



Life is _____ **SESSION ONE**

CHOICES

MY LORD GOD, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself... But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. Therefore I will trust you always though I may seem to be lost... I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

•————— Thomas Merton —————•

1. LIFE IS CHOICES

Life is Choices. Every day you make hundreds of choices.

What to eat. What to wear. What time to arrive. Whom to hang out with. Whether or not to listen. What to care about.

Many of these choices can seem inconsequential. But one choice builds upon another, and in the end our choices define who we become.

Choices matter.

1.1 YOUR CHOICES MATTER

Learning to make great choices is one of the most practical skills you can develop. Decision making is central to everything we do.

You are so young and life is before you. Will you live it wisely or squander it?

Life is precious and beautiful. Ask a couple who have just welcomed their first child into the world—they will tell you how precious and beautiful life is.

Life is also fragile and fleeting. Ask someone who has just been told by his doctor that he has only three months to live—he will tell you how fragile and fleeting life is.

Life is before you. What will you do with your life?

This is what Joan of Arc wrote, just before she died at nineteen.

Learning to make great choices is essential.

James is seventeen years old and serving a life sentence in prison for murder. He lost his temper and shot a man who was disrespecting him. For a while James thought he was the victim of one bad decision. Over time he came to the realization that he was not the *victim* of a bad decision; he was the *author* of that bad choice. As a few more months passed, he came to understand that it was *not* one bad decision that led to that life-altering event; it was a long series of choices.

He *chose* to hang out with gang members. He *chose* to join the gang. He *chose* to steal a gun. He *chose* to spend time in places where drugs and alcohol were used and abused. He *chose* not to go to school some days. He *chose* to start drinking. He *chose* to go out late at night. Then, one night, all these choices exploded together to change his life forever. He chose to lose his temper. He *chose* to pull the trigger.

Little choices matter.

Jessica is an incredible athlete and is about to graduate Harvard at the top of her class.

She *chose* to be a conscientious student. She *chose* not to stay out late at parties. She *chose* to wake before sunrise and go to training. She *chose* not to smoke or drink. She *chose* to eat food that fueled her body. She *chose* not to hang out with people who were a bad influence. She *chose* to push herself harder than anyone else at training.

And all these choices have transformed her and her life.

James and Jessica both made many choices, but their choices were very different.

Little choices matter because they become the foundation for bigger decisions.

But sometimes it only takes one decision to change the direction of your life for better or worse.

Martin was an above average student. School didn't come easy to him, but he worked hard and his hard work paid off. During spring break of his freshman year in college he got drunk, went back to his hotel, slipped in the bathroom, broke his neck, and died.

When he chose to get drunk he probably didn't think he was making a life or death decision, but he was.

Sometimes it only takes one bad decision to destroy a life. Sometimes it only takes one bad decision to end a life.

That's the thing about choices. Sometimes what you think is a small decision could end up being the biggest decision of your life.

Every choice you make is proof that you are free.

Free will is one of God's greatest gifts to humanity.

WHY WAS JOAN OF ARC?

Joan was twelve years old when she had a series of supernatural experiences that included visions and hearing the voice of Saint Michael the Archangel. When she was seventeen, she led her first army and enjoyed a series of spectacular military successes with the French army. The following year she was captured by the British and placed on trial for heresy and witchcraft. In 1431, at nineteen years of age Joan of Arc was burned at the stake. Thirty years later she was exonerated of all charges and ultimately was canonized by Pope Benedict XV in 1920. Joan of Arc lived in France from 1412 to 1431. She is the patron saint of soldiers, and her feast day is May 30.

**PEER PRESURE:
PEOPLE CAN PRESSURE
YOU TO DO THINGS,
BUT THE ONLY ONE
WHO MAKES THE
DECISION IS YOU.
THEY ARE NOT MAKING
THE CHOICE – YOU ARE.
OWN YOUR DECISIONS.**



Mary made a choice. How much joy do you think it brought her?

"I know this now. Every man gives his life for what he believes. Every woman gives her life for what she believes. Sometimes people believe in little or nothing, and yet they give their lives to that little or nothing. One life is all we have and we live it as we believe in living it and then it's gone. But to surrender what you are and to live without belief is more terrible than dying—even more terrible than dying young."



“HIS CONSCIENCE IS MAN’S MOST SECRET CORE AND HIS SANCTUARY. THERE HE IS ALONE WITH GOD WHOSE VOICE ECHOES IN HIS DEPTHS.”

VATICAN II - GAUDIUM ET SPES.

To guide you in the use of this incredibly powerful gift, God has also given you **reason** and **conscience**.

rea•son (ree-zhun)

Reason is the capacity for logical, rational, and analytic thought.

con•science (con-shuhns)

Conscience is the inner voice that encourages you to do good and avoid evil. God speaks to us through our conscience (CCC 1776–1779).

Reason and conscience work together to help you distinguish good actions from bad ones. Reason and conscience work together to help you discover the best way to live.

All choices are not equal.

Some choices are good choices, and some are bad. And you usually know at the time if you are making a good or bad choice. The inner voice of conscience encourages you toward what is good and right.

Are you good at making decisions?

What’s the best choice you made in the past twenty-four hours?

What’s the worst choice you made in the past twenty-four hours?

How can you make better choices in the future?

God wants you to become a great decision maker. This is one of the reasons he sends us the Holy Spirit. Ask the Holy Spirit to guide you and counsel you—and you will find yourself making better choices.

Every day you make hundreds of choices. These choices determine the direction of your life. Sometimes you choose the-best-version-of-yourself and sometimes you choose a-second-rate-version-of-yourself.

Every time you say yes to something, it changes who you are forever.

It’s time to start taking your choices seriously. Next time you need to make a decision, *ask the Holy Spirit to guide you.*



Discussion Questions

1) WHO DO YOU KNOW WHO IS A GREAT DECISION MAKER? WHAT MAKES THIS PERSON A GREAT DECISION MAKER?

2) DESCRIBE A TIME WHEN YOU IGNORED YOUR CONSCIENCE AND REGRETTED IT LATER. DESCRIBE A TIME WHEN YOU LISTENED TO YOUR CONSCIENCE AND FOLLOWED IT, EVEN THOUGH IT WAS DIFFICULT.

3) ARE YOU GOOD AT MAKING DECISIONS? ON A SCALE OF 1 TO 10 (10 BEING THE BEST), HOW GOOD DO YOU THINK YOU ARE AT MAKING DECISIONS? WHAT’S ONE PRACTICAL THING YOU COULD DO TO BECOME A BETTER DECISION MAKER?



IF YOU DON'T KNOW WHO YOU ARE OR WHAT YOU ARE HERE FOR, IF YOU DON'T KNOW WHAT MATTERS MOST OR WHAT MATTERS LEAST, YOU MAY BE EXPERIENCING AN IDENTITY CRISIS. WE ALL EXPERIENCE THIS AT DIFFERENT TIMES IN OUR LIVES. BUT LET ME TELL YOU SOMETHING, **GOD WANTS TO SOLVE YOUR IDENTITY CRISIS.** I AM BEYOND IDENTITY CRISIS AND YOU WILL BE TOO THE DAY YOU REALIZE THAT YOU ARE A CHILD OF GOD, THAT GOD IS YOUR FATHER, AND THAT YOU ARE HIS SON OR DAUGHTER. YOU GET YOUR IDENTITY FIRST FROM GOD. UNTIL WE REALIZE THIS WE ARE LOST.



THE AVERAGE PERSON MAKES 4,000 DECISIONS A DAY. MOST OF THEM ARE SUBCONSCIOUS AND HABITUAL. THAT'S WHY IT IS CRITICAL TO BECOME A GREAT DECISION MAKER.

the BEST VERSION OF YOURSELF

1.2 the BEST way to live

Everyone who loves you wants you to live your best possible life. But what is the best way to live?

This is the question that the great thinkers of every age grapple with. It is a question that we all wrestle with in a *deeply personal* way.

We are all searching for the best way to live.

Sometimes it is a conscious search and sometimes it is an unconscious search. We want to help you start searching consciously for the best way to live.

The best way to live is a big question. It's one of life's biggest questions. But you are not too young to start thinking about life's big questions.

Anne Frank was thinking about life's biggest questions when she wrote her diary at just thirteen years of age. You should read it.

It is *proof* that *young* people are capable of *incredible things*.

We want to help you discover the best way to live.

Why does this question matter? The question matters because you matter. It matters because your *happiness* matters.

In some ways the best way to live is different for every person. The best way for you to live might mean becoming a nurse. For the person next to you it might mean becoming a teacher. For the next person it might mean becoming a priest.

But at a foundational level, the best way to live is the same for us all.

Let's look at three **foundational principles** that demonstrate that the best way to live is, in some ways, the same for everyone.

THE FIRST PRINCIPLE: THE-BEST-VERSION-OF-YOURSELF

People from different cultures and different countries and different religions may disagree on many things, but none propose that the best way to live is by trying to be something other than who you are.

No *religion* . . . no *culture* . . . no *country* says the meaning of life is to be the *worst-possible-version-of-yourself* . . . or that the best way to live is by being a *second-rate-version-of-yourself*.

God has not created you to be a *second-rate-version-of-yourself*. Nor are you here to be another version of your parents, teachers, friends, or brothers and sisters. You are here to be yourself.

The best way to live is therefore in ways that help you become the *best-version-of-yourself*.

This is true not just for you, but for everybody.

THE SECOND PRINCIPLE: VIRTUE

Show me a society that believes that lying and stealing from each other is the best way to live. There are no award ceremonies for the biggest liar or the biggest cheater. Somewhere deep inside we universally despise these things.

Virtue is at the heart of every good human experience.

Think about relationships. In the next decade you will spend enormous amounts of time and energy on relationships, but most people never realize a simple truth: Two patient people will always have a better relationship than two impatient people. Two generous people will always have a better relationship than two selfish people. Two courageous people will always have a better relationship than two cowardly people. Two humble people will always have a better relationship than two prideful people. Two honest people will always have a better relationship than two dishonest people.

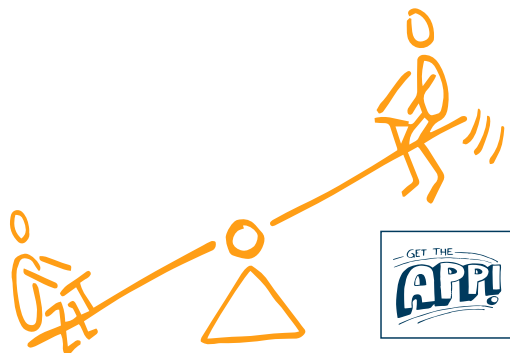
Virtue is the best way to live for everyone.



TRUE FULFILLMENT CAN ONLY BE FOUND IN AND THROUGH JESUS CHRIST. YOU CANNOT BECOME THE-BEST-VERSION-OF-YOURSELF EXCEPT IN AND THROUGH JESUS.



What virtue do you most admire in Mary?





THE GLORY OF GOD IS MAN FULLY ALIVE.

SAINT IRENAEUS

THE THIRD PRINCIPLE: SELF-CONTROL

The opposite of self-control is **slavery**. If we cannot control our ability to drink, then we are a slave to drink. If we cannot control our temper, then we are a slave to our temper. If we cannot control our ability to get started, then we are a slave to procrastination. If we cannot direct our ability to work hard, then we are a slave to laziness.

God made us free. Anything that enslaves us is *not* from God, and therefore not the best way to live.

At different times in history some people may have thought that it was OK for other people to be slaves, but *no man ever thought it was a good idea that he be made a slave.*

Freedom and self-control go hand in hand.

The person who has the self-control to do what is good and right—even when it is difficult or comes at great personal cost—is universally respected.

Self-control is the best way to live for everybody.



These are just three examples of how the best way to live is the same for us all. Throughout your life you will encounter people who say, "There are no absolute truths. What's true for you is not necessarily true for me!" This is **relativism**, and it is a lie.

Some things are true for everyone.



1. IN SOME WAYS THE BEST WAY TO LIVE IS THE SAME FOR US ALL. WHICH OF THE THREE PRINCIPLES HAD THE MOST IMPACT ON YOU (THE BEST VERSION OF YOURSELF, VIRTUE, OR SELF-CONTROL)?

2. HOW WOULD YOUR RELATIONSHIPS IMPROVE IF YOU STARTED TO REALLY LIVE THESE THREE PRINCIPLES?

3. IF AT THE END OF YOUR LIFE YOU COULD BE REMEMBERED FOR JUST ONE VIRTUE, WHICH WOULD YOU CHOOSE? WHY IS THAT VIRTUE IMPORTANT TO YOU?



ARE YOU LISTENING TO YOUR NAVIGATION?

1 CORINTHIANS 2:9

KNOW IT: What is Paul talking about?

THINK ABOUT IT: Do you want to go to Heaven?

LIVE IT: Are you living a life that leads to Heaven?

EVERYTHING MAKES SENSE IN RELATION TO GOD'S DREAM. WHEN WE FEEL LIKE LIFE IS NOT MAKING SENSE, IT IS USUALLY BECAUSE WE HAVE LOST SIGHT OF GOD'S VISION FOR OUR LIVES.

1.3 GOD'S DREAM FOR YOU

Have you ever met someone and discovered they were nothing like what you thought they would be?

Before you met them, you knew about them, but knowing about someone is not the same as *knowing* someone.

Everyone knows something about God, but when we really encounter God, most of us discover that he is not like we thought. You may know about God, but now it's time to get to *know* God. And you may discover that much of what you thought you knew was wrong. . . .

The first thing you discover when you really encounter God is that *God wants good things for you.*

Sometimes God wants better things for you than you want for yourself.

In 1 Corinthians 2:9 Paul teaches us, "*No eye has seen, no ear heard, nor the heart of man conceived, what God has prepared for those who love Him.*"

What's Paul saying? You cannot even imagine what God has in mind for you.

God is the ultimate Father. You may have a great father here on earth, and you may not. But whether you do or you don't, you know a great father when you see one. God is that great Father. When earthly fathers shine, it is because they act like our heavenly Father.

Everything good in this world flows from the goodness of God.

God your Father created the universe *for you*. This world is his gift to you. He wants you to enjoy it and take care of it. He created all the beauty that surrounds you with you in mind. Then he looked at it and said, "It is good."

You too. God created you and he created you in his image. Deep in your heart you are good. But staying connected to that goodness is not always easy, and requires real effort.

Like any good father, God has dreams for his children. God has a dream for you. God wants you to become the-best-version-of-yourself.

He wants you to become all he created you to be—by living a good and full life. And God wants you to help everyone who crosses your path become the-best-version-of-themselves. But more than anything else, God wants to have a *dynamic relationship with you*.

I never really understood this until my first child was born. After Walter was born I found myself yearning to be with him. He couldn't walk or talk. All he did was eat, and sleep, and need his diaper changed. But I loved being with him. When I was at the office I could not wait to get home to hold him or roll around on the floor with him. When I had to travel I missed him so much.

Over the years, that hasn't changed. As my wife and I have had more children, I yearn to be with each of them in the same way.

I love my children so much. It's crazy, really. And before I had children I just didn't understand. But as I began to think about this great love I have for my children, the love of God took on a whole new meaning. Because if I can love my children as much as I do, and I am broken and wounded and flawed and limited, *imagine how much God loves us.*

This was overwhelming to me and took my relationship with God to the next level. And it has made me take God's dream for me and my life even more seriously.

God wants you to become the-best-version-of-yourself. This is his dream for you and everything makes sense in relation to God's dream.

This is the idea that got me hooked on Catholicism. I was fifteen years old and nothing was making sense.

I grew up in a Catholic family, went to Catholic school, went to Mass every Sunday, but *I never really got it*. One day a friend of the family let me in on the secret. He talked about the **universal call to holiness**. He said that God calls everyone to live a holy life, and explained that some things I think, do, and say help me to grow in holiness and others don't. He also explained that I am happiest when I am doing the things that help me to grow in holiness.

There is a connection between happiness and holiness.

I finally got it. Catholicism finally made sense to me, because I started to see that everything the Church does is designed to help me become more perfectly the person God created me to be and everything I do each day matters.

Everything really does make sense in relation to God's dream for us.

What makes a good friend? Someone who helps you become the-best-version-of-yourself.

What makes a good meal? Food that helps you become the-best-version-of-yourself.

THE DESIRE FOR GOD IS WRITTEN IN THE HUMAN HEART, BECAUSE MAN IS CREATED BY GOD AND FOR GOD; AND GOD NEVER CEASES TO DRAW MAN TO HIMSELF. ONLY IN GOD WILL HE FIND THE TRUTH AND HAPPINESS HE NEVER STOPS SEARCHING FOR:

THE DIGNITY OF MAN RESTS ABOVE ALL ON THE FACT THAT HE IS CALLED TO COMMUNION WITH GOD. THIS INVITATION TO CONVERSE WITH GOD IS ADDRESSED TO MAN AS SOON AS HE COMES INTO BEING. FOR IF MAN EXISTS, IT IS BECAUSE GOD HAS CREATED HIM THROUGH LOVE, AND THROUGH LOVE CONTINUES TO HOLD HIM IN EXISTENCE. HE CANNOT LIVE FULLY ACCORDING TO TRUTH UNLESS HE FREELY ACKNOWLEDGES THAT LOVE AND ENTRUSTS HIMSELF TO HIS CREATOR.

(CCC #27)





MODERN CULTURE'S NIGHTMARE

GOD'S DREAM

WHAT YOU DO NOW IS GOING TO MATTER LATER IN YOUR LIFE IN WAYS THAT YOU HAVE NOT EVEN BEGUN TO IMAGINE.



ANTHONY OF THE DESERT

What makes a good book or movie? Those that inspire you to become the-best-version-of-yourself.

Why do your parents send you to school? To torture you! No, the word *education* comes from the Latin verb *educare*, which means "to draw out." Education at its best draws out the-best-version-of-you. Looking back on my life, I can see that the best teachers, mentors, coaches, and managers were all men and women who were trying to draw the best out of me.

What is the purpose of study? When you study hard you become a-better-version-of-yourself.

What is the meaning of work? Making money? No. This is a secondary outcome. The primary value of work is that when we work hard and pay attention to the details of our work, we develop character and virtue—and become the-best-version-of-ourselves.

What is the purpose of marriage? Husband and wife challenging and encouraging each other to become the-best-version-of-themselves, and raising children and encouraging them to become the-best-version-of-themselves.

Life is about saying yes to the things that help you become the-best-version-of-yourself, and no to the things that don't.

Next time you are confronted with a decision, simply ask yourself: What will help me become the-best-version-of-myself?

Everything makes sense in relation to God's dream. When we feel like life is not making sense, it is usually because we have lost sight of God's vision for our lives.

God wants you to become the-best-version-of-yourself. Will you choose God's dream or the modern culture's nightmare?

1. HAVE YOU EVER MET SOMEONE AND DISCOVERED THAT PERSON WAS NOTHING LIKE WHAT YOU THOUGHT HE OR SHE WOULD BE LIKE?

Handwritten lines for writing answers to question 1.

2. WHO IN YOUR LIFE IS HELPING YOU BECOME THE-BEST-VERSION-OF-YOURSELF?

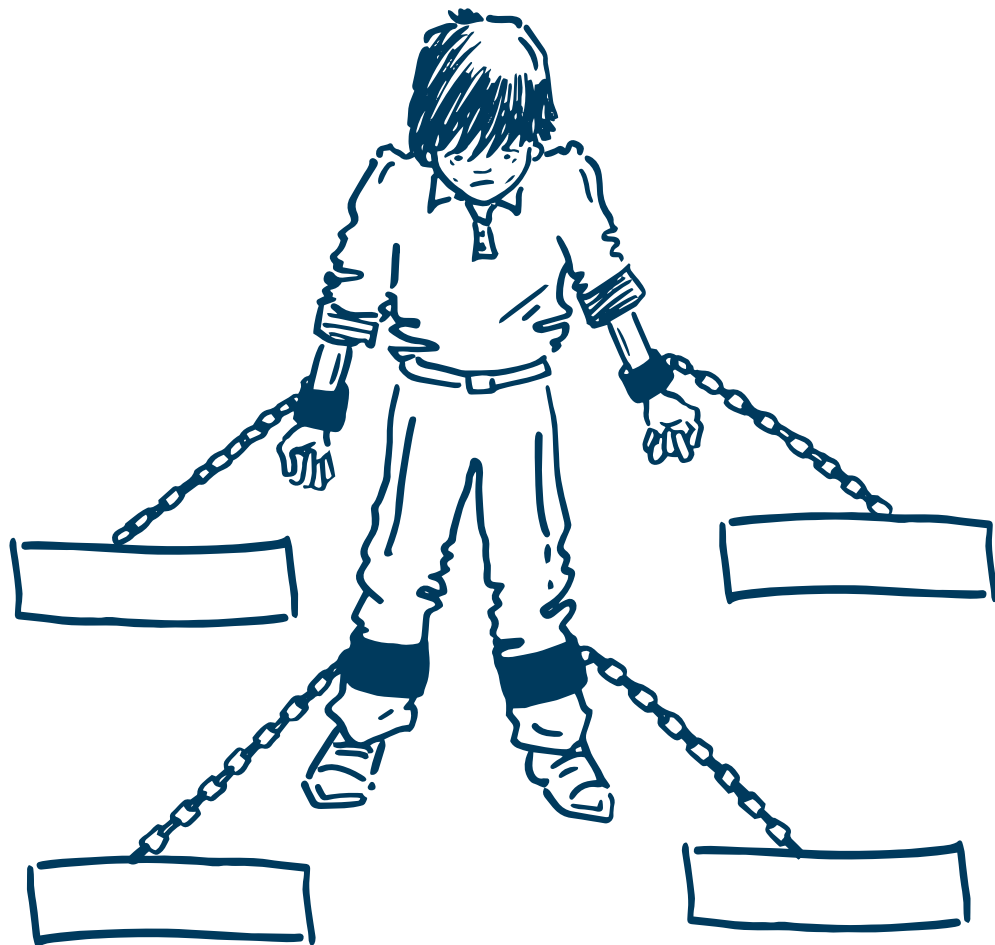
Handwritten lines for writing answers to question 2.

3. WHAT ARE TWO THINGS YOU CAN DO TO BECOME A-BETTER-VERSION-OF-YOURSELF THIS WEEK?

Handwritten lines for writing answers to question 3.



WHAT'S ENSLAVING YOU?



Who Was MOSES?

1.4 be a REBEL

Moses was born when his people were increasing in numbers and the Egyptian Pharaoh was starting to fear them. Moses' mother hid him when Pharaoh decreed that all newborn Hebrew boys be killed. The boy was found and adopted by the Egyptian royal family. After killing an Egyptian slave master, Moses fled across the Red Sea, where he encountered God in the burning bush. God sent Moses back to ask Pharaoh to set the Israelites free. After God sent ten plagues to convince Pharaoh to release the Israelites, Moses led their exodus out of Egypt and across the Red Sea toward Mount Sinai – where he received the Ten Commandments. But Moses never made it to the Promised Land. He died within sight of it after wandering in the desert for forty years. Moses was a murderer! But look what he went on to accomplish after he gave his life to God.



MOSES

It's probably the last thing that you expected to hear at church, but I really want to encourage you to be a rebel. Jesus was a rebel.

But here's the thing: It's important to rebel against the right things.

Today's culture doesn't want you to become the-best-version-of-yourself. Today's culture doesn't want you to think too much about life. Today's culture doesn't want you to become hungry for the truth. Today's culture doesn't want you to develop your spiritual self. Today's culture doesn't want you to have a great relationship with God.

Modern culture just wants you to go along, be a good, obedient little consumer, and not ask too many questions about where the whole experiment is leading.

I want you to rebel against that. I want you to rebel against the modern culture.

Now, let's compare God's vision for you and your life with the modern culture's vision for you and your life.

God loves you deeply and wants you to become the-best-version-of-yourself. The culture doesn't care about you and usually leads you toward a-second-rate-version-of-yourself.

What drives God? Love. What's driving the culture? Consumption.

Almost everything that happens in today's culture is aimed at getting you to buy something, or feel inadequate, or both.

Everything has a brand on it today. What did we first use brands on? That's right: cattle. What did we next use brands on? Correct again: slaves. Do we own the brands or do the brands own us? Are we still the consumers or are we being consumed? We need to start thinking at a deeper level. Are we cattle and slaves or free men and women?

God sees us as his children. He created us free and wants to keep us free. The culture sees us as cattle and wants to turn us into slaves.

Do you want to be a child of God or a slave to the culture?

The problem is most of us spend a lot more time listening to the culture than we do listening to God.

It's time to rebel.

Reject the world's vision for your life, because it leads to emptiness and misery, in this life and the next life. Embrace and celebrate God's vision for your life, because it leads to joy and fullness, now and forever.

They say that every teenager goes through a rebellious stage. But we usually rebel against the wrong things. If you want to rebel against something, rebel against the culture that wants to rob you of your best self and enslave you. Rebel against the things that seek to make you less than who you really are.

The history of our great faith is full of examples of men and women who rejected the culture's vision for their life.

Anthony of the Desert inherited an enormous fortune as a young man when his parents died. The vision the culture had for him was to live a life of privilege and luxury as a wealthy landowner. He rejected the culture's vision for his life when he heard the words of Jesus: "If you want to be perfect, go, sell what you possess and give to the poor, and you will have treasures in heaven; and come, and follow me." (Matthew 19:21) Anthony sold or gave away all his land and possessions, gave the money for the care of the poor, and became a hermit. Over time he developed the monastic way of life, and he is now considered the father of all monks.

Now, this story may seem far from the world you live in. But reconsider it. Was Anthony's decision a difficult one? Yes. Was it a courageous decision? Yes. Did many of his friends think he was crazy? Yes. Did he have to overcome his own selfish desires? Yes.

Your world is not that different. When you decide to walk with God you will have to make tough choices, courageous decisions. Many of your friends will think you are crazy, and you too will need to overcome your selfish desires.

You and Anthony are not that different.

Reject the modern culture and the world's empty vision for your life. Embrace God. You will be happier.



What do you think Mary's friends said about her?

VIRTUE IN FOCUS patience

[pey-shuh ns]

The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

Who is the most patient person you know?

How do they practice patience?

What are three ways you can become a more patient person?

MATTHEW 19:21

KNOW IT: The things of this world are fleeting and worthless compared to the treasures of the next world.

THINK ABOUT IT: If Jesus asked you to give up everything and follow him, what would be the hardest thing to give up?

LIVE IT: Go without something this week.



Discussion Questions

1. WHEN WAS THE LAST TIME YOU WATCHED SOMETHING ON TV THAT HELPED YOU BECOME A-BETTER-VERSION-OF-YOURSELF?

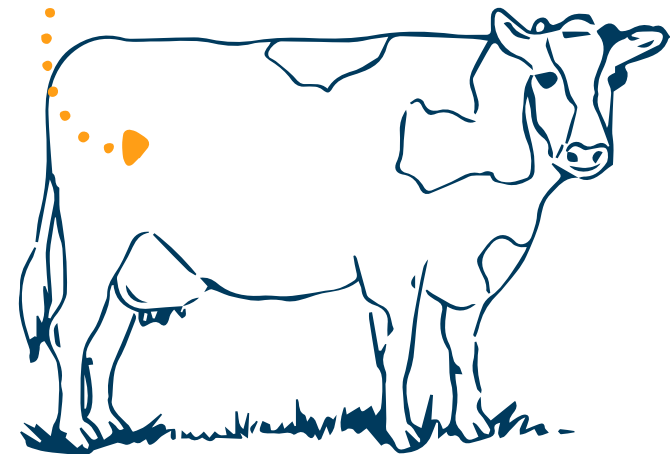
2. IN WHAT WAYS DO YOU FEEL CALLED TO REBEL AGAINST TODAY'S CULTURE?

3. HOW IS THE PATH GOD IS CALLING YOU ALONG DIFFERENT AND BETTER THAN THE CULTURE'S WAY OF DOING THINGS?



WHAT BRAND ARE YOU MOST ATTACHED TO?

(Draw logo here.)



“DO NOT BE AFRAID.”

—JESUS CHRIST

1.5 DECISION point

One of the great figures in the Bible is Moses. He led the Israelites out of slavery in Egypt and toward the Promised Land.

When Moses was about to die he said to Joshua and the people of Israel, *“I have set before you today life and prosperity, death and adversity.”* (Deuteronomy 30:15)

What was Moses saying to the people? *You choose*—life or death. *You choose*—prosperity or adversity.

Throughout our journey together you are going to face many decision points. They matter. They may not seem like life-or-death decisions, but they are.

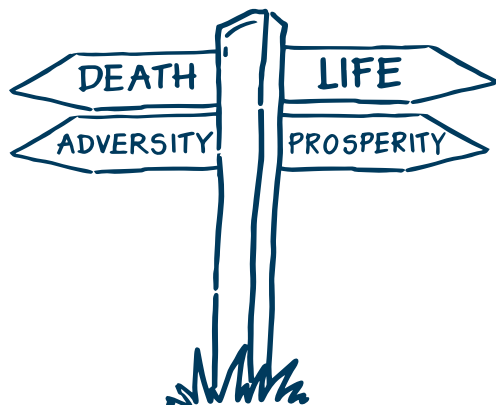
Jesus said, *“I have come so that you may have life, and have it to the fullest.”* (John 10:10)

Do you want to live life to the fullest? God will not force fullness of life on you. God has given you free will and he will let you use that free will to live a shallow and empty life if that is what you choose. What do you choose?

I have placed before you today God’s incredible vision for your life and the world’s empty vision for your life. Which do you choose?

The-best-version-of-yourself or some second-rate-version-of-yourself?

Freedom or slavery?



DEUTERONOMY 30:15

KNOW IT: Joshua is telling the Israelites: “You are at a Decision Point.”

THINK ABOUT IT: Are you choosing life or death, prosperity or adversity in your daily decisions?

LIVE IT: When you are deciding what to eat this week, choose life and prosperity.

JOHN 10:10

KNOW IT: God wants good things for you! Jesus wants to help you live life to the fullest!

THINK ABOUT IT: If you were living life to the fullest, how would your life be different?

LIVE IT: Do one thing today that will help you to live the incredible life God has imagined for you.

JOURNAL QUESTIONS

1. DO YOU WANT TO LIVE LIFE TO THE FULLEST? WHY OR WHY NOT?

2. ARE YOU GOING TO CHOOSE GOD’S INCREDIBLE VISION FOR YOUR LIFE OR THE WORLD’S EMPTY VISION FOR YOUR LIFE?

3. WHAT IS ONE MESSAGE FROM THIS SESSION THAT YOU ARE GOING TO SHARE WITH SOMEONE ELSE?



Psalm 1: The Two Ways

¹ Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;

² but his delight is in the law of the Lord, and on his law he meditates day and night.

³ He is like a tree planted by streams of water, that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

⁴ The wicked are not so, but are like chaff which the wind drives away.

⁵ Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;

⁶ for the Lord knows the way of the righteous, but the way of the wicked will perish.

