

Study Guide

Monday, January 4- Friday, January 8

Monday, January 4. Life hurts. We all experience much pain in our lifetime. The *first step* we need to take is to **DEPEND ON GOD**. Which means we need to do three things to make sure we can do this. **1. Stop denying your pain. 2. Stop playing God. 3. Start admitting that you don't have the power to change yourself.** Are you there yet? One area of your life that you can control is how much you give up control of your life. When you're ready to get help you're ready to begin God's healing process. The second step to healing from life's hurts is **OPEN YOUR HEART**. It is a step about faith. It's a step about believing. It's a step about trust. Open your heart to grieving. Open your heart to know that God exists that you matter to Him. He's the only one who has the power to heal my pain. **Read Hebrews 11:6.**

Tuesday, January 5. When Life Hurts, we need to rely on God to heal us. The 3rd step in His healing is: **DEPEND ON CHRIST**. The biggest obstacle to depending on Christ is pride. Pride is defined as elevating the importance of myself. Pride keeps me from admitting I need help. Proverbs 16 *"The Lord despises pride. Be assured that the proud will be punished.* What do you need to do to depend on Christ. **1. You commit your life to God (Read Deut. 30:19-20). 2. Change your mind to God (Read Romans 12:2). 3. Connect with others who depend on God (Read Hebrews 10:25). 4. Celebrate the journey with God (Read Psalm 135:3).**

Wednesday, January 6. The next step is to **HONESTLY EXAMINE AND CONFESS**. When life is hurting us, we need to look within first and see if there is something in our own life we are doing that doesn't honor God. I evaluate my life and confess my faults to myself, to God and to someone I trust. There are areas of our past that contribute to who we are today. We need to get rid of our guilt by asking for forgiveness. **Read Psalm 32.** The 5th step to healing is to **EMBRACE GOD'S WAY**. One of the biggest challenges in this step is to admit you need to change the character defects in your life. And then rely on God and others to help you. **Read Psalm 51.**

Thursday, January 7. The 6th step is to **ASK FOR FORGIVENESS**. I will offer forgiveness to those who have hurt me and I will ask for forgiveness for any wrong I've done to others. Asking for forgiveness or forgiving somebody else is not natural but it is necessary. 1 John 1:9 says *"If we confess our sins God is faithful and He's just and will forgive us our sins and will cleanse us."* **Read Matthew 6:14-15.** God wants you to have peace. Jesus said, *"I'm leaving you with a gift. Peace of mind and heart. And the peace I give you isn't like the peace the world gives. Don't be troubled or afraid."* When we can forgive and release the guilt in our life – we will have peace.

Friday, January 8. The 7th step is **LIVE FOR GOD ONE DAY AT A TIME**. People didn't care how you start. They care how you finish. That's what people care about – how did it end. How are you going to end? How are you going to finish? When you're running a marathon you don't know where the finish line is. So you have to keep going and trust that God's going to give you the power. Life is like that. Life is going to be like that marathon that we have to run. Living for God is a distance run. Take it one step or day at a time. The 8th step is **SHARE WITH OTHERS**. I will take the message that God heals to others in need and I will share it with my words and my actions. You finally get to the point where you are able to help somebody else and that helps you in that recovery process and helps you to keep on keeping on. **Read 2 Corinthians 1:3-4.**