



LIFE'S ► HEALING ◀ CHOICES



Hebrews 12:1-2 ^{NIV}

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.



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“Though some addictions are obvious, many are not. They’re secretive. They aren’t as clear... For some, the addiction is to entertainment. Or ways of thinking. Or escapism. Or work. While those might not be as aggressive in their ability to take us out, they become constraints that entangle us and keep us from operating at our fullest capacity. They slow us down. They become a drag on us. They prevent us from doing things that should be easy for us.”

Jonathan Malm & Jason Young, *Don't Burn Out, Burn Bright*



Pain of the Past
Denial in the Present
Fear of the Future



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Psalm 147:3 ^{NIV}

He heals the brokenhearted and binds up their wounds.



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Proverbs 14:8 ^{NIV}

The wisdom of the prudent is to give thought to their ways,
but the folly of fools is deception.



Pain of the Past
Denial in the Present
Fear of the Future

- Have I been ignoring an area of my life that is hurting me?
- Is there a relationship in my life that needs attention?
- Have I been choosing to run from my responsibilities and cope in unhelpful ways?
- Have I fallen back into an old struggle and been too afraid to admit it?
- Do I notice new struggles starting to emerge?



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Fear of the Future



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Philippians 4:6-7 ^{NIV}

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Colossians 1:17 ^{NIV}

He is before all things, and in Him all things hold together.



Embrace Brokenness
Embrace Vulnerability
Embrace Hope

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“Brokenness is a conscious, core awareness that you need God in all things. A broken person has come to realize that he is nothing and can do nothing apart from God’s presence and enabling power. A broken person has come to the end of himself – at least what he understands at that moment to be the end of himself.”

Crawford Loritts, *Leadership as an Identity*



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Romans 7:18 NIV

For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.



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**We can't move forward without
healing what holds us back.**



Matthew 11:28-30 NIV

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

