

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. ⁸For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. ⁹“Which of you, if your son asks for bread, will give him a stone? ¹⁰Or if he asks for a fish, will give him a snake? ¹¹If 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! ¹²So 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. _____