

# Get Real to Get Healed

*Healing, Week Two*

We're all broken, and we stay broken because we learn to fake it and play God. The first step on the pathway to healing is when we get real, admit our spiritual brokenness, and acknowledge our need for God to heal us.

Ever ask the big why questions?

Why do I act this way?

Why do I make these choices?

Why do I keep doing this?

You're not alone. It's universal!

## **Romans 7:15 NLT**

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

We ALL have...

- **Hurts** – those things done to us that we didn't choose. (We've been abused, cheated, unfairly criticized or slandered, suffered losses, etc.)
- **Habits** – addictions to unhealthy or destructive things. (Drugs, alcohol, sex, pornography, anger, eating, lying, gossip, people-pleasing, etc.)
- **Hang-ups** – the attitudes and thinking patterns we can't overcome. (Worry, stress, perfectionism, resentment, guilt-gut, selfishness, compulsive thoughts, etc.)

Why we STAY hurt?

We learn to fake it.

We learn to play God.

Deadly words: "It's okay. I've got it all under control."

## **The First Healing Choice: I'm getting real and admitting my spiritual brokenness and my need for God to heal me.**

### **Matthew 5:3 NLT**

God blesses those who are poor and realize their need for him, for the Kingdom of heaven is theirs.

Three ways to start down the pathway of healing.

### **1. Admit that you're broken.**

#### **James 4:6 (AMP)**

God sets Himself against the proud and haughty, but gives grace [continually] to the lowly (those who are humble enough to receive it).

I'm up against the law (my inability to get it right),  
desperately in need of grace (God's willingness to make me right).

## 2. Ask God for help.

### 2 Corinthians 1:9 (MSG)

We felt like we'd been sent to death row, that it was all over for us. As it turned out, it was the best thing that could have happened. Instead of trusting in our own strength or wits to get out of it, we were forced to trust God totally—not a bad idea since he's the God who raises the dead!

Remember, God is the healer!

## 3. Accept help from other people.

### James 5:16 (NLT)

Confess your sins to each other and pray for each other so that you may be healed.

The second you confess your faults **to God**, you have **forgiveness**.  
But you need to confess your faults **to other people** to have **healing**.

I know that you're afraid.  
You're afraid of exposing the pain.  
You're afraid of exposing yourself.  
You're afraid you'll get hurt again.

But if you're going to begin healing, you have to

1. Admit that you're not your own god.

2. Trust God to save you through His Son Jesus.