

NORTH HILLS NOTES

GETTING HEALTHY AGAIN: THE FIRST STEP

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What is Unhealthy in Your Life?

My pace of life	My diet	My finances	My thoughts
My worries	My relationship(s)	My overwork	My habits
My holding on to the past	My marriage	My family	My perfectionism
My addiction	My memories	My anger	My expectations

THE FIRST STEP TO HEALTH

"Blessed are those who recognize they are spiritually helpless."
Matthew 5:3 (GW)

- Realize I'm NOT GOD admit that I'm POWERLESS TO CONTROL my tendency to do what I know is unhealthy, and that my life is UNMANAGEABLE.

The Bible calls this my: SIN NATURE.

"I don't understand myself at all, for I really want to do what is right, but I can't! I do what I don't want to – what I hate! I know perfectly well what I'm doing is wrong... but I can't help myself."
Romans 7:15 & 17 (LB)

I. THE CAUSE OF MOST PROBLEMS: PLAYING GOD.

"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."
Ezekiel 28:2 (NIV)

How we "play" God:

By denying our HUMANITY & trying CONTROL EVERYTHING

- Our problems
- Other people
- Our pain

II. THE CONSEQUENCES OF PLAYING GOD

• FRUSTRATION

"It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong... but there is something else deep within me, my lower nature, that is at war with my mind and wins the fight..."
Romans 7:21, 23 (LB)

• FATIGUE

"My strength evaporated like water on a sunny day until I finally admitted all my sins to You and stopped trying to hide them."
Psalm 32:4-5 (LB)

• FAILURE

"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you."
Proverbs 28:13 (GN)

1ST STEP TO HEALTH: ADMIT I NEED GOD'S HELP

I admit I'm powerless to...

Change my past... control others... change my unhealthy habits

"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."
2 Corinthians 1:9 (LB)

"You're blessed when you're at the end of your rope. With less of you there is more of God and His rule."
Matthew 5:3 (Message)

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

"God gives power to the faint, and strengthens the powerless."
Isaiah 40:29 (NRSV)