



## Part 2 – Admitting Need

March 24, 2019

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### Choices for healthy, productive, godly growth

1. Admitting need
2. \_\_\_\_\_ help
3. \_\_\_\_\_ go
4. Coming \_\_\_\_\_
5. Making \_\_\_\_\_
6. Repairing \_\_\_\_\_
7. Maintaining \_\_\_\_\_
8. \_\_\_\_\_ pain

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*The heart is deceitful above all things and beyond cure. Who can understand it?"*  
(Jeremiah 17:9, NIV)

*I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.... I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? (Romans 7:18-19, 21-24 NLT)*

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Four ways we want to control life

1. We try to control our \_\_\_\_\_.
2. We try to control \_\_\_\_\_.
3. We try to control our \_\_\_\_\_.
4. We try to control our \_\_\_\_\_.

Consequences of trying to exert control

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Three things we need to admit

1. I admit that I cannot change \_\_\_\_\_.
2. I admit that I cannot \_\_\_\_\_.
3. I admit that I cannot cope with my harmful \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Next Steps

**Pray about it.**

- Ask God to give you the courage to admit your inability to control yourself or your world.
- Pray that you'll begin to depend on God's power to help you make changes.
- Surrender control of your life to God and ask him to help you stop trying to control your image, other people, your problems, and your pain.

**Write about it.** (Get a journal if you don't already have one.) This week, write about...

- What people, places, or things do I have the power to control?
- What people, places, or things have I been trying to control? (Be specific.)
- Describe how I try to control my image, other people, my problems, and my pain.
- Write down how the fear, frustration, fatigue, and failures of trying to control things has affected my relationship with God and others.
- What specific hurts, habits, and hang ups have I been denying?

**Share about it.**

This week begin to pray that God will guide you in knowing who to trust to share this journey with you.