

# Healing Life's Choices

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October 3, 2010  
Part 2

## The Reality Choice

Blessed are the poor in spirit. *Matthew 5:3*

*Stress*

*Diet*

*Finances*

*Fears*

*Worry*

*Relationships*

*My overwork*

*Bad habits*

*Painful memories*

*Attractions*

*Anger*

*Perfectionism*

*Addiction*

*Dishonesty*

*Resentment*

*Regrets*

*Need to control*

*Compulsive thoughts*

1. To be *poor in spirit* I must humbly admit I need help.

2. I must ask God for help.

3. I must humbly accept help from others.

Some of the Scriptures used to form this message:

Matthew 5:3

Proverbs 28:13

James 5:16

Romans 7:15, 18

2 Corinthians 1:9

Romans 5:6

Ezekiel 28:2

Matthew 5:3 (Msg)

James 4:6

Ecclesiastes 4:9-10