

SESSION 1.5 DECISION POINT

WATCH VIDEO



Tip

Compliment them. We all shine when we realize that someone cares enough to notice.



3 MIN

EXERCISE:

Know It. Think About It. Live It.

Keep encouraging them to bring a Bible to class. Bring some extra Bibles if you have any. Each time, invite a different student to find the passage in the Bible and read it to the class. [WB33]

TIP



5 MIN

CONFESS ONE BAPTISM FOR THE FORGIVENESS OF SINS AND I LOOK FORWARD TO THE RESURRECTION OF THE DEAD AND THE LIFE OF THE WORLD TO COME. AMEN. I BELIEVE IN ONE GOD, THE FATHER ALMIGHTY

WHO WAS
Mother Teresa?

Mother Teresa (1910-1997) founded the Missionaries of Charity, a religious congregation made up of more than forty-five hundred religious sisters who are active in 133 countries. Their work consists of running homes and hospice facilities for those with HIV/AIDS, leprosy, and tuberculosis; soup kitchens; orphanages; family counseling programs; and schools. Members of the order take four vows: the traditional vows of poverty, chastity, and obedience, and a fourth vow, "To give wholehearted and free service to the poorest of the poor." Mother Teresa had an immense love for the suffering. "We think sometimes that poverty is only being hungry, naked, and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty."

Happiness is different. Happiness is sustainable.

Here's another example. I come home from work one day next week, and it is my day to work out, but I don't really feel like working out. So I have to make a decision: Work out or cheat myself in a sweater in front of my 127-inch idiot box with a six-pack of beer and a three-hundred ounce bag of potato chips?

The choice is mine.

Now, suppose I force myself to work out even though I don't feel like it. The thing is, whenever I get close working out I am always glad—even if I had to force myself to do it. Happiness can be sustained beyond the activity producing it.

Happiness is more than pleasure. Don't settle for an empty life of pleasure. Choose more. Rebel against the culture of pleasure and start actively seeking the happiness God created you for.

So, what will really make you happy?

Happiness is the result of **right living**. Honesty leads to happiness; dishonesty leads to misery. Caring for others leads to happiness; selfishness leads to unhappiness. Patience leads to happiness; impatience will make you miserable.

There are right and wrong ways to live your life. The culture tells us that there is no right and wrong. The culture says that what's wrong for you might be right for me. This is nonsense. Hitler's way was wrong. Mother Teresa's way was right.

But how do you know what is the right thing to do?

At a basic level, you just know. One of God's great gifts to you is **conscience**. Your conscience guides you in the way of right living so that you can celebrate the best version of yourself, and live your best life.

Very often we say we don't know what we should do, but we are lying to ourselves (and to others), because our conscience is telling us the right course of action but we are trying to ignore it.

Our regrets are born when we ignore our conscience.

But there may be a handful of times in your life when you legitimately don't know what the right thing to do is. It is to be those times more than any other that God has given you another of his great gifts: **reason**.

I had dinner last week with some friends, Mike and Samantha. They have been married for two years and have been trying to have a baby,

WHO WAS
Adolf Hitler?

Adolf Hitler (1889-1945) was the leader of the Nazi Party and Chancellor of Germany from 1933 to 1945. Hitler's was the diabolical mind behind the Holocaust; his regime was responsible for the deaths of six million Jews, as well as millions of others; he and his followers considered racially or genetically inferior.

but have not become pregnant. Their friends have been telling them about different types of fertility treatments, but they don't know if these treatments are part of God's dream for them. Mike and Jessica want to do the right thing, but they are not sure what the right thing to do is. This is a highly specialized and complex area of science and morality. To get to the truth they are going to need to study this issue.

This is a perfect example of why God gave you a beautiful mind. You have the ability to study an issue, search for the truth, think things through, seek out God's way, and act on the truth you discover.

If you want to make great decisions, just do the next right thing. Don't worry about what you have to do next week or next year; just do the next right thing right now.

First, ten, fifty, one hundred times a day. Do the next right thing often enough and you will live a life uncommon, a life that is rich with inner peace and happiness.

THE TRUTH
WILL SET YOU
FREE

JOHN 8:32

KNOW IF God created you for freedom and wants you to be free. Jesus is telling us that truth is essential for freedom and happiness.

THINK ABOUT IT: What lies are enslaving you?

LIVE IT: Make a conscious effort to align your actions with the truth this week.

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DECISION POINT

WHAT'S HOLDING YOU BACK?

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WHAT'S HOLDING YOU BACK?

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STEP 4

JOURNAL



10 MIN

INSTRUCTIONS: Invite your class to open up to page 52 and take a few minutes in silence to journal their answers to those questions.

TIP

If some members of your class seem to be finished but others are still working, invite them to do the crossword puzzle at the end of the session.

STEP 5

ANNOUNCEMENTS



5 MIN

Tip

Thank them for coming. Never stop thanking them for coming. Tell them you are proud of the progress they are making. Remind them that you are praying for them every day. Encourage them to watch the videos again online or on the app, and to journal or do the crossword puzzle.



STEP 6 CLOSING PRAYER



The Psalms are rich and beautiful, but they often contain language that we are not used to. So read each Psalm slowly. Allow the words to sink in. We do almost everything too quickly in our lives. Don't be afraid to go slow. After you have read the Psalm, close with a spontaneous prayer that asks God for the grace and the courage to live what we have learned here today.



5 MIN

•PSALM 62•

¹For God alone my soul waits in silence;
from him comes my salvation. ²He only is my rock and my
salvation, my fortress; I shall not be greatly moved.

³How long will you set upon a man to shatter him, all of you,
like a learning wall, a tottering fence? ⁴They only plan to
thrust him down from his eminence. They take pleasure
in falsehood. They bless with their mouths,
but inwardly they curse.

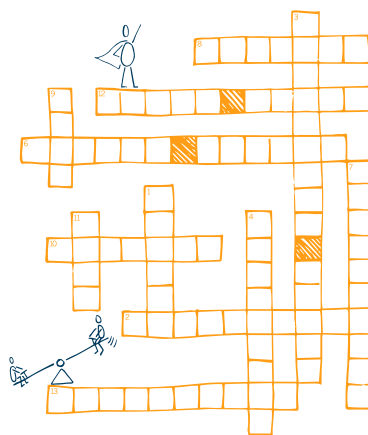
⁵For God alone my soul waits in silence, for my hope is from
him. ⁶He only is my rock and my salvation, my fortress;
I shall not be shaken. ⁷On God rests my deliverance and
my honor; my mighty rock, my refuge is God.

⁸Trust in him at all times, O people; pour out your heart
before him; God is a refuge for us.

⁹Men of low estate are but a breath, men of high estate
are a delusion; in the balances they go up; they are together
lighter than a breath. ¹⁰Put no confidence in extortion,
set no vain hopes on robbery; if riches increase,
set not your heart on them.

¹¹Once God has spoken; twice have I heard this: that power
belongs to God; ¹²and that to thee, O Lord, belongs steadfast
love. For thou dost requite a man according to his work.

WHAT'S HOLDING YOU BACK?



ACROSS

2. a philosophy centered on the question, "What's in it for me?"
6. disordered desire that exists in every person.
8. a philosophy that believes pleasure is the ultimate goal in life.
10. the moral strength to venture, persevere, and withstand danger, fear, or difficulty
12. happiness is the result of
13. the mistaken belief that what is true for one person might not be true for everyone.

DOWN

1. the power of the mind in a logical way.
3. the idea that something is true for everyone.
4. you have an enormous amount of power.
5. poor short-term satisfaction.
7. a philosophy focusing on the minimum.
9. the dominant emotion.
11. to desire something with confidence.

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DECISION POINT



WHAT'S HOLDING YOU BACK?



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