GET HELP I admit that I am powerless on my own and that I need help.

"Happy are those who know they are spiritually poor" (Matthew 5:3).

LEARN IT::
When we accept the first point and move from denial and into reality (lesson 1), we discover that there are actually very few things we really have control over. Then, once we admit we are powerless, we can stop living with the following "life-sucking" attitudes and actions. These life-suckers are communicated through the acrostic POWERLESS.

WHEN WE ADMIT WE'RE POWERLESS . . . WE GIVE UP P____________________

Pride is essentially putting oneself higher than God.

*Pride ends in humiliation, while humility brings honor (Proverbs 29:23).*

WHEN WE ADMIT WE'RE POWERLESS . . . WE GIVE UP O ________IFS

We must deal with reality, no matter how difficult it might be.

*"Whatever is covered up will be uncovered, and every secret will be made known. So then, whatever you have said in the dark will be heard in broad daylight"* (Luke 12:2-3).

WHEN WE ADMIT WE'RE POWERLESS . . . WE GIVE UP W __________

Worrying is a form of not trusting and focusing on God.

*Don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time (Matthew 6:34).*

WHEN WE ADMIT WE'RE POWERLESS . . . WE QUIT TRYING TO E ______________

By living in denial we escape into a world of fantasy that has unrealistic expectations of others and ourselves.

*For light is capable of showing up everything for what it really is. It is even possible for light to turn the thing it shines upon into light also (Ephesians 5:13-14).*

WHEN WE ADMIT WE'RE POWERLESS . . . WE GIVE UP R ______________

Regret can become an emotional cancer if it’s allowed to fester and grow.

*"In your anger do not sin;" Do not let the sun go down while you are still angry, and do not give the devil a foothold (Ephesians 4:26-27).*
Loneliness is a choice. With God, we never have to walk alone.

Continue to love each other with true brotherly love. Don’t forget to be kind to strangers, for some who have done this have entertained angels without realizing it! (Hebrews 13:1-2).

You know that empty feeling deep inside . . . the cold wind of hopelessness blows right through it.

Jesus said: “My purpose is to give life in all its fullness” (John 10:10 NLT).

We often pray: “Our Father who are in heaven; give me, give me, give me.”

"Whoever clings to this life will lose it, and whoever loses this life will save it” (Luke 17:33).

Some people talk about finding God—like He could ever get lost!

Take good counsel and accept correction—that’s the way to live wisely and well (Proverbs 19:20 MSG).

By admitting you are powerless, you have begun the journey that will allow you to accept Jesus Christ’s healing, love, and forgiveness.

At this point in your healing and understanding of God, you need to stop doing two things:

1. **Stop denying your pain**
   
   Pity me, O Lord, for I am weak. Heal me, for my body is sick, and I am upset and disturbed. My mind is filled with apprehension and with gloom (Psalm 6:2-3).

2. **Stop playing God’s role**
   
   "No one can be a slave to two masters; he will hate one and love the other; he will be loyal to one and despise the other” (Matthew 6:24).

In addition to stopping certain behaviors and attitudes, you need to start doing two things:

1. **Start admitting you’re powerless**
   
   Jesus looked at them and said, "With man this is impossible, but with God all things are possible” (Matthew 19:26).
2. **Start admitting your need for help**
Problems far too big for me to solve are piled higher than any head. Meanwhile my sins, too many to count, have all caught up with me and I am ashamed to look up (Psalms 40:12).

Pray for help:
- admit you can’t heal your own hurts and habits by pretending they are not there
- tell God the parts of your life that are out of control
- ask for God to show you the way out of your denial into the truth
SMALL GROUP:: WRITE ABOUT IT AND TALK ABOUT IT

1. What kind of hurt and pain do you carry in your backpack? Whose name is on it? What was the event? What happened?

2. List some of the ways that pride can stop someone from asking for and getting the help they need.

3. In your past, how would you complete the following sentence?
   “If only” I had _____________ . . .
   I would have___________ . . .
   How does “if only” thinking negatively impact you?

4. Instead of worrying about things that we cannot control, we need to focus on what God can do in our lives. What are some worries you’ve had for awhile?

5. How is worry the opposite of worship?

6. In what ways have you tried to escape your pain? Be specific.

7. How does holding on to anger and feelings of regret affect people? How has it impacted you?

8. Do you believe that loneliness is a choice? Why or why not? How can a false sense of power isolate you from others?

9. When people feel empty, what are some ways they try to get “filled” or try and fill their “God-shaped hole”? 
10. Selfishness is at the heart of most problems. In what areas of your life have you been selfish recently?

11. Full healing can’t happen until we look or ask for help. Who, if anyone, can you talk to about your hurts and struggles?

12. Separation from God can feel real, but it doesn’t need to be permanent. What can you do to get closer to God?

13. Any other thoughts, comments, or ideas?

**PRAY ABOUT IT:**
What is one specific thing relating to this lesson that you want prayer for?

Additional verses to read this week:

*Proverbs 14:12*
*Job 17:11*
*Psalm 6:6-7*
*2 Corinthians 1:9*