

# This is the TIME...

## What is Unhealthy in Your Life?

<input type="checkbox"/> My pace of life	<input type="checkbox"/> My diet	<input type="checkbox"/> My financial situation
<input type="checkbox"/> My thoughts	<input type="checkbox"/> My worries	<input type="checkbox"/> My relationship with...
<input type="checkbox"/> My overwork	<input type="checkbox"/> My habits	<input type="checkbox"/> My holding onto the past
<input type="checkbox"/> My marriage	<input type="checkbox"/> My family	<input type="checkbox"/> My perfectionism
<input type="checkbox"/> My addiction	<input type="checkbox"/> My memories	<input type="checkbox"/> My resentment or anger
<input type="checkbox"/> My expectations	<input type="checkbox"/> My regrets	<input type="checkbox"/> My need to control

### THE FIRST STEP TO HEALTH

*“Blessed are those who recognize they are spiritually helpless.”—Matthew 5:3*

Realize that I'm not **GOD**, I admit that I'm powerless to control my tendency to do what I know is **UNHEALTHY** and that my life is **UNMANAGEABLE**.

*“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 do—what I hate! I know perfectly well what I'm doing is wrong...but I can't help myself.” --  
Romans 7:15, 17*

#### **I. THE CAUSE OF MOST PROBLEMS: PLAYING GOD**

*“In the pride of your heart you say, “I am a god...” but you are just a man and not a god, though you think you are as wise as a god.”--Ezekiel 28:2*

How do we ‘play’ God? By denying our **HUMANITY** and by trying to **CONTROL EVERYTHING**.

- **PROBLEMS**—“I can handle this.” “I don't need any help.”
- **PEOPLE**—(guilt, praise, anger, fear, silent treatment)
- **PAIN**

#### **II. THE CONSEQUENCES OF PLAYING GOD: FRUSTRATION**

*“It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong...but there is something else deep within me, my lower nature, that is at war with my mind and wins the fight...”--Romans 7:21,23*

- **FATIGUE** –Warning signs of playing God (hiding, denying, fighting)

*“My strength evaporated like water on a sunny day until I finally admitted all my sins to You and stopped trying to hide them.”--Psalm 32:4-5*

- **FAILURE**

*“You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.”--Proverbs 28:13*

Admitting that I'm not God means recognizing three facts of life that are true whether I want to admit them or not.

I am powerless to... “I NEED GOD.” Willpower is not enough.

- **CHANGE MY PAST**
- **CONTROL OTHER PEOPLE**
- **CHANGE MY UNHEALTHY HABITS**

*“We 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.”  
--II Corinthians 1:9*

*“God gives power to the faint and strengthens the powerless.”--Isaiah 40:29*

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