



## Part 1 GET HELP

Pain is \_\_\_\_\_ and it \_\_\_\_\_

*I am worn out with pain; every night my pillow is wet with tears.  
Psalm 6:6*

*The churning inside me never stops; days of suffering confront me.  
Job 30:27*

*I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." John 16:33*

**What is "hurting" in your life?**

Pain keeps me from living life \_\_\_\_\_

*The thief's purpose is to steal and kill and destroy. My purpose is to give life in all its fullness. John 10:10*

On my own, I can do \_\_\_\_\_ about my pain

*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 that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking. But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things. Romans 7:15-17*

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

Step 1: Get help...admit you're \_\_\_\_\_!

*God blesses those who realize their need for him, for the Kingdom of Heaven is given to them. Matt 5:3*

Stop \_\_\_\_\_

*Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves. Ephesians 4:25*

Stop \_\_\_\_\_

*And so God can always point to us as examples of the incredible wealth of his favor and kindness toward us, as shown in all he has done for us through Christ Jesus. God saved you by his special favor when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. Ephesians 2:7-9*

Start admitting you don't have the power to \_\_\_\_\_

*We felt we were doomed to die and 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*

*For nothing is impossible with God. Luke 1:37*

### ONE LAST THOUGHT:

One area of your life that you can control is how much you \_\_\_\_\_ control of your life. When you're ready to get help, you're ready to begin God's \_\_\_\_\_.