

Joyce Meyer: Discover Wisdom That Will Change Your Life

Every day, we are faced with hundreds of decisions. We decide whether or not to get out of bed, what we'll eat, what we'll do, what we will think about and what we will say. We make decisions about everything from how we style our hair to how we will react to more serious situations at work or at home.

While it may seem like many of our daily choices are not that significant, the truth is they do matter.

In Deuteronomy 30:19b (NIV), God says, "I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live."

It's important to understand that every choice you make is a seed you sow, and those seeds produce fruit in your life—either for life or death. And if you want to have the life Jesus died to give you—a life filled with peace and joy—then you need to make wise choices.

I think many times we can be good at focusing on life's "big" decisions only to be defeated by the small ones. Song of Solomon 2:15 actually tells us that it's the "little foxes" that spoil the vine. Likewise, the many small decisions we make every day add up and greatly impact our lives.

For example, I make it a habit to go to bed at 9 o'clock every night so that I can be asleep by about 9:30. If I get to bed on time, then I'm able to get up on time and spend quality time with God before I have to go on with the rest of my day.

Some people might think, *Does your bedtime really matter that much?*

Yes! Because if I decided to go to bed whenever I felt like

it, I would sabotage my time with God—the very thing I need to grow as a Christian. After a few days, I would also end up feeling tired and worn-out from staying up late and begin to wonder why everything seemed so difficult.

It's so simple, yet I believe things like this affect our lives more than we realize. We have to learn to live deeper than what we want, what we think, and what we feel.

Wisdom always chooses to do now what it will be satisfied with later on.

Conversely, foolish choices are often made without any consideration of the consequences. I've actually seen the word "foolishness" defined as "without common sense."

Now here's the great news: If you've made foolish choices (and we've all done it) and you're not happy with the way things are right now, you can change.

The first step is to take responsibility for the wrong choices you've made. It's important to be honest with yourself because Jesus says that the truth will set us free (John 8:32), and that includes the truth about ourselves.

The next step is to make a determined decision to change, to begin making wise choices for your future.

We need to realize that none of us can change ourselves. Only God can give us the strength and ability to change our habits and the way we think, talk and act. Only He can help us make great decisions for our lives.

I know this because there was a time in my life when I desperately wanted to change, but it was clear that I couldn't do it on my own. I needed God to heal me, strengthen me and make me secure and whole in Christ. Only then was I able to choose life on a regular basis.

Whatever changes you need to make, I encourage you to go to

God for help. Pray and ask Him to guide you and give you the strength to make wise choices.

In addition, look up Scriptures and study the Bible in the areas where you are struggling—whether it's anger, unforgiveness, self-control or anything else. There is power in God's Word to change your life, and the more you read and study it, the more joy, strength and freedom you will experience.

So, think about this: What could your life be like if you started making better choices right now? Don't put it off any longer. The truth is there won't be a more convenient time, and you don't have to waste another day missing out on a better future.

With God's help, you can do it! If your progress seems slow, don't get discouraged because when you stay determined to make wise choices, things will eventually start to change, and you will begin to see the great life God has for you. {eoa}

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