

# THE REALITY CHOICE

## The Choices that Change Us: Part 1

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### *What is Unhealthy in Your Life?*

My pace of life	My diet	My financial situation
My thoughts	My worries	My relationship with _____
My overwork	My habits	My holding on to the past
My marriage	My family	My perfectionism
My addiction	My memories	My resentment or anger
My expectations	My regrets	My need to control

*"I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate." (Romans 7:15, NLT)*

### 1. THE CAUSE OF MY WORST 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)*

*"The human heart is the most deceitful of all things, and desperately wicked..." (Jeremiah 17:9, NLT)*

#### 4 Ways We Play God

- 1) Control our IMAGE.
- 2) Control other PEOPLE.
- 3) Control our PROBLEMS.
- 4) Control our PAIN.

*"If you grasp and cling to life on your terms, you'll lose it..." (Luke 17:33, The Message)*

### 2. THE CONSEQUENCES OF PLAYING GOD.

#### 1) FEAR

*"He answered, 'I heard you in the garden; I was afraid and hid from you..." (Genesis 3:10, GNB)*

#### 2) FRUSTRATION

*"I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question?" (Romans 7:24, The Message)*

#### 3) FATIGUE

*“My guilt overwhelms me— it is a burden too heavy to bear...I am exhausted and completely crushed. My groans come from an anguished heart.” (Psalm 38:4,8, NLT)*

4) **FAILURE**

*“You will never succeed in life if you try to hide your sins.” (Proverbs 28:13a, GNB)*

*“There is a way that appears to be right, but in the end it leads to death.” (Proverbs 14:12, NIV)*

3. **THE CURE:**

*“Blessed are the poor in spirit: for theirs is the kingdom of heaven.” (Matthew 5:3, KJV 1900)*

*“God blesses those who are poor and realize their need for him...” (Matthew 5:3, NLT)*

*“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, The Message)*

**1st CHOICE for CHANGE: ADMIT I NEED HELP**

I ADMIT I’M POWERLESS TO CONTROL MY TENDENCY TO DO WHAT I KNOW IS UNHEALTHY  
AND THAT MY LIFE IS UNMANAGEABLE.

*“...God opposes the proud but gives grace to the humble.” (James 4:6, NLT)*

*“He gives power to the weak and strength to the powerless.” (Isaiah 40:29, NLT)*

**LAST THOUGHT**  
**WHAT’S IT GOING TO TAKE BEFORE I BREAK?**