christ's care and control.

Matthew 5:5 (NIV)

Blessed are the meek, for they will inherit the earth.

Meekness is _____ under control.

The Bridge We are Building:

Week 1: Admit I _____.

Week 2: Believe God _____.

Week 3: Let Him _____.

5 Barriers that Keep Me from Choosing Commitment

1. _____ – I think I don't need help and I can do it myself.

Proverbs 29:23 (TPT)

Lift yourself up with pride and you will soon be brought low, but a meek and humble spirit will add to your honor.

Real Change Step:

I willingly admit what everyone else already sees – that I

_____. _____.

2. _____ – I'm ashamed to ask again.

Psalms 32:3-5 (NIV)

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; 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.

Real Change Step:

I believe God's _____ really is bigger than all my failures.

3. _____ – I'm afraid of what surrender will cost me.

Psalms 37:5 (GNT)

Give yourself to the Lord; trust in him, and he will help you.

Real Change Step:

I _____ my fears over to God, the only one who can help me.

4. _____ – Instead of trusting, I try to solve it myself.

Proverbs 16:3 (NIV)

Commit to the Lord whatever you do, and he will establish your plans.

Real Change Step:

I give all my _____ to God now.

5. _____ – I feel like my faith is too small.

Mark 9:24 (NIV)

Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"

Real Change Step:

I will act on whatever _____ I do have.

4 Commitments to Choose:

1

I will _____ Jesus with my rescue.

Psalms 34:17 (NIV)

The righteous cry out, and the Lord hears them; he delivers them from all their troubles.

Hebrews 4:15 (GNT)

Our High Priest is not one who cannot feel sympathy for our weaknesses. On the contrary, we have a High Priest who was tempted in every way that we are, but did not sin.

Isaiah 43:2 (NIV)

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

2

I will let the Bible _____ my decisions.

Psalms 119:105 (NLT)

Your word is a lamp to guide my feet and a light for my path.

Psalms 119:133 (NIV)

Direct my footsteps according to your word; let no sin rule over me.

James 1:22 (NLT)

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.

3

I will _____ my plans with God's purposes.

Psalms 40:8 (NIV)

I desire to do your will, my God; your law is within my heart.

Proverbs 19:21 (NIV)

Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

Philippians 2:13 (NIV)

...for it is God who works in you to will and to act in order to fulfill his good purpose.

Ephesians 4:1-3 (NLT)

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Psalms 18:32 (NIV)

It is God who arms me with strength and keeps my way secure.

Colossians 1:11-14 (NLT)

We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins.

Real Change Step:

Choosing commitment means I _____ the barriers of pride, guilt, worry, fear and doubt and surrender my life by trusting Jesus, following His Word, seeking His purposes and drawing from His power.



Life's Healing Choices

Choosing Commitment | Week 3

October 18 & 19, 2025

My Choice #1 (The Reality Choice):

Realize 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.

My Choice #2 (The Hope Choice):

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

My Choice #3 (The Commitment Choice):

Consciously choose to commit all my life and will to Christ's care and control.

Matthew 5:5 (NIV)

Blessed are the meek, for they will inherit the earth.

Meekness is strength under control.

The Bridge We are Building:

Week 1: Admit I can't.

Week 2: Believe God can.

Week 3: Let Him work.

5 Barriers that Keep Me from Choosing Commitment

- 1. Pride – I think I don't need help and I can do it myself.**

Proverbs 29:23 (TPT)

Lift yourself up with pride and you will soon be brought low, but a meek and humble spirit will add to your honor.

Real Change Step:

I willingly admit what everyone else already sees – that I need help.

2. Guilt – I'm ashamed to ask again.

Psalm 32:3-5 (NIV)

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; 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.

Real Change Step:

I believe God's grace really is bigger than all my failures.

3. Fear – I'm afraid of what surrender will cost me.

Psalm 37:5 (GNT)

Give yourself to the Lord; trust in him, and he will help you.

Real Change Step:

I turn my fears over to God, the only one who can help me.

4. Worry – Instead of trusting, I try to solve it myself.

Proverbs 16:3 (NIV)

Commit to the Lord whatever you do, and he will establish your plans.

Real Change Step:

I give all my worries to God now.

5. Doubt – I feel like my faith is too small.

Mark 9:24 (NIV)

Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"

Real Change Step:

I will act on whatever faith I do have.

4 Commitments to Choose:

1

I will trust Jesus with my rescue.

Psalms 34:17 (NIV)

The righteous cry out, and the Lord hears them; he delivers them from all their troubles.

Hebrews 4:15 (GNT)

Our High Priest is not one who cannot feel sympathy for our weaknesses. On the contrary, we have a High Priest who was tempted in every way that we are, but did not sin.

Isaiah 43:2 (NIV)

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

2

I will let the Bible guide my decisions.

Psalms 119:105 (NLT)

Your word is a lamp to guide my feet and a light for my path.

Psalms 119:133 (NIV)

Direct my footsteps according to your word; let no sin rule over me.

James 1:22 (NLT)

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.

3

I will align my plans with God's purposes.

Psalms 40:8 (NIV)

I desire to do your will, my God; your law is within my heart.

Proverbs 19:21 (NIV)

Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

Philippians 2:13 (NIV)

...for it is God who works in you to will and to act in order to fulfill his good purpose.

Ephesians 4:1-3 (NLT)

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Psalms 18:32 (NIV)

It is God who arms me with strength and keeps my way secure.

Colossians 1:11-14 (NLT)

We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins.

Real Change Step:

Choosing commitment means I face the barriers of pride, guilt, worry, fear and doubt and surrender my life by trusting Jesus, following His Word, seeking His purposes and drawing from His power.