



**Happiness is possible, but you
have to choose it**

Isaiah 57:18-19 I have seen their ways, but I will heal them; I will guide them and restore comfort to Israel's mourners, 19 creating praise on their lips. Peace, peace, to those far and near," says the Lord. "And I will heal them." (NIV)



What is “Life’s Healing Choices”?

The wisdom written in this book is there to help us achieve the healing, peace and comfort that God promises us. But how do we do that? Life’s healing Choices defines eight Biblical principles taken from **Matthew 5:3-10**, a portion of the sermon on the

Mount as told by our Lord and Savior Jesus Christ. Jesus actually gives these principles in the order they are logically described in the book which are keys to achieving happiness by unloading hurts habits and hang-ups that have made life difficult for us.

Who Should Attend?

Anyone who knows that they are round pegs in square holes, okay let me explain; We have all been hurt and passed hurts on to others, it is a matter of magnitude. Those hurts multiply over time, adding new ones to the emotional load. We compensate by taking up habits/addictions that take us away from the hurt, but only add to the complexity of life. We add a few character defects to the recipe, and our lives can become unmanageable. Have a family member or friend who is suffering emotionally? This study may help you to better understand and help.

How Do the Eight Principles Work?

Only God knows His will for us. We can only participate, pray and follow the eight principles as defined by Jesus. I have believed Him and He has healed me. In these 9 weeks we are actually going to work these steps in our personal lives. We will experience first-hand changes in our lives as God through His healing power begins to

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make us new or at least improves upon what He has already begun in your lives. We gain freedom from our hurts, habits and hang-ups. This freedom creates peace, joy, serenity and most importantly, a stronger personal relationship with God and others. Free from the hurts of yesterday, the struggles of today, and the worries of tomorrow. We reconcile with ourselves, with God and others.

I have read the book twice and applied some of the principles in my own life, I have found a closer relationship with God, and with people I owed amends to.

Howard Thomes

The Class and You

- Homework, a reading assignment, journaling, answering questions in the text (these are all confidential).
- A desire to rid yourself of the hurts of life, the bad habits and the character defects that have all made life more difficult.
- A desire to make new friendships that will be established in our small group
- Please do not be afraid to come, after all, everyone here is here for the same reason as you.
- We invite you to come as you are. We will meet and greet you with open arms and hearts. Keep in mind we are here for the same reason as you, healing and recovery.
- **Our discussions and share times are confidential and are requirements of attending.** There are no dues and fees

Safe Sanctuary, Main Street UMC

We are a safe sanctuary church. We value your safety and privacy.

When and Where

Main Street UMC Fellowship Hall Sundays from 2:30 pm – 3:45 pm.
August 11th - September 29th

Jeremiah 30:17 “I will give you back your health again and heal your wounds.”

Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace, taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. In the name of Jesus Christ

Amen. —REINHOLD NIEBUHR

Contact

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Examples of

Hurts – Are an emotional reaction to another person’s behavior or to a disturbing situation such as abuse, abandonment, codependency, divorce or relationship issues. (and many more)

Habits - Is an addiction to someone or something; alcohol, drugs, food, gambling, sex, shopping and smoking. Work alcoholic, codependency, etc.

Hang-ups - Is a negative mental attitude that is used to cope with people or adversity including anger, depression, fear and un-forgiveness, such as anger