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### 3. Humbly Accept Help

*Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!*  
*Ecclesiastes 4:9-10*

*A despairing man should have the devotion of his friends, even though he forsakes the fear of the Almighty.*  
*Job 6:14*

*Admit your faults to one another and pray for each other so that you may be healed.*

*James 5:16*

#### GROUND RULES

*When we were unable to help ourselves, at the moment of our need, Christ died for us...*

*Romans 5:6*

Key: Page 1: PLAYING GOD. HUMILITY

Page 2: I NEED HELP. Something INSIDE Me is BROKEN. WORSE. I must ADMIT IT

Page 3: PRIDE and FEAR. ASK GOD.

Page 4: FROM PEOPLE.

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## The Reality Choice

Life's Healing Choices—part 1

The Beatitudes

October 18, 2009

*I don't understand what I do. For what I want to do I don't do, but what I hate to do, I do! ...I know that nothing good lives in my sinful nature. I have the desire to do what is good, but I cannot carry it out.*

*Romans 7:15+18b*

Stress	Diet	Finances
Fears	Worry	Relationships
Overwork	Bad habits	Painful memories
Attractions	Anger	Perfectionism
Addiction	Dishonesty	Resentment
Regrets	Need to control	Compulsive

THE CAUSE: \_\_\_\_\_

*In the pride of your heart you say, 'I am a god...' But you are just a man and not a god, though you think you are as wise as a god.*  
*Ezekiel 28:2*

1st CHOICE: \_\_\_\_\_

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*  
*Matthew 5:3*

I ADMIT I need help; that I'm powerless to control my tendency to do the wrong thing and that my life is unmanageable.

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## CULTIVATING A POOR IN SPIRIT ATTITUDE

### 1. I Must Humbly Admit \_\_\_\_\_

*God opposes the proud but gives grace to the humble.  
James 4:6*

#### **Four Facts We All Need to Admit:**

- Something \_\_\_\_\_ Me is \_\_\_\_\_  
*"You warned them to return to your law, but they became arrogant and disobeyed your commands. They sinned against your ordinances, by which a man will live if he obeys them. Stubbornly they turned their backs on you, became stiff-necked and refused to listen." Nehemiah 9:29*

*"In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it." Isaiah 30:15*

- My Secrets Make Me \_\_\_\_\_

*When I refused to confess my sin, I was weak and miserable, and I groaned all day long...My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and I stopped trying to hide them and you forgave me. All my guilt is gone!  
Psalm 32:3-5*

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- I Must \_\_\_\_\_ to Defeat It.

*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."  
Proverbs 28:13*

- My \_\_\_\_\_ Keep Me Stuck.  
(Adam): *"I was afraid because I was naked so I hid."*  
Genesis 3:10

*My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own broken cisterns that can't hold water!  
Jeremiah 2:13*

### 2. Humbly \_\_\_\_\_ for Help.

*We 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.  
2 Corinthians 1:9*

*You're blessed when you're at the end of your rope. With less of you there is more of God and his rule.  
Matthew 5:3*

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