



The Reality Choice
Matthew 5:3; Various
Scriptures

Sermon Series: Life's Healing Choices

Introduction

- Romans 7:15, 18 (NIV), *"I don't understand what I do. What I want to do I don't do, but what I hate to do, I end up doing! 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."*

Introduction (cont'd)

- What's the cause of all our problems?
- **It's playing God.**
- When I act like I'm God and I'm going to make my choices instead of doing what God tells me to do, I'm going to have problems in my life.

Introduction (cont'd)

- Ezekiel 28:2 (NIV), *"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."*
- When do you think you're as wise as God?
- When God tells you to do something and you don't do it.

Introduction (cont'd)

- The word "blessing" or "bless" literally is the word in Greek *makarismos*.
- *Makarismos* is the poetic form of the verb *makar*, which means in Greek "happy."
- To be blessed means to be supremely happy.

Introduction (cont'd)

- Matthew 5:3, the first Beatitude "*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*"
- How do I develop the attitude of being poor in spirit? The Bible teaches us three ways. It involves:



1. An Acute Awareness

- So I humbly admit that I need help. That's being honest.
- What is grace? Grace is the power you need to change.
- There are some facts that we need to admit about ourselves:

An Acute Awareness (cont'd)

- *I am broken.*
- Romans 8:20 (Weymouth) " *For the Creation fell into subjection to failure and unreality.*"
- *I need to admit that my secrets make me sick.*



An Acute Awareness (cont'd)

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



An Acute Awareness (cont'd)

- *I must admit it to defeat it.*
- Proverbs 28:13 (TEV), "*You will never succeed in life if you try to hide your sins.*"
- *It's my pride and fear that keep me stuck.*

An Acute Awareness (cont'd)

- Jeremiah 2:13 (NIV) *"My people have committed two sins: They have forsaken me, the spring of living water and they have dug their own broken wells, their own broken cisterns that can't hold water."*
- Not only do we reject God, we make up our own plan to fix ourselves. And it doesn't hold water.

2. A Persistent Plea

- I humbly ask God for help.
- 2 Corinthians 1:9 (LB), *"We despaired of even life itself. 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."*

3. A Fervor for Fellowship

- I humbly accept help from other people.
- Ecclesiastes 4:9-10 (NIV) *"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."*



A Fervor for Fellowship (cont'd)

- Fifty-eight times in the New Testament it uses the phrase "one another"-we are to help each other out.
- James 5:16 *"Admit your faults to one another and pray for each other so that you may be healed."*
- Write the words "admit" and "pray" and "each other" and draw a line between them.

The Fervor of Fellowship (cont'd)

- **There are three fears that Satan keeps you stuck with.**
- *The fear of your own emotions.*
- *The fear of the reactions of others.*
- *The fear that being honest is useless.*

A Fervor for Fellowship (cont'd)

- Romans 5:6 (NCV), *"When we were unable to help ourselves at the moment of our need, Christ died for us."*



Invitation

- What's unhealthy or out of balance in your life?
- What needs changing?
- Would you take the first step today?