

Returning from Dream World to Real World

*"They that observe lying vanities forsake their own mercy."
(Jonah 2:8)*

Identify Your Dream Worlds

1. What are some of the areas where you have been living in a dream world rather than facing reality and accepting personal responsibility?

Ask yourself if you may have been living in a dream world in any of the following areas:

- a. Past hurts
- b. Past failures
- c. Unresolved conflicts/difficult relationships
- d. Unpleasant/painful circumstances
- e. Your marriage
- f. Your children
- g. Your parents
- h. "Addictive" habits
- i. Negative personality traits

2. What are some of the ways that you have tried to escape from the responsibility, the reality, the hurts, or the failures of your real world?

- a. Television
- b. Job
- c. Hobbies

- d. Shopping sprees
- e. Accumulating things
- f. Geographical moves
- g. Lying
- h. Abortion
- i. Divorce
- j. Overeating
- k. Alcohol
- l. Drugs
- m. Illicit sex
- n. Busyness
- o. Religious activity
- p. Professional counseling

Take Personal Responsibility

We may not be able to control the things that happen to us, but we are responsible for our responses to the things that happen to us.

As you think back over the circumstances, relationships, failures, disappointments, and hurts of your past, are there any wrong responses on your part that need to be confessed?

- a. Resentment
- b. Bitterness
- c. Anger
- d. Unforgiveness

- e. Hatred
- f. Withholding love
- g. Holding grudges
- h. Sinful choices

Commit Yourself to Face and Live in Reality

1. Write a brief prayer expressing to God your desire and commitment to begin living honestly in the real world and to start taking responsibility for your choices.

Remember, you will never experience God's grace as long as you choose to live in a dream world. He comes to meet and help us when we are willing to live in the real world, no matter how painful or difficult it may be!

2. What specific steps of action do you need to take in order to begin facing your real world?
 - a. Confession to God
 - b. Clearing of conscience
 - c. Steps of obedience
 - d. Renewing of broken vows
 - e. Restitution
 - f. Extending forgiveness
 - g. Yielding of rights
 - h. Becoming accountable to another believer