



Life's Healing Choices

LETTING GO - THE COMMITMENT CHOICE Life's Healing Choices: The Beatitudes Small Groups – Week 3

*I consciously choose to commit all my life and
Will to Christ's care and control.*

'Happy are those who are humble" Matthew 5:5 TEV)

"Blessed are the meek" Matthew 5:5 (NIV)

Catching Up

1. Were you able to read chapter 2 in Life's Healing Choices this week? Share your thoughts on Mary's and Tim's stories.
2. In our last session, you were encouraged to apply God's power to a challenging situation you are currently facing. Would you like to share your experience with the group?

Key verse

"Come to me, all of you who are weary and over-burdened, and I will give you rest."

Matthew 11: 28 (PH)

Letting Go - The Commitment Choice

Meekness is not about weakness. Meekness is about strength under control. The Commitment Choice is about surrendering control of your life to a power much greater than yourself.

"Come to me, all of you who are weary and over-burdened, and I will give you rest! Put on my yoke and learn from me... For my yoke is easy and my burden is light." Matthew 11:28 - 30 (PH)

Five Barriers to Commitment

1. _____

“Arrogant people are on the way to ruin.” Proverbs 18:12 (TEV)

“A self-sufficient fool falls flat on his face.” Proverbs 10:8 (TLB)

2. _____

“Problems far too big for me to solve are piled higher than my head. Meanwhile my sins, too many to count, have caught up with me, and I’m ashamed to look up.” Psalm 40:12 (TLB)

God knows all about your sins and your failures, and he loves you anyway. He is ready to forgive all of them if you will just humble yourself and ask him to forgive you.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9 (NKJV)

“Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the Lord.” And you forgave me! All my guilt is gone.” Psalm 32:5 (NLT)

There is no sin that God cannot forgive. Don’t let pride or guilt keep you from taking this step.

3. _____

What are you afraid will happen if you commit your life to Christ? What are you afraid God will do if you give him care and control of your life? What are you afraid of losing? What are you holding onto- a relationship, a habit, a lifestyle, a possession, your own ambition- that is keeping you from getting a grip on what God wants for your life?

4. _____

God has a stronger grip on you than you have on him. And he will give you the strength to keep moving forward.

“... God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished on that day when Jesus Christ returns.” Philippians 1:6b (TLB)

5. _____

“Anything is possible if a person believes. “The father instantly cried out, “I do believe, but help me overcome my unbelief!” Mark 9:23b - 24 (NLT)

“If you have faith as small as a mustard seed... Nothing will be impossible for you.” Matthew 17:20 (NIV)

It’s not the size of your faith that matters, it’s the size of your God you believe in that makes all the difference. A little faith in a big God gets big results.

Four Steps of the Commitment Choice

I. I accept God's _____ as my _____.

"Believe in the Lord Jesus, and you will be saved." Acts 16:31 (NIV)

II. I accept God's _____ as my _____.

"All scripture is inspired by God and is useful for teaching the faith and correcting error, for re-setting the direction of a man's life and training him in good living." 2 Timothy 3:16 (PH)

III. I accept God's _____ as my _____.

God made you for a purpose that He wants you to fulfil.

IV. I accept God's _____ as my _____.

I can do all things through Christ who strengthens me. Philippians 4:13 (NKJ)

'I (am) standing at the door, and I am constantly knocking. If anyone hears me calling him and opens the door, I will come in and fellowship with him." Revelation 3:20 (TLB)

The Commitment Choice means you are making the decision to open the door of your heart to Jesus Christ.

Discovery Questions

1. Which of the five barriers to commitment do you struggle with the most? Pride, guilt, worry, fear or doubt?

2. Re read Matthew 11: 28. What does this verse tell you about Christ's character? In what are of your life do you need rest right now?

3. The Commitment Choice is all about letting go and accepting God's will as your strategy. What would it look like for you to 'let go and let God'?

4. Re read Philippians 4:13. Once you are able to let go, how can you then live in the light of this truth?

If you prayed with Pastor Rick to commit your life to Jesus Christ, congratulations! Be sure to tell your host or the entire group; they can help you and also answer some questions you may have.

Please see the contact details at the bottom of this handout for further support.

Please don't feel you need to understand everything about the commitment you just made. Understanding will come as you grow and mature in your relationship with Christ.

Living on Purpose: Evangelism

Would anyone like to share how your life has changed since you made the Commitment Choice and gave your life to Christ? This could have happened years ago, or as recently as today!

Putting It into Practice

Receiving salvation is a one-time decision. But living out your salvation is a lifelong process.

If you have committed your life to Jesus Christ but are still holding onto a hurt, hang-up or habit, take the time to give it to Jesus and recommit your life to him.

If you have made the Commitment Choice to surrender your life to Jesus Christ, what questions, doubts, or concerns are standing in your way? Make a decision today to sincerely ask God to answer your questions during the next few weeks of this small group study.

"The Bible says, 'You will seek me and find me, when you seek me with all your heart'. "
Jeremiah 29:13 (NIV)

Prayer Direction

1. Pray this prayer of surrender together. Dear God, I believe you sent your Son Jesus, to die for my sins so I can be forgiven. I'm sorry for my sins, and I want to live the rest of my life the way you want me to. I accept your Son as my Saviour, your Word as my standard, your will as my strategy, and your power as my strength. Amen.
2. In what area of your life do you need rest? Share your concerns and requests and pray for one another.

Diving Deeper

This week read chapter 3 of Life's Healing Choices and be ready to share your thoughts in your next session. Pay particular attention to the stories from Lisa and Charlie at the end of the chapter.

This book is available to purchase in various formats from Amazon UK

https://www.amazon.co.uk/Lifes-Healing-Choices-Revised-Updated-ebook/dp/B00AHEBEJU/ref=sr_1_12?dchild=1&keywords=lifes+healing+choices&qid=1587371910&s=digital-text&sr=1-12

My Notes

CCCWL website - www.cccwl.co.uk
(Please visit the Knowing Jesus Page)

CCCWL Prayer email - prayer@cccwl.co.uk
CCCWL Office email - office@cccwl.co.uk

Answer Key

1. PRIDE
 2. GUILT
 3. FEAR
 4. WORRY
 5. DOUBT
1. I accept GOD'S SON as my SAVIOUR.
 2. I accept GOD'S WORD as my STANDARD.
 3. I accept GOD'S WILL as my STRATEGY.
 4. I accept GOD'S POWER as my STRENGTH.