

LIFE'S
► H E A L I N G ◀
CHOICES





Our team has been praying for months that God would use this series to bring us more into the freedom that is found in Him. We believe these small group discussions have potential to be both difficult and life changing, so we are asking for your group to commit to a few things during this series:

- ▶ **SPLIT UP GENDERS** - We'd like each community group to divide up based on gender – men with men and women with women. We believe this will provide the potential for more openness in sharing.
- ▶ **CONFIDENTIALITY IS KEY** - **What is said here, stays here.** We want to provide a safe, high-trust space to share.
- ▶ **DON'T GIVE ADVICE** - During these next three weeks, avoid trying to "fix one another's problems." Let people share and thank them for sharing but this doesn't need to turn into an advice-giving session. Draw a circle around yourself and focus on everything within the circle.
- ▶ **PRAY FOR ONE ANOTHER** – Prayer is the greatest encouragement and most powerful tool we have in seeing lives changed by Jesus. Feel free to pray as you begin group, as people share, and at the end of your time together. Bathe this time in prayer.

We ask you to review these guidelines together each week as a reminder before beginning the discussion. We trust God to do amazing things in the hearts/lives of His people as you step out in boldness to allow Him to transform each of you more into His likeness.



► CHOICE 1: **ADMITTING NEED**

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.

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

► CHOICE 2: **GETTING HELP**

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

"Blessed are those who mourn, for they will be comforted."
-Matthew 5:4 NIV

GROUP QUESTIONS

Take a few minutes together in prayer to invite the Lord to open your heart, to provide courage to share something hard if He prompts you to share, and to give each of you an awareness of the grace of Christ during this time together.

1. The first healing choice is to admit your powerlessness to change your past, control other people, and to cope with your problems. Which of these do you struggle with the most?
2. Describe how you try to control your image, other people, your problems, and your pain
3. How has trying to control these things affected your relationship with God and others?
4. Why are we afraid to share our weaknesses or tell others our true feelings?

Use the following prompts to open space to share some of the harder things you are going through in life. If/when you feel the Spirit prompting you to share, step into it!

5. What specific hurts, hang-ups, or habits have you been denying?
6. What pain has God been using as a megaphone in your life to alert you to your need for help?
7. Who or what have you blamed for your problems – either partially or completely?

Spend some time praying for the things that have been shared. Keep these things confidential and continue to pray for each other specifically throughout the week.

DAY ONE
GENESIS 3:1-13

DAY TWO
PSALM 51

DAY THREE
1 JOHN 1:5-10

DAY FOUR
PHILIPPIANS 3:12-14

DAY FIVE
JOHN 4:13-26

DAY FIVE
EPHESIANS 2:1-10

DAY SEVEN
ISAIAH 1:16-18



► CHOICE 3: **LETTING GO**

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

"Blessed are the meek, for they will inherit the earth"
-Matthew 5:5 NIV

► CHOICE 4: **COMING CLEAN**

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

"Blessed are the pure in heart, for they will see God."
-Matthew 5:8 NIV

► CHOICE 5: **MAKING CHANGES**

Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects.

"Blessed are those who hunger and thirst for righteousness, for they will be filled."
-Matthew 5:6 NIV

DAY ONE	ISAIAH 30:12-15
DAY TWO	PSALM 40
DAY THREE	PHILIPPIANS 4:11-13
DAY FOUR	MATTHEW 11:28-30
DAY FIVE	ROMANS 7:14-25
DAY FIVE	ROMANS 8:1-2
DAY SEVEN	2 CORINTHIANS 5:17-21

GROUP QUESTIONS

Take a few minutes together in prayer to invite the Lord to open your heart, to provide courage to share something hard if He prompts you to share, and to give each of you an awareness of the grace of Christ during this time together.

1. Which of the five barriers to commitment do you struggle with the most: pride, guilt, worry, fear, or doubt?
2. What are you having a difficult time letting go of? What's the most frightening part of surrendering this to God and letting Him make any changes He wants to make?
3. Think about the thing you feel the guiltiest about. Do you believe God can forgive you even for that? Share why you feel that way.
4. If God doesn't hold our sins against us after we confess them, why is it so difficult to admit our faults and forgive ourselves?
5. The Bible says, "...God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished..." Philippians 1:6 TLB Recovery happens one defect and one day at a time as you focus on progress not perfection. Where are you seeing progress in your life now?
6. In the next week, what are you hoping to see transformed? What step or action can you take toward making transformation a reality?

Spend some time praying for the things that have been shared. Keep these things confidential and continue to pray for each other specifically throughout the week.



► CHOICE 6: REPAIRING RELATIONSHIPS

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

"Blessed are the merciful, for they will be shown mercy... Blessed are the peacemakers, for they will be called children of God."

-Matthew 5:9 NIV

GROUP QUESTIONS

Take a few minutes together in prayer to invite the Lord to open your heart, to provide courage to share something hard if He prompts you to share, and to give each of you an awareness of the grace of Christ during this time together.

1. **Focus on the "why" of this question, not who offended you or the details of what they did: Why is it so hard to forgive people who have hurt you?**
2. **As you look at the three kinds of forgiveness – accepting God's forgiveness, forgiving others who have hurt you, forgiving yourself - which is the easiest for you to accept? Which is the most difficult? Why?**
3. **Who is someone you need to make amends to? What is the first step you can take toward making things right?**
4. **As we move forward, we want to continue to pursue health and avoid relapses into our hurts, hang-ups, or habits. What are some physical, emotional, or spiritual signs you can be watching for in your checkup that will alert you to a possible relapse? Under what conditions – such as time of day, location, alone, or in a particular group, etc. – do those signs most commonly occur?**
5. **In what ways have you experienced God's grace these last three weeks?**
6. **Share with the group one of the biggest takeaways you have from the last three weeks together.**

Spend some time praying for the things that have been shared. Keep these things confidential and continue to pray for each other specifically throughout the week.

DAY ONE

PSALM 32:1-5

DAY TWO

PSALM 9:7-10

DAY THREE

PSALM 27:7-14

DAY FOUR

COLOSSIANS 3:12-14

DAY FIVE

HEBREWS 12:1-3

DAY FIVE

PROVERBS 3:1-8

DAY SEVEN

PHILIPPIANS 4:4-9