

*Pre-Decide*  
Take Back Your Life  
Week One

**TALK IT OVER**

Key Scriptures

*"Commit to the LORD whatever you do, and he will establish your plans." Proverbs 16:3 NIV*

*"But Daniel resolved not to defile himself with the royal food and wine ..."* Daniel 1:8 NIV

*"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" Galatians 5:22-23*

*"Forget the former things; do not dwell on the past. See, I am doing a new thing! ..."* Isaiah 43:18-19 NIV

Start talking.

- Share one of the best decisions you've made. How did that decision impact the quality of your life?

Start thinking.

- Which part of this message was most impactful for you and why?

Start sharing.

- We might struggle to make good decisions because we're overwhelmed with choices, afraid of making a wrong choice, or we let our emotions overrule logic. Which of these reasons do you experience most?
- Based on your current anxieties or fears, what do you presently value (list three)?
- What three values do you want your life to be known for? Read Galatians 5: 22-23.

Start doing.

- When your values are clear, your decisions are easier. This week, write down the three values you shared with your small group. Place them in a spot where you'll see them daily. Then come back next week and share how you implemented those values in your decision making. When I am faced with \_\_\_\_\_, I will choose \_\_\_\_\_.

Start praying.

- *Father, sometimes we struggle to make the right decision. We know that our lives move in the direction of our decisions, so we ask for Your Holy Spirit to guide us. Thank you for the wonderful gift of life. In Jesus' name, amen.*