



# Life's Healing Choices

## Choose Hope | Week 2

October 11 & 12, 2025

### Week #1:

#### **Matthew 5:3 (NIV)**

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

#### **My Choice #1 (The Reality Choice):**

Realize I'm not God, admit I'm powerless to control my tendency to do the wrong thing and 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.

#### **Matthew 5:4 (NIV)**

Blessed are those who mourn, for they will be comforted.

#### **Hebrews 11:6 (NIV)**

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

## 3 Simple Steps to Choosing Hope:

1

\_\_\_\_\_ who God really is.

#### **Romans 8:34 (LB)**

Who then will condemn us? Will Christ? No! For he is the one who died for us and came back to life again for us and is sitting at the place of highest honor next to God, pleading for us there in heaven.

#### **Psalms 86:15 (NIV)**

But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

#### **2 Corinthians 1:3 (NCV)**

Praise be to the God and Father of our Lord Jesus Christ. God is the Father who is full of mercy and all comfort.

**Psalm 23:4 (NIV)**

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

**2**

\_\_\_\_\_ who I really am.

**Romans 3:23 (NLT)**

For everyone has sinned; we all fall short of God's glorious standard.

**Luke 12:2 (NASB)**

But there is nothing covered up that will not be revealed, and hidden that will not be known.

**Jeremiah 31:3 (GW)**

The Lord appeared to me in a faraway place and said, "I love you with an everlasting love. So I will continue to show you my kindness."

**Psalm 119:76 (GNT)**

Let your constant love comfort me, as you have promised me, your servant.

**Romans 3:24 (NLT)**

Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins.

**3**

\_\_\_\_\_ God can change me.

**2 Negative Reactions:**

- I'd like to change, but I just don't have the \_\_\_\_\_ or \_\_\_\_\_ right now.
- I've tried to change and it just doesn't \_\_\_\_\_.

**Isaiah 40:28-31 (NLT)**

Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

**Philippians 2:13 (Philipps)**

For it is God who is at work within you, giving you the will and the power to achieve his purpose.

**2 Corinthians 5:14, 17 (NLT)**

Either way, Christ's love controls us. Since we believe that Christ died for all, we also believe that we have all died to our old life. ...

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!



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