



Life's Healing Choices

Choosing Transformation | Week 5

November 1 & 2, 2025

5 Phases God Uses to Change Us:

1

Genesis 31:1-2 (NIV)

Jacob heard that Laban's sons were saying, "Jacob has taken everything our father owned and has gained all this wealth from what belonged to our father." And Jacob noticed that Laban's attitude toward him was not what it had been.

Genesis 32:6-7 (NLT)

After delivering the message, the messengers returned to Jacob and reported, "We met your brother, Esau, and he is already on his way to meet you—with an army of 400 men!" Jacob was terrified at the news. He divided his household, along with the flocks and herds and camels, into two groups.

Genesis 32:9-11 (NLT)

Then Jacob prayed, "O God of my grandfather Abraham, and God of my father, Isaac—O Lord, you told me, 'Return to your own land and to your relatives.' And you promised me, 'I will treat you kindly.' I am not worthy of all the unfailing love and faithfulness you have shown to me, your servant. When I left home and crossed the Jordan River, I owned nothing except a walking stick. Now my household fills two large camps! O Lord, please rescue me from the hand of my brother, Esau. I am afraid that he is coming to attack me, along with my wives and children."

My Choice #1 | _____ 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.

Genesis 32:23-25 (NLT/MSG)

Jacob got them safely across the brook Jabbok along with all his possessions. But Jacob stayed behind and was left all alone in the camp and a man came and wrestled with him until dawn. When the man saw that he couldn't win the match he struck Jacob's hip and knocked it out of joint at the socket.

Hosea 12:3 (NLT)

Even in the womb, Jacob struggled with his brother; when he became a man, he even fought with God.

God loves you way too much to let you stay in control.

My Choice #2 | _____ Choice

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

Genesis 32:26 (NLT)

Then the man said, "Let me go, for the dawn is breaking!" But Jacob said, "I will not let you go unless you bless me."

James 5:16 (NLT)

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

My Choice #3 | _____ Choice

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

Genesis 32:27 (NIV)

The man asked him, "What is your name?" "Jacob," he answered.

Jacob was a _____ and manipulator.

Proverbs 28:13 (GNT)

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.

My Choice #4 | House _____ Choice

Openly examine and confess my faults to myself, to God, and to someone I trust.

Genesis 32:28-30 (NIV)

Then the man said, "Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome." Jacob said, "Please tell me your name." But he replied, "Why do you ask my name?" Then he blessed him there. So Jacob called the place Peniel, saying, "It is because I saw God face to face, and yet my life was spared."

Israel = "_____ of God"

Matthew 5:6 (NIV)

Blessed are those who hunger and thirst for righteousness, for they will be filled.

My Choice #5 | _____ Choice

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

Genesis 33:3-4 (NLT)

Then Jacob went on ahead. As he approached his brother, he bowed to the ground seven times before him. Then Esau ran to him and embraced him, threw his arms around his neck, and kissed him. And they both wept.

Philippians 1:6 (GNT)

And so I am sure that God, who began this good work in you, will carry it on until it is finished on the Day of Christ Jesus.

2 Corinthians 5:17 (GW)

Whoever is a believer in Christ is a new creation. The old way of living has disappeared. A new way of living has come into existence.



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1

Conflict

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My Choice #1 | 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.

2

Crisis

Genesis 32:23-25 (NLT/MSG)

Jacob got them safely across the brook Jabbok along with all his possessions. But Jacob stayed behind and was left all alone in the camp and a man came and wrestled with him until dawn. When the man saw that he couldn't win the match he struck Jacob's hip and knocked it out of joint at the socket.

Hosea 12:3 (NLT)

Even in the womb, Jacob struggled with his brother; when he became a man, he even fought with God.

God loves you way too much to let you stay in control.

My Choice #2 | Hope Choice

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

3

Commitment

Genesis 32:26 (NLT)

Then the man said, "Let me go, for the dawn is breaking!" But Jacob said, "I will not let you go unless you bless me."

James 5:16 (NLT)

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

My Choice #3 | Commitment Choice

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

4

Confession

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The man asked him, "What is your name?" "Jacob," he answered.

Jacob was a deceiver and manipulator.

Proverbs 28:13 (GNT)

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.

My Choice #4 | House Cleaning Choice

Openly examine and confess my faults to myself, to God, and to someone I trust.

Genesis 32:28-30 (NIV)

Then the man said, "Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome." Jacob said, "Please tell me your name." But he replied, "Why do you ask my name?" Then he blessed him there. So Jacob called the place Peniel, saying, "It is because I saw God face to face, and yet my life was spared."

Israel = "Prince of God"

Matthew 5:6 (NIV)

Blessed are those who hunger and thirst for righteousness, for they will be filled.

My Choice #5 | Transformation Choice

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

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Then Jacob went on ahead. As he approached his brother, he bowed to the ground seven times before him. Then Esau ran to him and embraced him, threw his arms around his neck, and kissed him. And they both wept.

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