

3. To be “poor in spirit” I must \_\_\_\_\_  
\_\_\_\_\_.

The reason that is so important is because it humbles you, and God gives grace to the humble. It is your pride that keeps you stuck.

*Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.*  
Ecclesiastes 4:9–10 (NIV)

*Admit your faults to one another and pray for each other so that you may be healed. . .*

James 5:16 (LB)



sermon notes

The Reality Choice  
February 17, 2019  
Pastor John Speight  
CHRISTCHURCHVA.ORG/SERMONS

The Apostle Paul writes:

*I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to—what I hate . . . I know I am rotten through and through so far as my old sinful nature is concerned. No matter which way I turn I can't make myself do right. I want to, but I can't.*

Romans 7:15,18 (LB)

**What are you struggling with?**

Stress	Diet	Finances
Fears	Worry	Relationships
Being Overworked	Bad habits	Painful memories
Attractions	Anger	Perfectionism
Addiction	Dishonesty	Resentment
Regrets	Need to control	Compulsive thoughts

**THE CAUSE:** \_\_\_\_\_

The Prophet Ezekiel to the King of Tyre:

*In the pride of your heart you say, 'I am a god.' . . . But you are a mere mortal and not a god, though you think you are as wise as a god.*  
Ezekiel 28:2 (NIV)

When do you think you are as wise as God?

**When God tells you to do something and \_\_\_\_\_  
\_\_\_\_\_!**

**Proverbs 29:23**

- *Pride will ruin people . . .* (NCV)
- *Pride ends in humiliation . . .* (NLT)
- *Pride lands you flat on your face . . .* (MSG)

**THE FIRST CHOICE:** \_\_\_\_\_

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*  
Matthew 5:3 (NIV)

*Blessed are those who recognize they are spiritually helpless.*  
Matthew 5:3 (GW)

**I ADMIT I need help; that I'm powerless to control my tendency to do the wrong thing and that my life is unmanageable.**

**HOW DO I CULTIVATE A "POOR IN SPIRIT" ATTITUDE?**

1. To be "poor in spirit" I must \_\_\_\_\_  
\_\_\_\_\_.

**Grace is the**

\_\_\_\_\_.

*. . . God opposes the proud but gives GRACE to the HUMBLE.*  
James 4:6 (NLT)

**HOW DO I CULTIVATE A "POOR IN SPIRIT" ATTITUDE? (cont.)**

**To get healthy, I must admit that:**

- \_\_\_\_\_.
- \_\_\_\_\_.

*When I refused to confess my sins . . . I groaned all day long. . . My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. . . And you forgave me! All my guilt is gone.*

Psalm 32:3–5 (NLT)

2. To be "poor in spirit" I must \_\_\_\_\_  
\_\_\_\_\_.

It's a move from confession—"I admit . . ." to petition—"Please help."

*We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead.*

2 Corinthians 1:9 (LB)