

# CHOOSING TO BE HEALTHY

## In a Sick World

PART 2

*“But I will restore you to health and heal your wounds...”*

– Jeremiah 30:17 (NIV)

### **How to Use This Life Group Study Guide**

1. Review your message notes from Greg’s weekend sermon.
2. Discuss the sermon along with this study guide.
3. Write out your answers to the questions below.
4. Discuss your answers with your Life Group members.

### ***“Choose Surrendering”***

There are ‘unhealthy’ people everywhere. Some are probably in your group. The truth is there are many areas of life where it is not uncommon to find people unhealthy. Here are a few of the more prominent ones: marriages, finances, habits, relationships, eating, etc.

The good news is regardless of which of these areas you may admit are a problem area for you, the solution is not complicated. It really is a matter of making some right choices. Last week we focused on the choice of HEALING, which requires honesty. We have to admit we are unhealthy and choose to do something about it.

Once you honestly investigate your life and determine that there are some areas of unhealthiness, you are ready to reach out for some help. Choosing to get help is the next right thing to do, the next choice you must make if you want to live a healthy life.

It takes courage to seek treatment for those untreated areas of our lives. Unfortunately, not everyone has the courage. Not every one is willing, and the tragic result is such persons remain unhealthy and miss out on the fruitful and fulfilling life God intended for each of us.

SURRENDER is the answer but it is not easy. *Surrender* is a hard word. It means giving up control, which is something no one likes to do. But once we surrender (give up control) to God we are on our way to health.

There may not be a word in the Bible more confusing to our human thinking than the word 'Surrender'. The Bible teaches that true victory comes through surrender. Discuss this concept in your group before answering the following questions.

1. The Biblical Recovery Program (Christianity's version of the Twelve Step program) is found in the first eight statements of Jesus Christ in the world's most famous sermon called The Sermon on the Mount". These statements are called the Beatitudes and the first one is Matthew 5:3: "*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*" (NIV) What does that mean?

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2. The second beatitude speaks of 'mourning' as being blessed. This is referring to being sorrowful about your spiritual condition. How does being sorrowful about your spiritual health bring blessing?

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3. The third beatitude is just as confusing to our human thinking. It says, "*Blessed are the meek, for they will inherit the earth.*" This verse is confusing because we associate the word "Meekness" with weakness, but meekness is not cowardice or weakness. Meekness is blessed because it is strength under control. An example is a horse with a bit and bridle is just as strong as one without the equipment but the energy has been harnessed. Why is that good for us?

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4. The result of true meekness is victory through surrender. We surrender our wild and unbroken natures to the control of God. Give some examples of persons you have known who you believe have exhibited (meekness) strength under control.

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5. The reward (victory) of meekness according to the Bible is that 'they shall inherit the earth" (Matthew 5:5). What do you think this means?

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6. Why do you think it is so difficult for us to surrender control to others?

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7. Discuss the following statement Greg made in Sunday's message: *Jesus does not come to rearrange the outside of our life the way we want. He comes to rearrange the inside of our life the way God wants."*

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