

WELCOME TO HAVEN

October 18, 2020

Welcome

Worship Songs

"Always"

"Be Thou My Vision"

Scripture for Today

Romans 7:15, 18 (NIV)

Prayer

Message

"The Reality Choice"

Jack D. Cohen

Worship Song

"Rescue"

**Closing*



hope

for mental health 

HOPE FOR MENTAL HEALTH

THE REALITY CHOICE

"I don't understand what I do. For what I want to do I don't do, but what I hate to do, I do! ...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."
– Romans 7:15, 18

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:** _____

"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."
– Ezekiel 28:2

1st CHOICE:

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

- *"Poor in spirit" → I ADMIT I _____; that I'm _____ to control my tendency to do the wrong thing and that my life is _____*

HOW DO I DEVELOP THE SPIRIT OF BEING POOR IN SPIRIT?

✓ **I must humbly** _____ **I need** _____

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

"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you."
– Proverbs 28:13 (GNT)

✓ **I need to humbly** _____ **for** _____

"We 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 (TLB)

"You're blessed when you're at the end of your rope. With less of you there is more of God and his rule."
– Matthew 5:3 (MSG)

✓ **I must humbly** _____ **help from** _____

"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."
– Ecclesiastes 4:9-10 (NLT)

3 FEARS SATAN USES TO KEEP YOU STUCK

1. Fear of your _____

2. Fear of the _____

3. Fear that _____