

Matthew 5:3

INTRODUCTION:

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." Galatians 5:1

Yoke

Burden

The Beatitudes – "blessed"

Self-Inventory (Circle the items that keep popping up in your life)

Pride

Stress

Fears

My overwork

Attractions

Addiction

Regrets

Lust/Sexual Issues

Co-dependency

Trust Issues

Uncontrolled tongue

Body Image Issues

Worry

Bad habits

Anger

Dishonesty

Need to control

The Need to Succeed

Self Esteem Issues

Lack of Self-control

Money

Materialism

Unhealthy Relationships

Painful memories

Perfectionism

Resentment

Compulsive thoughts

Critical Spirit

Depression

Food Disorder(s)

"I don't understand what I do. For what I want to do I don't do, but what I hate to do, I do! ...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." Romans 7:15, 18

Matthew 5:3

CHOICE #1

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."

Matthew 5:3

"Poor in Spirit"

A. I must admit that I need help!

"God opposes the proud but gives grace to the humble." James 4:6

Pride, Grace, Humble

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." 1 Peter 5:6-7

What Enables Us to Change? Grace!

"For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age..." Titus 2:12

How do we get grace?

- Admit you are broken.

"For the creation was subjected to frustration" Romans 8:20

- Admit that your secrets make you sick.

Matthew 5:3

*"When I kept silent,
my bones wasted away
through my groaning all day long.
For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.
Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, 'I will confess
my transgressions to the Lord.'
And you forgave
the guilt of my sin." Psalm 32:3-5*

"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 (Today's English Version)

- Admit that it's your pride and fear that keeps you stuck

Example: John 4 – The Woman at the Well

Illustration: Cleaning Out the Frig

B. I Need to Ask God for Help

"Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead." 2 Corinthians 1:9

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

C. To be poor in spirit means I Need to Accept Help from Other

"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!"

Ecclesiastes 4:9-10

Why is this the hardest step to take?

"Confess your faults to one another and pray for each other so that you may be healed." James 5:16

Find Someone to Confess To:

GROUND RULES

- Confidentiality – Whatever someone says to you stays with you.

- Do not try to "fix" someone.
"We are God's workmanship..." Ephesians 2:10
- Don't minimize, compare, or be dismissive toward someone's pain. Listen!
- Confession to someone of the same gender.

REVIEW: Healing Choice #1

I 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. I ask God for His help and I also invite someone into my life to help me defeat the "moles" in my life.