

FREEDOM FROM YOUR HURTS, HANG-UPS, *and* HABITS

LIFE'S HEALING CHOICES

SMALL GROUP STUDY



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Realize I'm not God.

E

I *admit* that I am powerless to control
my tendency to do the wrong thing

C

and that my life is unmanageable.

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E

R

Y



“Happy are those who know they are spiritually poor.”

MATTHEW 5:3 TEV



Admitting NEED

The REALITY Choice

THE REALITY CHOICE PRAYER

Dear God, I want to take the first choice to healing and spiritual health today. I realize I am not You, God. I've often tried to control my problems, my pain, my image, and even other people—as if I were You. I'm sorry. I've tried to deny my problems by staying busy and keeping myself distracted. But I'm not running anymore. I admit that I am helpless to control this tendency to do things I know are unhealthy for me. Today I am asking for Your help. I humbly ask You to take all the pieces of my unmanageable life and begin the process of healing. Please heal me. Please give me the strength to choose health. Help me stick with this process for the next seven choices. In Your name, I pray. Amen.



LIFE'S
Healing Choices
SMALL GROUP STUDY

WEEK 1 ASSIGNMENTS

1. Read *Life's Healing Choices*—Introduction (pages 1–10).
2. Read *Life's Healing Choices*—Choice 1 (pages 13–35).
3. Complete the *Small Group Study* questions for Choice 1. Be specific!

Important reminder: Please come to your small group prepared. That means completing both the reading and written assignments prior to your weekly meeting!

You may not have enough room to complete the answers in the space provided. Don't let that stop you; just use a notebook or journal.

The *Life's Healing Choices* Small Group Covenant, on page 7, should be signed by you and your small group facilitator at the beginning of your first small group meeting.

Choice 1

SMALL GROUP STUDY QUESTIONS

Part of our human nature is to refuse change until our pain exceeds our fear—fear of change, that is. We simply deny the pain until it gets so bad that we are crushed and finally realize we need some help. Why don't we save ourselves a bit of misery and admit *now* what we're inevitably going to have to admit later? We are *not* God, and we desperately need God because our lives are unmanageable without Him. We'll be forced to learn that lesson someday. We may as well admit it now.

THE CAUSE OF OUR PROBLEMS

On page 14 of *Life's Healing Choices*, we look at the *cause of our problems*. There are three major causes.

1. *Our Tendency to Do Wrong*

Romans 7:15–17 NLT tells us, “I don't understand myself at all, for I really want to do what is right, but I don't do it. Instead, I do the very thing I hate. I know perfectly well that what I am doing is wrong . . . but I can't help myself, because it is sin inside me that makes me do these evil things.”



Admitting NEED

- ✦ Why do we continue making poor choices?

- ✦ Why do we desire to be in control?



3. Our Attempts to Play God

We play God by trying to control our image, other people, our problems, and our pain.

- ✦ List some ways we try to control our image.



CHOICE 1

- ✦ List some ways we try to control our problems.

- ✦ List some ways we try to control our pain.



THE CURE FOR OUR PROBLEMS

On page 20 of *Life's Healing Choices*, we look at the *cure for our problems*. The cure for our problems comes in a strange form: it comes through admitting weakness and through a humble heart. The beatitude for Choice 1 is:

“Happy are those who know they are spiritually poor.”

MATTHEW 5:3 TEV

Making the first choice to healing means acknowledging that we are not God. Doing so means recognizing and admitting three important facts of life:

Admitting NEED

1. I admit that I am powerless to change my past.

- ✦ What does that fact mean to you?

2. I admit that I am powerless to control other people.

- ✦ What does that fact mean to you?

3. I admit that I am powerless to cope with my harmful habits, behaviors, and actions.

- ✦ What does that fact mean to you?



STORIES OF *Changed Lives*

Starting on page 27 of *Life's Healing Choices*, you will find Elaine's and Joe's Stories of Changed Lives for Choice 1.

1. List some specific examples of the *causes* of Elaine's and Joe's problems.

- ✦ Elaine:

- ✦ Joe:

2. List some specific examples of the actions Elaine and Joe took to find the *cure* for their problems.

- ✦ Elaine:

- ✦ Joe:

STORIES OF *Changed Lives*

3. If you feel safe, share the hurt, hang-up, or habit you are dealing with today.

Important reminder: The wise writer of Ecclesiastes said, “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! . . . Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken” (4:9–10, 12 NIV).

The next few chapters of *Life’s Healing Choices* will guide you in choosing this person. You’ll be looking for someone you can honestly and openly talk to. This person needs to be nonjudgmental and someone with whom you can safely share your personal journal notes. This person should be willing to share his or her life and struggles with you as well. Once God shows you that safe person, set up a meeting time and ask him or her to join with you in this recovery journey toward healing by being your accountability partner. This person may be someone in your small group, a relative, a friend, a neighbor, a coworker, or someone in your church family.

Be sure the person you choose is of the same sex. You will be sharing very personal details of your life as you go through each



CHOICE 1

of the Healing Choices. Some of the issues will be inappropriate to share with someone of the opposite sex.

As you work through the next few chapters, if you cannot find a safe person to share with, visit www.celebraterecovery.com to locate a Celebrate Recovery group near you. There you will find people who have worked through the eight choices and who will be glad to help and support you as you begin your healing journey. Just remember, this journey should not be traveled alone. You need others to listen to you, encourage you, support you, and demonstrate God's love to you.

LIFE'S
Healing Choices
SMALL GROUP STUDY



Notes
FOR CHOICE 1



LIFE'S
Healing Choices
SMALL GROUP STUDY

Prayer Requests
FOR WEEK 1