

THE FIRST STEP TO HEALTH
Getting Healthy Again
Part 1 of 8

What is Unhealthy in Your Life?

My pace of life
My thoughts
My overwork
My marriage
My addiction
My expectations

My diet
My worries
My habits
My family
My memories
My regrets

My financial situation
My relationship with
My holding on to the past
My perfectionism
My resentment or anger
My need to control

THE FIRST STEP TO HEALTH

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

**REALIZE I'm _____ . I admit I'm helpless to control my tendency to do
what I know is unhealthy and that my life is unmanageable.**

*"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." Rom. 7:15 & 17 (LB)*

The Bible calls this my:

I. THE CAUSE OF MOST PROBLEMS: _____

*"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 _____ & trying to _____

- Our problems
- Other people
- Our pain

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II. THE CONSEQUENCES OF PLAYING GOD

1. _____

"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..." Rom. 7:21, 23 (LB)

2. _____

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

3. _____

"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." Prov. 28:13 (GN)

1ST STEP TO HEALTH: _____

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 Cor. 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." Matt. 5:3 (Mes)

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

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