

# Getting Healthy Again

## The First Step to Health

Matthew 5:3-12 (pg 958)

December 28, 2014

My pace of life  
My thoughts  
My overwork  
My marriage  
My addiction  
My Expectations

My diet  
My worries  
My habits  
My family  
My memories  
My regrets

My financial situation  
My relationship with...  
My holding on to the past  
My perfectionism  
My resentment or anger  
My need to control

- I. **The cause of most problems: playing God**
  - A. **How do we play God?**
    1. **By denying our humanity**
    2. **By trying to control everything**
- II. **The consequences of playing God:**
  - A. **Frustration**
  - B. **Fatigue**
  - C. **Failure**
- III. **First step to health: admit I need God's help**