

Matthew 5:3
"Blessed are

THE POOR IN SPIRIT:

for theirs is the kingdom of heaven."

What is Unhealthy in Your Life?

My pace of life
My thoughts
My overwork
My marriage
My addiction
My expectations

My diet
My worries
My habits
My family
My memories
My regrets

My financial situation
My relationship with
My holding on to the past
My perfectionism
My resentment or anger
My need to control

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

I. 1st Step To A Blessed Life: Realize I'm Not God.

I admit I'm helpless to control my tendency to do what I know is unhealthy and that my life is unmanageable.

Romans 7:15, 17, "For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. Now then it is no more I that do it, but sin that dwelleth in me."

The Bible calls this my flesh.

1. The Cause Of Most Problems: Playing God

Ezekiel 28:2, "Son of man, say unto the prince of Tyrus, Thus saith the Lord GOD; Because thine heart is lifted up, and thou hast said, I am a God, I sit in the seat of God, in the midst of the seas; yet thou art a man, and not God, though thou set thine heart as the heart of God:"

How we "play" God:

By denying our humanity and trying to control everything.

- * Our problems
- * Other people
- * Our pain

2. The Consequences Of Playing God

Frustration

Romans 7:21, 23, "I find then a law, that, when I would do good, evil is present with me. But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members."

Fatigue

Psalms 32:4, 5, "For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah. I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah."

Failure

Proverbs 28:13, "He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy."

II. 2nd Step To A Blessed Life: Admit I Need God's Help.

I admit I'm powerless to...

Change my past

Control others

Change my unhealthy habits

2 Corinthians 1:9, "But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead:"

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

Romans 5:6, "For when we were yet without strength, in due time Christ died for the ungodly."

Isaiah 40:29, "He giveth power to the faint; and to them that have no might he increaseth strength."