

## It's Your Choice

### REFLECTION

I was making supper. MS was making it harder for me to do simple tasks. I was angry! I stood there hearing Satan speaking on my right and God on my left. Satan: "You have a right to be angry. You have a right to be depressed." God: "You don't want to go there." Satan: "You have a right to be depressed. You have MS." God: "You don't want to go there!" Satan. "Things are getting too hard for you. You have a right to be depressed and angry, really angry." God "If you choose to go down that road it's going to be a long time before you get back." Satan was right. Those were the facts. I had Multiple Sclerosis. It was getting harder and harder to do things. I had a choice to make!

Philippians 4:6-7 Do not be anxious about anything but in every situation by prayer and petition with thanksgiving, present your request to God. And the peace of God, which passes all understanding, will fill your heart and minds in Christ Jesus.

This is an if/then statement. IF we aren't \_\_\_\_\_ and we present or requests to God with \_\_\_\_\_ THEN we will have God's peace. We can't expect the then if we don't do the if. The reverse of that is also true. If you are anxious about something. Be thankful and present your requests to God and He will give you peace. If you are anxious and continue to stew about it instead of taking it to God you will have turmoil.

This verse also tells us to be thankful in every situation. Thankfulness is a choice. You can choose to focus on the blessings you have and be grateful for them. Or you can focus the things you don't have. Sometimes we look at what we don't have and refuse to be thankful for what you do have because you don't have everything.

Jeremiah 29:11 tells us what is God's plan for you?

---

But, you have to make a choice.

Look up Deuteronomy 30:15-20. God gives us a choice. In verse 19 God tells us to choose between \_\_\_\_\_ and \_\_\_\_\_, between \_\_\_\_\_ and \_\_\_\_\_. God gives us a choice. He advises us on which choice is the good choice but he leaves it up to you.

According to Deuteronomy 23:5 and John16:27. How does God feel about you?

---

John 10:10 and 1Peter 5:8 tell us what Satan wants to do. \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_

Many times our choice is between what we know God wants us to do and what Satan wants us to do. Knowing God loves us and plans for our good and Satan always wants to destroy us should make the choice easier. Hearing and knowing God and Satan's voices is not always as

distinct and recognizable as it was on the day I described above. Try this exercise. Ask God and listen silently, "God do you love me?" Repeat it. Did you hear an answer? Where did you hear (or feel) it? \_\_\_\_\_ What did it sound like?

\_\_\_\_\_ God will speak to you in a quiet voice in your inner being. Remember He dwells in you. Not surprisingly, it often sounds like your own voice. You will hear and feel it in your gut/heart area, not in your head. Satan often speaks to you through the world and pressures of the world. You will hear him in your head. God's way will give you peace. Satan's will give you doubt and turmoil. God's way/answer will never contradict His Word. You should always confirm what you hear in your Bible. If you cannot confirm it then it was not God. As we saw in the reflection, Satan talks to us too. Practice listening to God's voice. Quiet your head and the world around you. Ask God to speak to you and to help you to hear Him. Then ask Him a question or just listen for what He will say. If you're not sure if the answer or voice was God or your own thought, ask God to confirm what you heard if it was from Him or to deny it if it was not. He won't get mad about that. He may speak it to you again, show you in His word or confirm it through another person or method. Learn to know His voice. It takes time, practice, faith and trust.

2 Corinthians 4:18 tells us what we should focus on.

\_\_\_\_\_

Not on \_\_\_\_\_

Look at Romans 4:18-21. Abraham knew the facts. He and Sarah were old. But he chose to trust God and believe God's promise that he and Sarah would have a son. He was fully confident God could do what He said despite the circumstances. You can choose to look at the circumstance or you can choose to look to God. The seen or the unseen. We are not to look at the things we see- the circumstances- bad health, big bills, the checking account balance, a wayward child, job problems, job loss etc. - but to the unseen which is God and His Word and His promises.

Look up Proverbs 3:5-6. Who should we trust?

\_\_\_\_\_

What shouldn't we trust?

\_\_\_\_\_

According to 1 Corinthians 13:12 do we have the whole picture? \_\_\_\_\_

These verses tell us that we are to trust God not ourselves and what makes sense to us because we only see a small part of the picture. God sees the whole thing. It's okay if it doesn't make sense. Choose to trust God.

What does Isaiah 55:8-9 tell us about God's thoughts?

\_\_\_\_\_  
\_\_\_\_\_

Look up Matthew 6:27. What can worrying accomplish?

---

John 14:14 tells us whose name we are to ask in?

---

Look up Mark 11:23-24. What do we have to do before we receive what we ask for?  
What shouldn't we do?

---

## APPLICATION

You just got really bad news- a bad health report, a job loss, a big bill for instance. Our natural tendency is to worry about the present and the future. But we know we can't change anything by worrying. But how do we not worry and be anxious?

First: MAKE A CONSCIOUS CHOICE! Say to God (and yourself) "God, things don't look very good here. I know you know all about it. To my flesh and my thinking I have a lot of reasons to worry. But I am making a choice to trust you. I know you love me. I know you have a plan for me and it is to prosper me and not harm me. I know you see the whole picture and I see only a small part. Therefore, I will trust you and look to you. Help me trust you." You may have to make this statement many times. Every hour maybe every minute. Whenever you find your mind starting to be anxious or feel your stomach churn or that knot starting to tighten or you can't sleep, choose to trust God. Make the statement again. Even if you don't really believe it (yet). Say it out loud if possible. We tend to believe what we hear.

Second: Make your request known to God. Look again at Philippians 4:6-7 and John 14:14. Ask in Jesus' name and believe you have received it, do not doubt. Again, this is a conscious choice. Satan will keep bringing doubts into your mind. Choose to trust.

Third: Thank God. Thank him for answering your prayer. (Believe you have received it before you see it. Mark 11:24) Even in the worst situation there is something to be thankful for. THINK OF IT! Example: job loss- be thankful for the time you were employed. Thank God for always providing for you and your family, Thank God for His love. For illness- thank Him for His promise of healing. Isaiah 53:5 by His stripes you are healed. Thank Him for something. Thankfulness and worry cannot exist together. Choose thankfulness!

Fourth: Praise God. Praise Him for who He is. Praise Him for all He has done- in general (He created the world etc.) and for you. Praise Him for all He will do for you. Praise and worry cannot exist together. Choose Praise!

Fifth: Use God's Word. Find 2 or 3 Bible verses that fit your current situation. Memorize them. Say them to yourself-out loud when possible- many times a day. Write them out and post them where you will see them often. Every time you see one, read it and say it out loud. And believe it! This is God's Word. If He said it, it has to be true. Psalm 89:35b in my holiness I cannot lie. Choose to believe God's word!

Key Thought: Having God's peace is your choice. YOU have to make the decision whether to trust God (really trust God) or to worry.

Application:

Think of a trial you are facing. \_\_\_\_\_

What are the circumstances?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What does God say about your trial in His Word?  
\_\_\_\_\_

Write a statement telling God of your choice to trust Him. ( use step one as a model if needed)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Make your requests to God.  
\_\_\_\_\_  
\_\_\_\_\_

What are you thankful for?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are some reasons to praise God?  
\_\_\_\_\_

Find 2-3 Bible verses that apply to your trial. Write them down. Post them. Memorize them.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_