



# Hope & Healing:

*We Receive, We Give, We Invite*

## SESSION ONE: NAME IT

**Do you want to be well?**

***“The things you can’t talk about are the things that are controlling you.”***

***“God can’t hand you something new until you are willing to let go of the things that are not good for you.”***  
- unknown

***“Change means movement. Movement means friction.”***  
– Saul Alinsky

### OVERVIEW

Matthew 7:3

<sup>3</sup> *“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?”*

To be human is to be flawed, to be human is to be sinful. Although all sin is equal in the eyes of God. Yet for me one sin seems to lead to many. That is the sin of idolatry. Remember the 10 Commandments and which is the First Commandment? “You shall have no other god’s before Me.” Exodus 20:3. Not that I have a golden calf in my back yard but I do have another god, something I worship, something I want to be in control, something I love. That something is me, I want to be my own god. I want to call the shots, make the rules, do what I want. Self-worship is my problem. Which leads to trouble.

The first step to hope and healing is to acknowledge that we need it. We all carry hurts, hold on to sins or behaviors that lead to destruction, or dysfunctions. We seem to avoid pain at all costs in our culture and yet so often it is pain that brings us to places where we can finally acknowledge we need help. Matthew 5:3 “Blessed are the poor in spirit for theirs is the Kingdom of Heaven”. Why is it a blessing to be poor in spirit? Because it is through that pain, that suffering that we turn and ask for help. We will continue to bear the weight of our sin, the weight of our idols, and the weight of our hurts, pain, resentment, bitterness, anger, lusts, greed, etc., which will eventually crush us. Until we become self-aware of our need for help. Confession is a beautiful gift from God. And remember; “if the Son sets you free, you will be free indeed.” John 8:36.

