

“From Reality to Hope”

Series: Hope for Hang-ups

February 13/14, 2010

HAPPINESS IS POSSIBLE— BUT YOU’VE GOT TO CHOOSE IT

- If you are ***hurt***, God says, “I will ***heal*** you.”
- If you are ***confused***, God says, “I will ***lead*** you.”
- If you feel ***helpless***, God says, “I will ***help*** you.”
- If you feel ***alone***, God says, “I will ***comfort*** you.”
- If you feel ***anxious*** and ***afraid***, God says, “I will offer ***peace*** to you.”

HURTS HANG-UPS HABITS

CHOICE ONE: ADMITTING NEED *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.*

- The **cause** of our problems...
- The **consequences** of our problems...
- The **cure** for our problems...

CHOICE TWO: GETTING HELP *The Hope Choice*

EARNESTLY BELIEVE THAT GOD EXISTS: That I matter to him, and he has the power to help me recover.

- God knows about your situation...
- God cares about your situation...
- God has the power to change you and your situation...

***BELIEVE THAT GOD EXISTS...
BELIEVE THAT YOU MATTER TO HIM...
BELIEVE THAT HE HAS THE POWER TO HELP...***