



G.O.D. H.E.A.L.S.

STEP 1: Get help...admit you're NOT GOD

STEP 2: Open your heart. I now know that God exists, that I matter to Him, and that He is the only One who has the power to heal my pain.

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STEP 3: Depend on Christ. I realize I need to turn my life over to Christ. I need to depend on Him in the all areas of my life, including all that I say, think, and do.

STEP 4: Honestly Examine & Confess. I agree to evaluate my life and confess my faults to myself, to God, and to someone I trust.

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STEP 5: Embrace God's way. I will ask God to change the character defects of my life and direct me His way.

STEP 6: Ask for forgiveness. I will offer forgiveness to those who have hurt me, and I will ask for forgiveness for any wrong I've done to others.

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STEP 7: Live for God One Day at a Time

Comfortable- being removed from pain makes us think we can DO IT ON OUR OWN

Confused- YOU FORGET how bad the pain was

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STEP 7: Live for God One Day at a Time

Compromised- flirting with temptation in relationships, lifestyle, or mindset

Lapse- act out in ways that BRING BACK

Living with pain again- back where we STARTED

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STEP 7: Live for God One Day at a Time

Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? Galatians 3:3

'Not by might nor by power, but by my Spirit,' says the LORD. Zechariah 4:6

**LIVING FOR
GOD
ONE DAY
AT A TIME**

LIVING FOR GOD EVERYDAY

Trust GOD'S LOVE...Everyday

And I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away. Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Romans 8:38-39

LIVING FOR GOD EVERYDAY

Trust God wants to MEET YOU...
Everyday

Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.
Mark 14:38

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.
Psalms 46:10

Pray continually 1 Thessalonians 5:17

LIVING FOR GOD EVERYDAY

Trust God wants to MEET YOU...
Everyday

Daily Inventory Questions:

What good did I do today? Where did I blow it?

What kindness did I show? Who did I hurt today?

How did I show love today? How was my self-control?

How was my peace? Did anything happen to cause me to lose it? What was my role in it?

LIVING FOR GOD EVERYDAY

Trust God wants to MEET YOU...
Everyday

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:22-23

LIVING FOR GOD EVERYDAY

Trust God wants to GROW YOU...
Everyday

You must crave pure spiritual milk so that you can grow into the fullness of your salvation. Cry out for this nourishment as a baby cries for milk.

1 Peter 2:2

LIVING FOR GOD EVERYDAY

Trust God wants to GROW YOU...
Everyday

Show me Your ways, O Lord, teach me Your paths; guide me in Your truth and teach me, for You are my God my Savior, and my hope is in You all day long.

Psalm 25: 54,55

Your word is a lamp to my feet and a light for my path.

Psalm 119:105

LIVING FOR GOD EVERYDAY

Trust GOD'S PROGRESS and
be thankful... Everyday

*Do not be anxious about anything, but in everything,
by prayer and petition, with thanksgiving, present your
requests to God. Philippians 4:6*

*Let them praise the LORD for his great love and for all
his wonderful deeds to them. Psalm 107:15*

*Be joyful always; give thanks in all circumstances, for
this is God's will for you in Christ Jesus. 1
Thessalonians 5: 16,18*

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ONE LAST THOUGHT:

*One last thought: Trying to live on your own
power will ultimately lead back to frustration
and PAIN. Trust in God, and let
HIS POWER help you live life to its fullest,
one day at a time.*

