

# CONNECT

*...in worship*

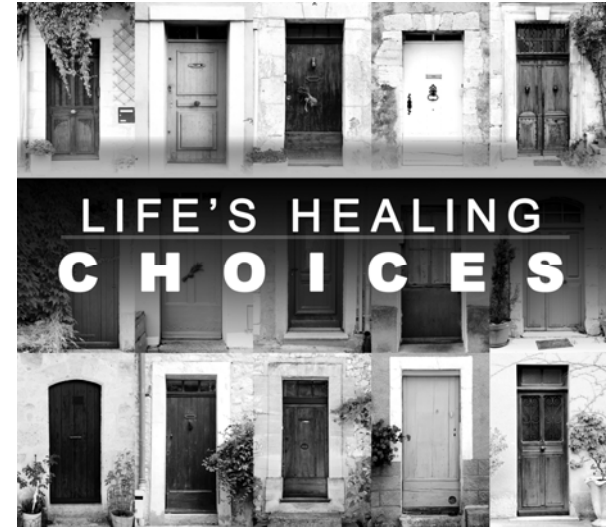
## Outline

- I. The Cause of our Problems
- II. The Consequences of our Problems
- III. The Cure of our Problems



*Come, Meet, Grow, Serve*

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**Recognize Our Need**

Rev. Rurel Ausley — 8:00, 9:30 & 11:02 a.m.



**NICEVILLE UNITED METHODIST CHURCH**

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# CONNECT

...in Community

Life's Healing Choices is an 8-week study that is designed to help you start to discover and face your hurts, hang-ups, and habits for perhaps the first time in your life. It is our prayer and goal that as the weeks pass, you will begin to find God's hope and healing. In addition, God will lead you to help others begin to make positive and healthy choices. Remember, our hurts, habits, and hang-ups did not occur overnight. Don't expect them to be gone in 8 short weeks. This small group is your beginning to finding freedom for them.

## meet

How many choices do you make each day? Would you believe somewhere between 3,000-5,000 depending on your average day? Take a few minutes and list as a group some of the choices you made just getting from home to your small group.

## grow

### Read Romans 7:15-17

- 1) Our tendency to do wrong:
  - What do these verses mean to you?
  - How do they apply to your own life? (discuss examples)
- 2) Our desire to be God:
  - Why do we continue making poor choices?
  - Why do we desire to be in control?
- 3) Our attempts to play God:
  - Discuss some ways we try to control our image, our problems, and our pain.

### Read Matthew 5:3

- 1) I admit that I am powerless to change my past.
  - What does that mean to you?
- 2) I admit that I am powerless to control other people.
  - What does that mean to you?
- 3) I admit that I am powerless to cope with my harmful habits, behaviors, and actions.
  - What does that mean to you?

## serve

What choices can you make this week to help others in their hurts, habits, and hang-ups? Come up with one practical way that you can do this and share it with your group. When we share our healing with others, then we can find purpose in our pain.

# CONNECT

...in Word

**n**otice the text | read the passage slowly and thoughtfully

**e**ngage the truth | what do I see about God, His promise or command, life, sin, me

**a**pply to life | how does this passage apply to my life now

**r**espond to God | write a reflection, prayer, action, decision

**Day 1** Read Ecclesiastes 4:9-10, 12. Pray and give God thanks for your small group and the support it provides. Think of one person in your group and call, email, Facebook, etc. them to let them know you appreciate them and are praying for them in their spiritual journey.

**Day 2** Read Matthew 5:4-11. What do you have to be happy about? Make a list of all the things that come to mind after reading these verses that you should be able to find joy and happiness in. How can you choose happiness today?

**Day 3** Read Romans 7:15-17. Have you ever felt this way? What hurts, habits, and, hang-ups have developed in your life because of this? How can being aware of this in your life help you guard against making bad decisions? Pray for God's strength to do what is right.

**Day 4** Read Proverbs 28:13-14. How does revealing your sins help you heal? Pray that God would give you the courage to share with your group next week some of your hurts, habits, and/or hang-ups. Remember that you will receive God's mercy. Let one of your group members know today what you are dealing with and what God is revealing to you.

**Day 5** Reflect on your group session and all you have read and learned about in the last 4 days (as printed on this sheet). Take time to meditate on it and open yourself to God, admitting the need that you can not do this alone. You can not do this with just the support of your small group. You can only do this with the power, mercy, and grace of God.