

## **Life's Healing Choices 2**

- **Which of these barriers to commitment do you struggle with the most-pride, guilt, worry, fear, doubt? Spend some time talking to God about it**
- ***“Come to me all who are weary and overburdened and I will give you rest.” Matthew 11:28* What does that verse tell us about God's character? In what area of your life do you need to rest now?**
- **The commitment choice is all about letting go and accepting God's will as your strategy. What would it look like for you to 'Let go and let God'? Are there any barriers stopping you doing that?**
- ***“I can do all things through Christ who strengthens me” Philippians 4:13* Start each day saying and reflecting on this. What difference could this make if you truly grasp it as a truth?**

**“Blessed are those who mourn for they shall be comforted”**