

WEEK 1 SERMON DISCUSSION

ONE MINUTE RECAP

The decisions we make determine the quality of our life. The drift of life makes it easy for us to be unintentional decision-makers and then get to the beginning of another year desiring to be in a different place than we are. How can we change that?

REDEFINE YOUR DECISIONS

Open these series of questions to the room to help you redefine the values that guide your decision-making.

1

What do you want people to say about you when you are not around?

2

What do you value? In others and in life?

3

Do you like the direction of where your decisions are taking you?

4

What has become a roadblock to someone who is living out your values?

LEARN

READ OUTLOUD EPH 4:1-13, MSG

In light of all this, here's what I want you to do. While I'm locked up here, a prisoner for the Master, I **want you to get out there and walk—better yet, run!**—on the road God called you to travel. I don't want any of you sitting around on your hands. I don't want anyone strolling off, down some path that goes nowhere. **And mark that you do this with humility and discipline—not in fits and starts, but steadily, pouring yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences.**

You were all called to travel on the same road and in the same direction, **so stay together, both outwardly and inwardly.** You have one Master, one faith, one baptism, one God and Father of all, who rules over all, works through all, and is present in all. **Everything you are and think and do is permeated with Oneness.**

But that doesn't mean you should all look and speak and act the same. **Out of the generosity of Christ, each of us is given his own gift.**

PRE-DECIDE

Better Choices, Better Life.

QUESTIONS

1) **What stands out to you in this passage?**

2) **What decisions do you think the person taking Paul seriously would make?**

What are you most disciplined or steady about in your life? Why?

PRE-DECIDE

Better Choices, Better Life.

FOLLOW

WHAT YOU'LL NEED:

- **PIECE OF PAPER**
- **PENS**

Identify one decision you make regularly that doesn't align with your values as a person. And then fill in these blanks:

When faced with _____, I pre-decide to _____
(respond this way) _____

EXAMPLES

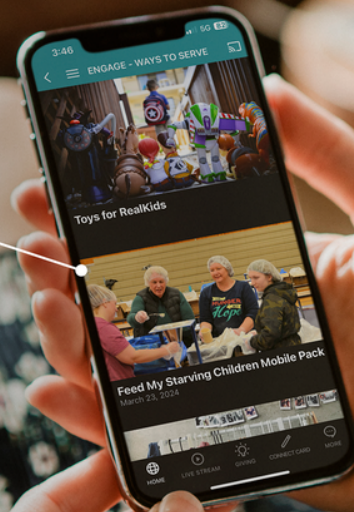
REDEFINE OUR DECISIONS

When faced with AN IMPULSE BUY, I
pre-decide to
WAIT THREE DAYS

When faced with AVOIDING PRAYER, I
pre-decide to
START EVERY MORNING WITH 5
MINUTES PRAYER TIME

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