

## Keys to Making Healthy Wise Decisions

The book of Matthew in the bible talks about keys to making healthy wise decisions.

**Ask, Seek, Knock** *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. <sup>8</sup>For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. <sup>9</sup>“Which of you, if your son asks for bread, will give him a stone? <sup>10</sup>Or if he asks for a fish, will give him a snake? <sup>11</sup>If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! <sup>12</sup>So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”*  
Matthew 7: 7-12 (NIV)

From the verses above, what is God challenging us to do? \_\_\_\_\_

### Suggested keys to making better decisions:

- 1) Humbly try to SURRENDER the situation 100% to God.
- 2) OWN your part of the SITUATION as best you can.
- 3) FACE your FEARS---(Learn to face your giants in life.)
- 4) Strive for PURE MOTIVES daily---(Don't rationalize God's Plan).
- 5) Learn to have WISE GODLY men around you in life.
- 6) SEEK OUT God WORKING in and AROUND you in your life.
- 7) STUDY the SITUATION completely inside and out.
- 8) Focus on your PERSONAL GROWTH. (Weekly Bible studies, men's groups.)
- 9) Strive for OBEDIENCE and FAITHFULNESS to God as best you can.
- 10) Begin to TRUST God COMPLETELY in each situation.
- 11) MARINATE on GODS WORDS in the BIBLE each day.
- 12) Learn PRAYER is your most valuable TOOL---(Know you can't under pray!)
- 13) Begin TITHING---(Don't block your blessings, which God has for you.)
- 14) SERVICE to others---(God is always looking for our heart condition in the situation.)

**The Wise Builders in Life** *“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”*  
Matthew 7: 24 (NIV)

*Though rulers sit together and slander me, your servant will meditate on your decrees.* Psalm 119:23 (NIV)

*Your word is a lamp for my feet, a light on my path.* Psalm 119:105 (NIV)

*For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you.* Jeremiah 29:11-12 (NIV)

List some practical steps you can start taking today to make better decisions. \_\_\_\_\_