

STEP 3

CONTINUED...

ENGAGE: WATCH & DISCUSS.....

SESSION 1.1 YOUR CHOICES MATTER

WATCH VIDEO



7 MIN



10 MIN

DISCUSSION QUESTIONS [WB5]

Tip

If your group is less than twenty people, you can have the discussion as a class. If you have more than that, you may want to consider breaking them up into small groups.

- 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?

EXERCISE

Every session highlights a saint. Invite a student to read
“Who was Joan of Arc?” from the workbook.
 Ask the class what else they know about her. [WB3]



5 MIN



Talk a little about how much courage Joan of Arc must have needed to do what she did. Then share about a time in your life when you needed courage to do something.

I BELIEVE IN ONE GOD, THE FATHER ALMIGHTY, MAKER OF HEAVEN AND EARTH, OF ALL THINGS VISIBLE AND INVISIBLE. I BELIEVE IN ONE LORD JESUS CHRIST, THE ONLY BEGOTTEN SON OF GOD, BORN OF THE FATHER.

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 has 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.

WHO 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 canonized as a saint. 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 PRESSURE:
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.

2

DECISION POINT

LIFE IS CHOICES

3



LIFE IS CHOICES