

Whack-a-Mole Hope September 25, 2022

Romans 7:15, 18 (NIV) I don't understand what I do. What I want to do I don't do, but what I hate to do, I end up doing! 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.

Stress

Fears

My overwork

Attractions

Addiction

Regrets

Diet

Worry

Bad habits

Anger

Dishonesty

Need to control

Finances

Relationships

Painful memories

Perfectionism

Resentment

Compulsive thoughts

The Cause: Playing God

Ezekiel 28:2 (NIV) 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.

Proverbs 29:23 (NCV) Pride will ruin people...

The Healing Choice: Be poor in spirit

Matthew 5:3 (ESV) Blessed are the poor in spirit, for theirs is the kingdom of heaven.

I admit I need help; that I'm powerless to control my tendency to do the wrong thing and that my life is unmanageable.

- **I must humbly admit I need help.**

James 4:6 (ESV) God opposes the proud but gives grace to the humble.

Proverbs 28:13 (GNT) You will never succeed in life if you try to hide your sins.

Jeremiah 2:13 (NIV) My people have committed two sins: They have forsaken Me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.

- **I must humbly ask God for help.**
- **I must humbly accept help from other people.**

Ecclesiastes 4:9-10 (NLT) Two are better than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

James 5:16 (TLB) Admit your faults to one another and pray for each other so that you may be healed.

Revealing the feeling is the beginning of healing.

Romans 15:13 (NIV) May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

