

BETTER CHOICES

“A Better Life Begins with Better Choices—and Better Choices Begin with God.”

Key Scripture: *“Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life...”* — Deuteronomy 30:19

DAY 1

Better Choices Begin with God

Scripture Reading

Proverbs 9:10 *“Fear of the Lord is the beginning of wisdom.”*

Every day we make hundreds of decisions. Some seem insignificant while others have life-changing consequences. Yet Scripture teaches that wise choices begin with a right view of God.

The Bible’s idea of fearing God is not about being terrified of Him. It means having a deep respect, reverence, and trust in Him. Just as a loving child respects a good father, we learn to trust God’s wisdom above our own.

Many poor decisions begin when we convince ourselves that we know better than God. That was the temptation in Eden, and it remains the temptation today.

The path to a better life begins when we acknowledge that God’s wisdom is greater than our feelings, opinions, and desires.

Reflection Questions

1. What major decisions are you currently facing?
2. Are you seeking God’s wisdom before making those decisions?
3. In what area are you tempted to trust yourself more than God?

Prayer

Father, help me trust Your wisdom more than my own understanding. Teach me to live with reverence for You and confidence in Your guidance. Give me wisdom for every decision I make today. Amen.

Today’s Challenge

Before making any significant decision today, pause and pray: **“Lord, what choice would honor You most?”**

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DAY 2

Little Choices Matter

Scripture Reading

Song of Songs 2:15 *“Catch all the foxes, those little foxes, before they ruin the vineyard.”*

Most spiritual failures do not happen overnight.

Marriages rarely collapse from one argument. Faith rarely disappears after one missed church service. Character is rarely destroyed by a single bad decision.

Instead, decline often begins with small compromises.

One neglected prayer. One dishonest statement. One bitter thought. One hidden habit.

The enemy loves convincing us that small choices do not matter. Yet Scripture reminds us that little foxes can destroy an entire vineyard.

The good news is that the opposite is also true. Small acts of obedience create lasting spiritual growth.

One prayer. One act of kindness. One moment in God’s Word. One faithful decision.

Small choices become significant over time.

Reflection Questions

1. What small compromise have you been excusing?
2. What small act of obedience could you begin today?
3. What habit is either helping or hurting your spiritual growth?

Prayer

Lord, help me recognize the importance of small decisions. Show me any compromises that are slowly pulling me away from You. Give me courage to choose obedience in the little things. Amen.

Today’s Challenge

Identify one small habit that is harming your spiritual life and take a step to remove it.

DAY 3

Just Because You Can Doesn’t Mean You Should

Scripture Reading

1 Corinthians 6:12 *“Everything is permissible for me—but not everything is beneficial.”*

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One of the most helpful questions a Christian can ask is not:

“Can I do this?”

But rather:

“Should I do this?”

Many decisions we face are not clearly labeled right or wrong. They fall into gray areas. In those moments, wisdom asks deeper questions:

- Is it beneficial?
- Is it becoming a controlling influence?
- Does it glorify God?

Paul reminds us that freedom is not the ability to do whatever we want. True freedom is living under the lordship of Christ rather than becoming enslaved to anything else.

Sometimes the wisest choice is not avoiding sin—it is choosing what best helps us become more like Jesus.

Reflection Questions

1. Is there something in your life that is controlling you?
2. Are your entertainment choices drawing you closer to Christ?
3. What would change if your primary question became, “Will this help me become more like Jesus?”

Prayer

Father, help me use my freedom wisely. Give me discernment to recognize what is beneficial and what is harmful. May every choice bring glory to You. Amen.

Today’s Challenge

Before making a choice today, ask: **“Will this help me become more like Christ?”**

DAY 4

Every Choice Plants a Seed

Scripture Reading

Galatians 6:7-8 *“You will always harvest what you plant.”*

Every decision is a seed.

Some seeds produce life. Others produce regret.

BETTER CHOICES

Every thought we entertain, every habit we develop, and every action we take is planting something that will eventually grow.

The challenge is that harvests rarely appear immediately. We often make choices today without considering where they will lead tomorrow.

God invites us to think beyond the moment and consider the destination.

A life of peace is planted through daily surrender. A strong faith is planted through daily obedience. A Christ-centered life is planted through daily choices.

The future you desire begins with the seeds you plant today.

Reflection Questions

1. What kind of harvest are your current choices producing?
2. What seed of obedience can you plant today?
3. What area of your life needs God's transforming grace?

Prayer

Lord, help me sow seeds that produce spiritual fruit. Give me patience to trust Your process and wisdom to make decisions that honor You. Amen.

Today's Challenge

Plant one intentional seed of obedience today:

- Spend time in prayer
 - Encourage someone
 - Read Scripture
 - Serve someone in need
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DAY 5

Daily Surrender Leads to a Better Life

Scripture Reading

Luke 9:23 *"If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me."*

The Christian life is not built on one big decision.

It is built on daily surrender.

Jesus said to take up our cross **daily**.

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Every day we choose:

- Trust or worry
- Obedience or compromise
- Faith or fear
- God's way or our own

The encouraging truth is that God's mercies are new every morning. No matter what choices you made yesterday, today is another opportunity to choose life.

You do not have to carry the weight of past failures. God's grace offers a fresh start.

The better life God desires for you begins one surrendered day at a time.

Reflection Questions

1. What choice is God asking you to make today?
2. What distraction needs to be removed from your life?
3. How can prayer and fasting help you refocus on God?

Prayer

Father, thank You for Your mercy and grace. Help me surrender my plans, desires, and decisions to You. Strengthen me to choose what honors You today and every day. Amen.

Today's Challenge

Begin a season of intentional prayer and fasting.

Ask God: **"What one change would most help me follow You more faithfully?"**

Weekly Prayer

Lord Jesus,

Thank You for giving me the freedom to choose and the wisdom found in Your Word. Help me recognize the importance of every decision I make. Teach me to fear You, trust You, and follow You daily.

Give me courage to reject compromise, strength to choose obedience, and faith to believe that Your way always leads to life.

May my choices reflect my love for You and point others toward Your goodness.

In Jesus' name,

Amen.