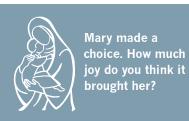


Tife is SESSION ONE

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.





"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."

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.



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.



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.

"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-versionof-yourself and sometimes you choose a-second-rate-version-ofyourself.

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.





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ARE YOU GOOD AT MAKING DECISIONS? ON A SCALE OF 1 TO BEST), HOW GOOD DO YOU THINK YOU ARE AT MAKING DECIS PRACTICAL THING YOU COULD DO TO BECOME A BETTER DEC	IONS? WHAT'S ONE
PRACTICAL THING TOO COOLD DO TO BECOME A BETTER DEC	ISION WAKER!

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.