



Life's Healing Choices

Choosing to Share | Week 8

November 22 & 23, 2025

Matthew 5:10-12 (NIV)

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

2 Corinthians 5:19 (ICB)

God was in Christ, making peace between the world and himself. In Christ, God did not hold the world guilty of its sins. And he gave us this message of peace to tell others.

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.

My Choice #4 (The House Cleaning Choice):

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

My Choice #5 (The Transformation Choice):

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

My Choice #6 (The Relationship Choice):

Evaluate all my relationships, offer forgiveness to those who've hurt me, and make amends for harm I've done to others when possible, except when to do so would harm them or others.

My Choice #7 (The Growth Choice):

Reserve a daily quiet time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life – and to gain the power to follow His will.

My Choice #8 (The Sharing Choice):

I choose to yield myself to God to be used to bring the Good News to others—both by my example and by my words.

2 Corinthians 1:2-4 (CEV)

I pray that God our Father and the Lord Jesus Christ will be kind to you and will bless you with peace! Praise God, the Father of our Lord Jesus Christ! The Father is a merciful God, who always gives us comfort. He comforts us when we are in trouble, so that we can share that same comfort with others in trouble.

God Allows My Pain To:

1. Get my _____.

Proverbs 20:30 (GNT)

Sometimes it takes a painful experience to make us change our ways.

2 Corinthians 7:10 (GNT)

For the sadness that is used by God brings a change of heart that leads to salvation—and there is no regret in that! But sadness that is merely human causes death.

God uses pain to _____ us – to see what's inside.

God uses pain to _____ us – don't do that; do it this way.

God uses pain to _____ us – this is the path to go on.

God uses pain to _____ us – that will kill you; do it this way.

God uses pain to _____ us – to build our character and make us more like Him.

“God whispers to us in our pleasures, but shouts in our pains.”

– C.S. Lewis

2. Help me grow _____.

Romans 5:3b-4 (TPT)

Even in times of trouble we have a joyful confidence, knowing that our pressures will develop in us patient endurance. And patient endurance will refine our character, and proven character leads us back to hope.

1 Peter 5:10 (NLT)

In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

3. Teach me to fully _____ on Him.

2 Corinthians 1:9-10 (TPT)

It felt like we had a death sentence written upon our hearts, and we still feel it to this day. It has taught us to lose all faith in ourselves and to place all of our trust in the God who raises the dead. He has rescued us from terrifying encounters with death, and now we fasten our hopes on him to continue to deliver us...

Psalm 119:71-72 (NIV)

It was good for me to be afflicted so that I might learn your decrees. The law from your mouth is more precious to me than thousands of pieces of silver and gold.

4. Give me a _____ to others.

Philippians 1:12-13 (NLT)

And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. For everyone here, including the whole palace guard, knows that I am in chains because of Christ.

Colossians 1:24 (GW)

I'm happy to suffer for you now. In my body I'm completing whatever remains of Christ's sufferings. I'm doing this on behalf of his body, which is the church.

To Help Others, I Must be Honest About:

• **My _____**

2 Corinthians 6:11 (GNT)

Dear friends in Corinth! We have spoken frankly to you; we have opened our hearts wide.

• **My _____**

Galatians 6:5 (NLT)

For we are each responsible for our own conduct.

• **My _____**

1 Timothy 1:15 (NIV)

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst.

• **My _____**

Romans 7:18b-19 (NIV)

For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

• **My _____**

2 Corinthians 12:20 (MSG)

I do admit that I have fears that when I come you'll disappoint me and I'll disappoint you, and in frustration with each other everything will fall to pieces—quarreling, jealousy, flaring tempers, taking sides, angry words, vicious rumors, swelled heads, and general bedlam.

Genesis 50:20 (NIV)

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

I want my perspective to be _____ perspective.

How I Can Use My Pain to Help Others:

1

Prepare my _____.

1 Peter 3:15 (NIV)

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

2

Craft my _____.

2 Corinthians 12:9-10 (NLT)

Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

Email us your story at: mystory@gracechurchco.com

Three Steps to Crafting My Story:

- _____ Christ
– What I struggled with (be honest, not graphic.)
- _____
– When I accepted God's gift of grace.
- _____ Christ
– What has changed and how my recovery is going.

3

Expect resistance, but keep on _____.

2 Timothy 3:12 (TPT)

For all who choose to live passionately and faithfully as worshipers of Jesus, the Anointed One, will also experience persecution.

4

Share the _____ about Jesus clearly.

John 3:3, 16 (NIV)

Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again ... For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

1 John 5:13 (NIV)

I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.

John 10:28-30 (NIV)

"I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. I and the Father are one."



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- **My faults**

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- **My frustrations**

Romans 7:18b-19 (NIV)

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- **My fears**

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